



कम्प्युटर इन्जिनियर (भ्रम र यथार्थ)

मुकुन्द पौडेल

068/BCT

ल भान्जा अब मामा घरको नक्सा बनाउनु पर्छ है इन्जिनियर भएपछी ।।।

म नक्सा बनाउने इन्जिनियर हैन मामा म त कम्प्युटर इन्जिनियर हो

ए ! सिभिल नपढेर किन रू के काम गर्ने त त्यसो भा ? कम्प्युटर बनाउने हो ?

हामि सिस्टम डेभलप गर्छौं, सफ्टवेयर बनाउछौं मामा ।

ए ! भनेपछि नेपालमा खासै स्कोप छैन त्यसो भा ?

यो संवाद नेपाल सरकारको सहसचिव तहमा काम गर्ने मेरा मामा र म बि.ई. प्रथम वर्ष पढ्दै गर्दाको हो । यो एक प्रतिनिधि उदाहरण मात्र हो । तपाईं हामि कम्प्युटर वा इलेक्ट्रिकल र इलेक्ट्रोनिक्स पढ्ने र पढिसकेका इन्जिनियर भाई बैनी वा मित्रहरूको जीवनमा घटेकै घटना हो । संसार देखेको छु भनेर फुर्ति गर्नेहरूलाई पनि कम्प्युटर इन्जिनियरको अयचम काम बुझाउन निकै गारो छ । पढ्दै गर्दा र पढाई पछी काम गर्दा पनि फिल्ड भन्दा बाहिरको मान्छेलाई कम्प्युटर इन्जिनियरको काम केरु भन्नि कुरा बुझाउन निकै गारो छ । हाल अध्यनरत भाईबहिनी र साथीहरूलाई केहि सजिलो होस् भनेर केहि कुरा संक्षिप्तमा राख्दै छु ।

समाज इन्जिनियरिंग र कम्प्युटर इन्जिनियर (Society, Engineering and Computer Engineer)

नेपाली समाजमा इन्जिनियर भन्ने बित्तिकै बाटो-घाटो, पुल, नहर, भवन आदि बनाउने टाउकोमा पहेलो टोपी लगाएको तिन खुट्टा टेकेको (Tripod) दुरबिन जस्तो देखिने यन्त्रले (Transit/Theodolite) कुनै दुरीमा गाडीएको खम्बामा हेरिहेको मान्छेको चित्र दिमागमा आउँछ । त्यहि समाजमा कम्प्युटर इन्जिनियरको सचित्र बर्णन गार्हो कुरा हो । कम्प्युटर इन्जिनियर भन्ने बित्तिकै सामान्यतया पब्लिकको दिमागमा आउने कुरा हो - "यसले कम्प्युटर बिग्रेपछि बनाउँछ" । यो धुर्ब सत्य हो कि तपाईं हामि मध्ये धेरैको घरमा यहि बुफिन्छ र मेरो घरमा पनि यहि बुफिन्थ्यो । त्यो भन्दा अझै बढी बुझ्नेहरूले बिदेशमा राम्रै स्कोप भएको बिषय हो भन्नि सम्म बुझेका हुन्थे र छन् ।

यो धारणा परिवर्तन हुने क्रममा छ र एकदिन यस्तो पनि हुनेछ - कम्प्युटर इन्जिनियर, इन्जिनियर मध्यको सर्बश्रेष्ठ हो र He/ She can rule the world through technology भन्नि कुरा आम सर्वसाधारणको दिमागले सजिलै बुझ्ने छ । तपाईं हामि मध्ये पनि धेरैको हकमा सिभिल इन्जिनियरिंग फर्स्ट प्रायोरिटी हुदा हुदै कम्प्युटरमा भर्ना भएका धेरै छौं र म यो दाबीका साथ भन्न सक्छु । हामी पढ्दै गर्दा पनि यहि हालत थियो र छ पनि । इन्जिनियरिङ्ग भर्ना हुँदाको बखत हामी मध्ये ९५% लाई कम्प्युटर इन्जिनियरले बास्तबमा गर्छ के ? भन्ने कुरा नै थाहा हुदैन हामि हल्लै हल्लाको पछाडी लागेर याहाँ आइपुग्ने हो ।

