

VOL.1

**KREE
2022**

THE VALUE IN
CREATING AND
CONNECTING

MERAKI

THE DEBATE ON
THE CONCEPT OF
FEMINISM

**SAIM
SPORTS
WEEK**

**FROM
TOASTMASTERS**

WHERE
LEADERS ARE
BORN

**FRESHERS
SPEAK**

EXPERIENCE

**BY THE
STUDENTS**

**CHRONICLES
of
SAIM**

**BBA-2021 FALL
BATCH**

SAIM.EDU.NP

KATHMANDU YOUTH CONCLAVE- 2021



Our very first participation was in KYC -2021 where we took the responsibility of being a part of the event. Students from SAIM volunteered and witnessed this wonderful event where some of the well known personalities of Nepal came together to share their skills and thoughts to open and inspire the young minds of Nepal.

Chandra Prasad Dhakal, Anil Kesary Shah, Anushka Shrestha, Gagan Thapa, Raj Bahadur Shah, Karna Shakya, Balen Shah, Vidushi Rana, Sushant KC, Bharat Mani Poudel and Sabin Karki were the personalities who were present at the event.

SAIM TOASTMASTERS CLUB

Toastmasters International is a nonprofit educational organization that teaches public speaking and leadership skills through a worldwide network of clubs. Headquartered in Englewood, Colorado, the organization's membership is approximately 280,000 in more than 14,700 clubs in 144 countries. Since 1924, Toastmasters International has helped people from diverse backgrounds become more confident speakers, communicators, and leaders.

280,000+MEMBERS

144 COUNTRIES

14,700+CLUBS



SAIM Toastmasters Club provides a supportive and positive learning experience in which members are empowered to develop communication and leadership skills, resulting in greater self-confidence and personal growth.

EMBARKING ON A NEW JOURNEY



I can't help but feel a whirlwind of emotions as I sit here and write my thoughts about the past year as my term as the Area Director of Area D1 comes to a close. I am filled with immense gratitude for the opportunities that came my way, especially as a District Officer of District 41. Serving as the Area Director was an honor that I will forever cherish. Amidst several challenges however, I found solace and strength in my involvement with Toastmasters.

Toastmasters became a sanctuary where I could grow amidst the chaos. It provided a safe space to conquer my leadership fears, and a network of like-minded individuals who cheered each other on. The experience allowed me to tap into my potential, expand my horizons, and develop skills that are invaluable in both personal and professional spheres. Today, as I reflect upon my journey as a District Officer, I am filled with mixed emotions for having endured and succeeded in my role as the Area Director. I would like to take a moment to express my deepest gratitude and appreciation to the incredible team of individuals that make up my Area Council.

I had the privilege of leading and nurturing a group of individuals who, through their crucial roles, shaped the clubs and empowered our members to reach new heights in their personal and professional development, all sharing the same passion for communication and leadership. Despite numerous obstacles, we pushed ourselves to the maximum, improved our public speaking abilities, and developed our capacity for inspiring and leading people.

When I joined Toastmasters I was not sure what would be in store for me. I had heard of Toastmasters but I continually shied away from inquiring further.

I know now that this was because of fear! I was scared that Toastmasters would uncover that I am not as great as I think I am. I thought it would uncover that I am delusional thinking that I could possibly walk into the arena of public speaking. I walked into a future that I had never imagined and my only objective is to share my narrative and empower others to follow suit. SAIM Toastmasters believes in supporting one another and being there when no one else is looking. The club embodies being a safe haven for exploring educational opportunities in the areas of public speaking, organizational dynamics and aspects of leadership.

I have had the privilege to serve as a club officer of SAIM Toastmasters since 2020. The position allowed me to serve alongside many young aspiring leaders with similar ideals. There have been so many ups as well as downs along the way, but never has there been a lack of belief that difficult roads often lead to beautiful destinations. I have done the job with absolute honesty and integrity and am proud of what we have achieved despite the distances and challenges; we somehow managed to get through.

To my mentors, thank you for your guidance and support. Their insights, support, and camaraderie have strengthened my leadership as a whole. To my mentees and everyone else struggling to lead, I want to encourage you to keep pushing forward. Embrace every opportunity for growth, seek support from those around you and believe in your abilities. With the right mindset and stalwart determination, you have the power to overcome any obstacle that comes your way.

My heartfelt gratitude to my mentors and the team behind, always there for me to fall back on who believed in me as VP-Education, President of the club, and the Area Director of Area D1 and found me to be someone who could take SAIM Toastmasters forward. Today SAIM Toastmasters is embarking on a new journey with loftier targets and greater goals. I am confident that the team going forward will far exceed the expectations. This experience has taught me invaluable lessons, and I eagerly look forward to another year of growth, learning, and hope. Here's to another year of learning, growth, and endless possibilities. Cheers to the triumphs of the past and the bright future that awaits us all! Best wishes to the Team.

With sincere appreciation and gratitude,

Anushka Shrestha
MBA Spring 2020 | Area Director, 2022- 2023
District 41, Toastmasters International



22-23 JUNE 2023

D1 Talks



Do you have what it takes to be a good leader?



CREATING A CULTURE OF IMPROMPTU DECISIONS

D1 talks was one of a kind intercollege debate competition which was organized by SAIM , ACE and Northmandu Toastmasters Clubs. The main theme of the competition dwelled upon the impromptu and unique topics of the debates. In the event participants from different colleges came to battle against each other. It was tough rough and fair till last. Impromptu debates are specially made for the students where they get to show their ability to think quickly and layout their respective opinions in front of an audience.

In the dynamic landscape of higher education, students constantly seek opportunities to enhance their intellectual prowess, communication skills, and critical thinking abilities. Impromptu inter-college debate competitions have emerged as a powerful platform for achieving these goals. Beyond the traditional debate formats, these competitions offer a unique and exhilarating experience that challenges participants to think on their feet, foster teamwork, and promote the art of persuasive discourse. This article delves into the multifaceted importance of impromptu inter-college debate competitions and their profound impact on personal and academic growth.

Unlike structured debates with ample preparation time, impromptu debates test participants' ability to form coherent arguments and counterarguments within a limited timeframe. This cultivates quick thinking, adaptability, and the capacity to articulate ideas effectively even under pressure. The fast-paced nature of these debates hones students' spontaneity, a skill that is invaluable in a world where rapid decision-making and effective communication are essential.

Impromptu inter-college debates require participants to analyze and dissect complex topics with little to no preparation. Engaging in such debates compels students to think critically, weigh evidence, and construct logical arguments on the spot. This rigorous exercise fosters mental agility and equips students with the ability to evaluate issues from multiple perspectives, enhancing their overall cognitive skills.

Clear and persuasive communication is a hallmark of successful individuals. Impromptu debates demand that participants convey their thoughts coherently and persuasively, enabling them to develop strong communication skills. The succinctness and precision required in these debates contribute to refining students' speaking abilities, helping them convey ideas in a concise yet impactful manner – a skill that extends beyond the debate stage and into various professional and personal contexts.

Impromptu inter-college debate competitions often involve team-based formats, where participants must collaborate seamlessly to construct a compelling argument. These debates cultivate teamwork and encourage students to capitalize on each other's strengths. Participants learn to delegate responsibilities, listen actively, and adapt their strategies in real-time – all attributes that are essential in group projects, workplace settings, and collaborative endeavors.

D1Talks served as an incubator for holistic growth, offering students a platform to develop quick thinking, critical analysis, effective communication, teamwork, and confidence. As participants engage in these exhilarating battles of wits, they refine essential skills that transcend academic boundaries, preparing them for success in a rapidly evolving global landscape. These competitions exemplify the adage that the journey matters as much as the destination, fostering personal and intellectual development that lasts a lifetime.