कलेज, इन्जिनियरिंग र स्वभाव (College, Engineering & Attitude)

जब कलेज आइन्छ अनि बिस्तारै आँखाको पर्दा खुल्दै जान्छ । सोचाइ भन्दा निकै परको बिषयबस्तु लाग्न थाल्छ इन्जिनियरिङ्ग । यो सोच पढाइ सकेर फिल्डमा काम गर्न जाँदा अझै गहिरीन्छ । कामको प्रकृति र पढति हामीले कलेजमा सिकेको र भोगेको भन्दा निकै फरक लाग्छ र फिल्डमा फरक खाले अभ्यास नै भैरहेको हुन्छ ।

प्लस टु (+2) पछिको स्वतन्त्रता इन्जिनियरिंग कलेजमा अझै बढी मौलाउदै जान्छ । जसले हाम्रो सिकाइलाई कमजोर बनाउदै लागेको हुन्छ र हामीलाई पत्तो सम्म नि हुदैन । जब जब इन्जिनियरिंगका वर्षहरू संगै ब्याक हरु बढ्दै जान्छन अनि महसुस हुन थाल्छ । तसर्थ, यो बुझौ - इन्जिनियरिङ्ग +2 भन्दा निकै माथिल्लो लेभल हो । सिरियस बनौं । यहाँसम्म आईपुग्दा कतिपयलाई महसुस नि भैसकेको हुनुपर्छ । बिद्यार्थी कालमै हामीमा इन्जिनियर वाला फिलिंग आईसैको हुन्छ र हाम्रो स्वभावमा यस्तो परिवर्तन आइसकेको हुन्छ कि त्यसले केरु कतिरु घाटा वा फाइदा गर्यो ? रियल फिल्डमा पुगेपछि राम्रैसंग महसुस हुन्छ । तसर्थ, कलेज लाइफलाई सकेसम्म सदुपयोग गरौ, हामी इन्जिनियरिङ्गका बिद्यार्थी मात्रै हौं, हामि अहिले शुन्यमा छौं र १०० मा पुग्नु छ, साचिकै इन्जिनियर हुनु छ यै सोचौं। यो भन्दै गर्दा कलेज लाइफको रमाइलोलाई इग्नोर गरौं भनेको पनि हैन । सबै कुरा ब्यालेन्समा गरौ, यो समय फर्केर आउनेछैन । जुनसुकै कुरा गर्नका लागि पनि

। चाहे त्यो पढाई होस् या रमाइलो र मस्ती । यहि समयमा तपाईंले आफुमा बिकास गर्नु भएको स्वभावले तपाईंलाई जिन्दगीभरी चिनाउने छ । यसर्थ, कलेज लाईफ, इन्जिनियरिङ्ग, र अटिच्युडलाई सकारात्मक सदुपयोग गरौं । शिक्षक र डिपार्टमेन्टलाई आफ्नो जायज फाइदाको निम्ति सकेसम्म प्रयोग गरौं जो जिवन्त काम लागोस ।

भ्रम स्कोप र यथार्थ (Rumors, Scope & facts)