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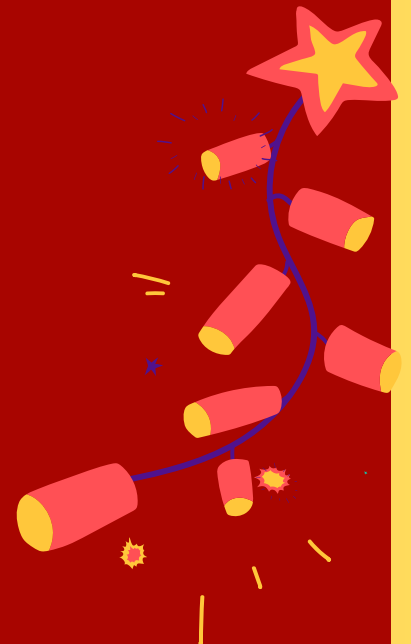
SAIM DASHAIN FEST



SAIM Dashain Fest was another splendid event which was organized by the MBA students of SAIM. The volunteering team from BBA participated in this event to make it a thunderous moment.

" भए जति त्यागिदिउँला
हामी आफ्नै धुनमै बाँचिदिउँला
संसारको त डरै छैन
धड्कनसँगै चल्दै जाऊँ न "

Despite of the challenges we faced the energy of the fest uplifted our moods and soon we were dancing and hooting to the music and laughter from comedian Adarsh Mishra and The Elements.



**Some of the magical moments
are when you have laughed
with your friends.**



ASPIRE 2022



Do you have what it takes to be the best of the best? Six students of our college participated in ASPIRE 2022 hosted by Islington college. This competition was a key learning experience for our students where they reached their breaking points in their respective roles.

THE ALPHA ANALYST

Acts as the link between a client/business and IT teams to align goals, identify and analyze business challenges and design the right solutions for our clients.

START UP ICON

Creating, living and breathing the startup's culture, values, and behavior. Hiring and leading the company's executive team. Implementing short and long term plans.

MARKETING MAESTRO

Focused on building campaigns and marketing programs. The Maestros orchestrate the technology powering those marketing campaigns.

CEO OF THE YEAR

Makes major corporate decisions, managing overall operations, and setting the company's strategic direction. They are accountable to the board of directors or stakeholders of the company and are often the public face of the organization.

GLOBAL ADVOCATE

Engages in public advocacy and in fundraising where authorized and in accordance with the applicable regulations, rules, policies and procedures of the designating UN entity.

THE ASPIRING RACE

A team sub event that tests your physical and mental state and pushes your teamwork skill to maximum level with the use of limited resources.

KREE 2022

THE STORY BEHIND

Dec 17 - 18 , 2022

WHERE IT ALL BEGAN *"Creation"*

The reason behind planning this event was that we were inspired by how the businesses run themselves in a competitive market of the Nepalese economy. We want to highlight startups and other local businesses who have yet to dive in the diverse and competitive market of Nepal.

कृ, means "to do, make, perform, accomplish, cause, effect, prepare, undertake". We have taken a step to help the growth of our nation, a move that unites the people for the betterment of our nation.

We believe that local entrepreneurs are the true कृs. They bring contemporary and oftentimes culture into sustainable business models that have been impacting the Nepali communities with vigor. Therefore, as the true कृs- as creators, as managers, as maintainers, our initiative wants to create opportunities for students like us to learn and connect with the local business environment and their leaders.

THE PILLARS OF THE PLATFORM

KREE marked a step that we looked forward to. The support from the college, our batchmates and the volunteers was emotionally uplifting and inspiring. Witnessing the unity for our own event was something magical in itself.



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THE CONNECTION

NETWORKING

Events provide a platform for people to connect with others in their industry or with shared interests. Networking can lead to new business opportunities, partnerships, or collaborations.