हामि मध्ये धेरैजना (सबैजसो भन्दा अनुपयुक्त नहोला) इन्जिनियर भएर टनै पैसा कमाउने सपना पालेर आएका छौं र पढेर सक्ने बित्तिकै गतिलो जागिर पाईन्छ भन्नि सोचेका छौं भने सर्वप्रथम यो भ्रमबाट मुक्त हुनु जरुरी छ । पैसा के कति आउँछ त्यो सम्पूर्ण रूपमा तपाईंमा कति नलेज र स्किल छ त्यसमा भर पर्छ । तपाईंको स्कोप कति छ भन्ने कुरा तपाईंले कलेज पढ्दा कुन बिषयमा कति अंक प्राप्त गर्नु भयो अथवा कति % ल्याउनु भयो त्यसमा ३२% भर पर्छ । किनकि तपाईंले ३२% ल्याए पास हुनुहुन्छ बाँकी तपाईंले कुन कुरा कती गहिराईमा सिक्नुभयो वा बुझ्नु भयो त्यसले निर्धारण गर्छ । रियल फिल्ड बाहेकको मान्छेले कम्प्युटर इन्जिनियरको स्कोप बारे भन्नि एउटा कुरा हो - नेपालमा केहि काम छैन बिदेशमा राम्रो छ । त्यो पूर्णतस् गलत हो । नेपालमा आईटीको मार्केट सानो छ तर पर्याप्त छ, बस गर्न सक्नु पर्यो । नेपालमा नै तपाईं-हामी प्रति महिना लाखौं कमाउन सक्छौं तर त्यो क्षणभरमै सम्भव छैन । यसका लागि strong field practical knowledge, अनुकूल बातावरण, Risk bear गर्न सक्ने क्षमता र सबैभन्दा महत्वपूर्ण कुरा PAs\IO न धैर्यता हुनु जरुरि छ । यदी यो कुरा छैनन् वा गर्न सकिदैन भने यो फिल्ड रोजाई गलत साबित हुन सक्छ । इन्जिनियरको लाईफ SPIRAL MODEL हो । प्रत्येक वर्ष आँफुलाई New & Refined Version मा पाउनुहुनेछ ।

स्कोप स् यहाँ सम्म पढीसकेपछि तपाईंलाई केहि न केहि स्कोप थाहा भएको हुनु पर्छ । नेपाल यस्तो देश हो जँहा सबैभन्दा धेरै आईटीको स्कोप छ । किनकि हाम्रो देशमा २०५ पनि टेक्नोलोजीको बिकास छैन तसर्थ लाखौं लाख सम्भावना बोकेको क्षेत्र हो यो । यो कुरा दाबीका साथ भन्न सकिन्छ । नेपालमा सयौंको संख्यामा निकै राम्रा आईटी कम्पनीहरू छन् जसको ब्ललगबिताचललयखभच करोडौंमा छ । हामि तिनै कम्पनीहरूका भाबिस्य हौं । तसर्थ स्कोप छैन भन्नु हावादारी कुरा हो । सबैभन्दा बढी स्कोप हाम्रै छ र जसरि आइपुगेको होस् हामि निकै राम्रो फिल्डमा छौं तर निरन्तर मेहनत र लगाव जरुरि छ ।

नेपाल भित्र सरकारी तहमा विभिन्न क्षेत्र हरू जस्तै बैंकिंग, फाइनान्सियल, एजुकेसन, डीफेन्स लगायत धेरै क्षेत्रमा बसेरि कम्प्युटर इन्जिनियर, आइटी अधिकृतहरूको उल्लेख्य माग हुदै आयको छ । यसले पूर्णतस् सरकारी स्थाई जागिरको सम्भावना बलियो बनाउँछ । हरेक वर्ष लोक सेवा आयोगले विभिन्न सरकारी कार्यालय, बिभाग, मन्त्रालय, संघ संस्था, संस्थान (NEA, NTC, NAC, CIVIL AVIATION) आदि निकायहरूमा सयौंको संख्यामा इन्जिनियर माग गर्दै आयको छ । अझ रमाइलो तथ्यांक त के छ भने आवश्यक माग पद संख्या मा एप्लिकेसन नै नपरेर रिक्त रहेको कुरा स्वयं लोकसेवा आयोग नै बताउँछ । ल भन्नुस स्कोप कहाँ भएन ? नेपाल सरकारले नै आइटीको बिकास र बिस्तारको खातिर NITC (National Information & Technology Centre) GIDC (Government Integrated Data Centre) जस्ता निकायहरू स्थापना गरेको छ जसमा सयौं इन्जिनियर हरू काम गर्छन । त्यस्तै सरकारले मकवानपुरमा DATA CENTRE बनाउदै छ जसले सयौंको संख्यामा इन्जिनियरहरू खपत गर्ने निश्चित प्राय छ । त्यस्तै अन्य प्राईभेट कम्पनिहरू एन्सेल, वल्ड लिंक युटिएल आदिमा पनि इन्जिनियरहरू खपत हुदै आएका छन । तसर्थ हजारौं अवसरहरूले तपाईंलाई पर्येर बसेका छन बस तपाईं आफुलाई योग्य बनाउनुहोस ।

के के मा छ त कम्प्युटर इन्जिनियरको स्कोप ?

1. Design and development of Web and Interface (यो निकै माग भएको क्षेत्र हो)
2. Software development
3. Animation and Gaming
4. Mobile app development (Android, IOS, window)
5. System admin and Analyst
6. SEO Engineer
7. Database developer
8. Quality Assurance (Q/A) and Testing

9. Aviation Engineering
10. Data Mining and warehousing
11. Network administrator and network security (यो निकै माग भयको क्षेत्र हो)
12. Technical content writing
13. Social media management

And many more.

यथार्थ:- यति धेरै सम्भावनाका बीच पनि जागिर पाउनु चुनौतिपूर्ण नै छ । बजारमा माग बढ्दो छ इन्जिनियरको उत्पादन नि बढ्दो छ तर माग पुरा भएकै छैन । किनकि गुणस्तरीय जनशक्ति निकै न्युन छ यो यथार्थ हो । तसर्थ हामि आफ्नो गुणस्तर बृद्धि गर्न पढ्छिौं । "इन्जिनियर भएपनि गर्ने त CODDING नै हो" - यो अर्को भ्रम हो । यथार्थ के हो भने CODEE भनेको ENTRY LEVEL हो र यो सबैभन्दा महत्वपूर्ण कुरा हो CODDING NECESSARY चिज हो CODDING संगै DEVELOPMENT RELATED सबै कुराको KNOWLWDGE ले तपाईंलाई छिट्टै अर्को राम्रो स्थानमा पुर्याउछ । अर्को एउटा भ्रम के छ भने अहिले कलेजमा JAVA राम्रो, PHP राम्रो, ANDRIOD राम्रो, IOS राम्रो आदि आदि । तर बास्तबमा नराम्रो कुनै पनि हैन सबै राम्रो platform हुन् । तपाईं संग software development knowledge र logic level slt high छ त्यसले तपाइको performance मा प्रभाव पार्दछ । तसर्थ तपाइले platform जुन पनि छान्न सक्नु हुन्छ मात्र तपाईंमा basic and core knowledge of software development and codding process थाहा हुनुपर्यो । जुन बेला जता पनि switch हुन सकिन्छ ।

के चाहिन्छ त ?

- Strong knowledge and skill बाहेक निम्न कुराहरू अति आवश्यक छन् :
- मेहनत, ईमान्दारिता र लगनशीलता
- सम्बन्धित बिषयमा राम्रो दख्खल
- फरक किसिमले सोच्न सक्नेर creativity level-high
- TEAM मा बसेर काम गर्न सक्ने क्षमता - यो निकै महत्वपूर्ण कुरा हो यसमा तपाइको स्वभाव प्रतिबिम्बित हुन्छ तसर्थ आफुलाई निकै नरम अनि सभ्य राख्नुस
- नVERY-VERY POSITIVE ATITUDE - जस्तोसुकै FAILURE मा पनि निरास नहुने र अझ उर्जाशील बनेर काम गर्ने प्रवृत्ति हुनु निकै जरुरि छ
- PASSIONATE
- TECHNOLOGY CHANGe लाई ADOPT गर्न सक्ने क्षमता
- छिट्टै सिक्न सक्ने क्षमता
- PROBLEM SOLVING CAPAICITY

र अन्य धेरै !