ENGAGEMENT

When attendees feel connected to an event, they are more likely to engage with the content, speakers, and activities. This engagement can lead to higher satisfaction and better retention of information.

COMMUNITY BUILDING

Events can bring people together to build a sense of community around a shared interest or cause. A strong community can lead to increased engagement, loyalty, and advocacy.

Don't give up easily

Giving up is something anyone can do and one of the easiest things to do. You should never give up on what you are aiming for, because only you believe in what you are doing.



*"Move forward.
Good things are
up ahead."*



A LITTLE BIT OF ROCK AND LOTS OF ROLL



The participation

Guitar solos, drum rolls and amazing vocals brought us together. We introduced two inter-college competitions in which students from other colleges participated energetically. Creating and connecting was our motto and we successfully managed to add those elements into KREE.



MEET THE ORGANIZERS

The organizing team took the responsibility to manage the event. From finding sponsors, finances, social media promotion till contacting businesses and colleges were some of the crucial behind the scenes activities for which the organizing committee worked together as one.



KEY EVENTS

- **JHALAK VLOG COMPETITION** was a competition where we collaborated with Realme Nepal and distributed smartphones to participant colleges to travel shoot the beauty of Nepali culture.
- **Battle of Bands** was an amplified musical concert where participating college bands performed their best to win the battle.
- **Business stalls** were a crucial element of KREE. Through providing stalls to sponsors and start ups we aimed to promote the local businesses in Nepal
- **Art galleries** were set up in collaboration with specially abled people and studnet to promote the existing artistic background of Nepal.

KREE . 2022

Be Yourself





SAIM SPORTS WEEK

2023

SAIM COLLEGE | SAIM EVENTS CLUB



First and foremost...

SAIM Sports Week-2023 began with the energy of the youth power that dwelled in each and every participants, volunteers and the organizers. It was loud and it was rumbling with the power of athletes.

We kicked off with the opening ceremony which was followed by a marathon unlike any other. Some were rapidly moving on, clearing each and every obstacle in their way where as some enjoyed their moments for the very first time.

When you talk about a sports week you are introduced to a series of games. Yes SAIM sports week was not only a marathon but it included other indoor and outdoor sports such as table tennis, badminton, leg race, spoon race, sack race, futsal, basketball and more. Yes, this annual college event hosted by the SAIM events club is something that tests your fitness.



Behind the scenes

Managing an event of this scale is something big as well. When you look at the scale of the event you might wonder that how did the college manage such event? Well, just like for every artwork there is an artist the organizers and the volunteers became the backbone of the sports week.

Mornings were full of classes and the afternoons and evening were where the organizers gave their best. All in all proper management skills came to uplift the structure of the event.

This sports some of us got the chance to open up food and drinks stalls. We could see a mixture of sportsperson with the mind of a business student.

"Success is no accident. It is hard work, perseverance, learning, studying, sacrifice, and most of all, love of what you are doing or learning to do."
- Pelé

College Sports Week thrived not only on the sweat and efforts of athletes but also on the unwavering support of passionate fans. Cheering sections, clad in their college colors, created an electrifying atmosphere at each event. From painted faces to creative chants, the fans showcased their boundless enthusiasm, turning the stadiums into a sea of vibrant energy. Their relentless support fueled the athletes' performances, creating an unbreakable bond between the players and their loyal supporters.



Although College Sports Week has come to an end, the spirit of competition and camaraderie continues to burn brightly.

The torch has been passed to the next generation of athletes, who will carry it forward, striving for excellence and upholding the proud tradition of college sports.

As we gave farewell to this extraordinary week, we eagerly anticipate the next edition, where new records will be shattered, new legends will be born, and the indomitable college spirit will shine once again.

VISIT SAIM FACEBOOK PAGE FOR MORE





_pradhanashwin



INTRODUCTION

As students we felt motivated to be more interactive and involved in college activities. We wanted to be more than just students.

"MERAKE" is derived from a greek word which means essence of ourselves. We strive to create an enthusiastic and interactive environment along with the aim to encourage student development via social engagements , case analysis , financial knowledge programs and debate competitions.



MERAKE'S Debate Competition



Is Feminism dead ?

Feminism is a social and political movement that advocates for the equal rights, opportunities, and treatment of all genders. It aims to challenge and eliminate gender-based inequalities, discrimination, and oppression in all aspects of life, including the workplace, education, politics, and personal relationships.

Today the word Feminism has become more diverse and vaguer than ever. There is overwriting sense of hopelessness. We are witnessing a profound malaise as feminism is being associated with hate, abuse, controversial trends, cringe and capitalism rather than equality and hope. So, we wonder , " Is feminism dead ? " Or, is it time to change, adapt and redefine it.



**Not all heroes
wear capes!**



SAIM

SUPERHEROES



June 14, 2023

Drive for our superheroes

Curtain raiser to the idea

Event kicks off from the time BBA 2 nd Semester and Meraki club students were brainstorming about a social event that they shall organize. On the same week of idea development a massive train accident happened at India causing blood shortage. Blood crisis at India and our personal experiences made us realized what if same happened at Nepal like in 2015 earthquake, this encouraged us to conduct the blood camp.

“Donate Blood, Be a Hero”, our theme for the campaign denotes every person who contributes is a superhero, and superheroes always save lives, same does a donor perform.

With the aim to highlight the importance of blood donation, SAIMians had selflessly started to plan on organizing blood donation campaign. People were afraid and had misconceptions of donating, so we first had to penetrate this disbelief. We targeted to reach 50 donors, however we flew to 25 more of them. Reaching to 75 superheroes it was a resounding success. Yet achieving this level of outcome there were few left to donate, due to donation criteria.

They still hold special appreciation for their enthusiasm and valuable presence. With countless failures that were faced there was a success of light blinking at a distance.

Rejection at various parts and areas, conflicts, short time were some that was to be tackled. Yet day and night efforts shown by management team brought them closer and closer, opening a new gate of learning for them.

Support from local government and college faculty helped Meraki and BBA 2 nd semester students and MERAKI club to explode over their potential and working ability.

President of ward 10 Mr. Ram Kumar KC accompanying us at this journey and inaugurating the camp along with our principal Ashok Raj Pandey sir really motivated us to serve community. The joy and liveliness seen at the event made volunteers feel they had more to do and made them smile continuously. SAIM faculty taught its student to be emotionally intelligent and have a humble soul. Creating a platform to learn by doing SAIM nurtures its learners with lot of optimistic and humanistic values. Making a strong benchmark at the locality SAIMians are happy to see other colleges do the same with our theme and bring out more from every students and the outsiders.



Magnetizing elements

We had had photo booth with the props themed to superheroes that make them feel like superheroes to have pictures after the blood donation.

After the completion of blood donation, we the donors enjoying the food and refreshments. We watched the participants enjoying the games. There were stalls with bottle flips, basketball, hit the glass and more such activities that added the fun to the event.

From the Freshers



NUMINA MAGAR

Till this day I still feel like it's a dream, a beautiful dream that I never thought I would ever dream about but now it is true and here I am talking about, too much to express at a time. It seems that I am not able to find words to fill up my experience. It's funny how there's so much to speak but so little to tell. But at the end of the day confidence is the key to success because being there and wanting to be in the moment tells that "you too can do it!". So if you have decided to do it, give your one hundred percent.

SANCHITA NEUPANE

I couldn't believe it! The rush of adrenaline and joy flooded through me as I stood on that stage, basking in the applause and cheers of my fellow students. Winning the talent show in my college was an incredible moment that filled me with a mix of euphoria, pride and pure excitement. It was a memory I would cherish forever.