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REPAIR, RESTORATION AND STRENGTHENING OF BUILDINGS

Assoc. Prof. Laxmi Bhakta Maharjan

Chief, Liaison Section

Advanced College of Engineering and Management



1. INTRODUCTION

The need to improve the ability of an existing building to withstand seismic forces arises usually from the evidence of damage and poor behavior during a recent earthquake. It can arise also from calculations or by comparisons with similar buildings that have been damaged in other places. While in the first case the owner can be rather easily convinced to take measures to improve the strength of his building, in the second case dwellers that have much more stringent day-to-day needs are usually reluctant to invest money in the improvement of seismic safety. The problems of repairs, restoration and seismic strengthening of buildings are briefly stated below:

- (i) Before the occurrence of the probable earthquake, the required strengthening of seismically weak buildings is to be determined by a survey and analysis of the structures.
- (ii) Just after a damaging earthquake, temporary supports and emergency repairs are to be carried so that precariously standing buildings may not collapse during aftershocks and the less damaged ones could be quickly brought back into use.
- (iii) The real repair and strengthening problems are faced at the stage after the earthquake when things start settling down. At this stage distinction has to be made in the type of action required, that is, repairs, restoration and strengthening, since the cost, time and skill required in the three may be quite different.

The decision as to whether a given building needs to be strengthened and to what degree must be based on calculations that show if the levels of safety demanded by present codes and recommendations are met. Difficulties in establishing actual strength arise from the considerable uncertainties related with material properties and with the amount of strength deterioration due to age or to damage suffered from previous earthquakes. Thus, decisions are frequently based on gross conservative assumptions about actual strength. The method of repair and strengthening would naturally depend very largely on the structural scheme and materials used for the construction of the building in the first instance, the technology that is feasible to adopt quickly and on the amount of funds that can be assigned to the task, usually very limited. Some methods like “splints and bandages”, “wire mesh with gunite”, “epoxy injection,” etc., have already been tried and applied in a few countries for repairing as well as strengthening earthquake damaged buildings. These as well as other possible methods will be discussed in this chapter.

2. REPAIR, RESTORATION AND STRENGTHENING CONCEPTS

The underlying concepts in the three operations are stated below:

2.1 Repairs

The main purpose of repairs is to bring back the architectural shape of the building so that all services start working and the functioning of building is resumed quickly. Repair does not pretend to improve the structural strength of the building and can be very deceptive for meeting the strength requirements of the next earthquake. The actions will include the following:

- (i) Patching up of defects such as cracks and fall of plaster.

- (ii) Repairing doors, windows, replacement of glass panes.
- (iii) Checking and repairing electric wiring.
- (iv) Checking and repairing gas pipes, water pipes and plumbing services.
- (v) Re-building non-structural walls, smoke chimneys, boundary walls, etc.
- (vi) Re-plastering of walls as required.
- (vii) Rearranging disturbed roofing tiles.
- (viii) Relaying cracked flooring at ground level.
- (ix) Redecoration: whitewashing, painting, etc.

The architectural repairs as stated above do not restore the original structural strength of cracked walls or columns and may sometimes be very illusive, since the redecorates building will hide all the weaknesses and the building will suffer even more severe damage if shaken again by an equal shock since the original energy absorbing capacity will not be available.

2.2 Restoration

It is the restitution of the strength the building had before the damage occurred. This type of action must be undertaken when there is evidence that the structural damage can be attributed to exceptional phenomena that are not likely to happen again and that the original strength provides an adequate level of safety.