ADITYA BHATTA

It was a great honour for me to be given the award for Mr Freshers. I am truly obliged for this great honour and recognition given by the management. Words are not enough to describe the feeling but summing it up I would say it was outstanding. Being honest, the journey was kind of challenging as it was a completely new thing for me. Right from the moment when the info regarding the Freshers program was shared until the main day transforming the idea to the real output required a good deal of efforts and various challenges came in the way. I was not alone though, I had my colleagues who walked along with me and my supervisors who provided unconditional support to me. Above all I want to thank my colleagues who showed unconditional love and support towards me which was an energy boost for me.



RABINDRA ROKAYA

Everybody dreams to win an award so did I. The Freshers program was a great opportunity to show my talent in front of a mass. I had never thought my performance could bring happiness to many people. Still those moments sparkle in my mind. Surely, I am lucky to be awarded by the great personality award. It was an amazingly experience.



»»» A WONDERLAND «««

CHITLANG

The beauty of nature



»»» THE WAY

By Safina Shrestha

In between long walks under the dusty sun and bus rides with songs from all kinds of culture, we reached a place which had so much to offer - more than we had ever expected. We got to visit places with great historical significance, try out freshly made goat cheese, visit temples with other worldly stories and above all mingle with diverse people with amazing experience during our interview sessions.

READ MORE «««

Although tiring, it all felt rewarding as soon as the crisp wind of the hills hit us. Contemporary, Rejuvenating, ... ALIVE!! All along the way the best things were not just the views and newness of it all but also the same old people we had only been sharing classes with till now. Conversations, songs, accompanied by the silence of the wilderness and rivers, here, we truly became a family. All of us belonged.





HOW WELL DO WE KNOW CHITLANG ?

Chitlang is a scenic and culturally rich village located in the Makwanpur district of Nepal. Nestled in the foothills of the Himalayas, Chitlang is renowned for its natural beauty, lush landscapes, and historical significance. It is a popular destination for tourists seeking tranquility, adventure, and a glimpse into the traditional rural lifestyle of Nepal.

Chitlang holds immense historical importance as it lies on the ancient trade route between Nepal and India. The village was once a significant transit point for traders traveling between the two countries, and remnants of this historical significance can still be seen in the form of old stone inscriptions, temples, and pathways.

The village is known for its terraced farmlands, which add to its picturesque charm. The fertile soil of Chitlang supports the cultivation of various crops, including corn, wheat, barley, and vegetables. The locals are primarily engaged in agriculture and animal husbandry, and you can witness their traditional farming practices during your visit.

Chitlang is also famous for its organic goat cheese production. The cheese, made from the milk of locally reared goats, is highly regarded for its quality and taste. Visitors have the opportunity to learn about the cheese-making process and even indulge in tasting sessions.

One of the main attractions in Chitlang is the ancient and revered temple of Bajrayogini, situated atop a hill. This temple is dedicated to the Hindu goddess Bajrayogini and offers a panoramic view of the surrounding hills and valleys. The temple attracts both pilgrims and tourists alike, who come to seek blessings and admire the architectural beauty.

For adventure enthusiasts, Chitlang offers exciting trekking and hiking opportunities. You can embark on trails that lead to nearby destinations like Kulekhani, Markhu, and Chandragiri Hills. These treks allow you to immerse yourself in the natural beauty of the region, with breathtaking views of mountains, forests, and water bodies.

Accommodation options in Chitlang range from homestays to small resorts that offer a rustic experience and an opportunity to interact closely with the locals. You can savor authentic Nepali cuisine, experience the warmth of Nepali hospitality, and participate in cultural activities organized by the villagers.

Chitlang, with its blend of natural beauty, historical significance, and cultural heritage, offers a unique and memorable experience for visitors. Whether you seek relaxation, adventure, or a deeper understanding of Nepal's rural lifestyle, Chitlang is a destination that captivates the senses and leaves a lasting impression.



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