The main purpose of restoration is to carry out structural repairs to load bearing elements. It may involve cutting portions of the elements and rebuilding them or simply adding more structural material so that the original strength is more or less restored. The process may involve inserting temporary supports, underpinning, etc. Some of the approaches are stated below:

- (i) Removal of portions of cracked masonry walls and piers and rebuilding them in richer mortar. Use of non-shrinking mortar will be preferable.
- (ii) Addition of reinforcing mesh on both -faces of the cracked wall, holding it to the wall through spikes or bolts and then covering it suitably. Several alternatives have been used.
- (iii) Injecting epoxy like material, which is strong in tension, into the cracks in walls, columns, beams, etc. Where structural repairs are considered necessary, these should be carried out prior to or simultaneously with the architectural repairs so that total planning of work could be done in a coordinated manner and wastage is avoided.

2.3 Strengthening of existing buildings

The seismic behavior of old existing buildings is affected by their original structural inadequacies, material degradation due to time, and alterations carried out during use over the years such as making new openings, addition of new parts inducing dissymmetry in plan and elevation, etc.

The possibility of substituting them with new earthquake resistant buildings is generally neglected due to historical, artistic, social and economical reasons. The complete replacement of the buildings in a given area will also lead to destroying a number of social and human links. Therefore seismic strengthening of existing damaged or undamaged buildings can be a definite requirement in same areas.

Strengthening is an improvement over the original strength when the evaluation of the building indicates that the strength available before the damage was insufficient and restoration alone will not be adequate in future quakes.

The extent of the modifications must be determined by the general principles and design methods stated in earlier chapters, and should not be limited to increasing the strength of members that have been damaged, but should consider the overall behavior of the structure. Commonly, strengthening procedures should aim at one or more of the following objectives:

- (i) Increasing the lateral strength in one or both directions, by reinforcement or by increasing wall areas or the number of walls and columns.
- (ii) Giving unity to the structure by providing a proper connection between its resisting elements, in such a way that inertia forces generated by the vibration of the building can be transmitted to the members that have the ability to resist them. Typical important aspects are the connections between roofs or floors and walls, between intersecting walls and between walls and foundations.
- (iii) Eliminating features that are sources of weakness or that produce concentrations of stresses in some members. Asymmetrical plan distribution of resisting members, abrupt changes of stiffness from one floor to the other, concentration of large masses, large openings in walls without a proper peripheral reinforcement are examples of defect of this kind.
- (iv) Avoiding the possibility of brittle modes of failure by proper reinforcement and connection of resisting members. Since its cost may go to as high as 50 to 60% of the cost of rebuilding, the justification of such strengthening must be fully considered.

The extent of modification must be found using the principles of strengthening and in accordance with the local factors applicable to each building.

3. REPAIR RESTORATION AND STRENGTHENING MATERIALS

The most common materials for damage repair restoration and strengthening works of various types are cement and steel. In many situations non-shrinking cement or an admixture like aluminum powder in the Ordinary Portland Cement will be admissible. Steel may be required in many forms, like bolts, rods, angles, channels, expanded metal and welded wire fabric. Wood and bamboo are the most common material for providing temporary supports and scaffolding etc., and will be required in the form of rounds, sleepers, planks, etc. Besides the above, special materials and techniques are available for best results in the repair, restoration and strengthening operations. They are described below:

3.1 Shotcrete

Shotcrete is a method of applying a combination of sand and portland cement which mixed pneumatically and conveyed in dry state to the nozzle of a pressure gun, where water is mixed and hydration takes place just prior to expulsion. The material bonds perfectly to properly prepared surface of masonry and steel. In versatility of application to curved or irregular surfaces, its high strength after application and good physical characteristics, make for an ideal means to achieve added structural capability in walls and other elements. There are some minor restrictions of clearance, thickness, direction of application, etc.

3.2 Epoxy resins

Epoxy resins are excellent binding agents with high tensile strength. There are chemical preparations the compositions of which can be changed as per requirements. The epoxy components are mixed just prior to application. The product is of low viscosity and can be injected in small cracks too.

The higher viscosity epoxy resin can be used for surface coating or filling larger cracks or holes. The epoxy mixture strength is dependent upon the temperature of curing (lower strength for higher temperature) and method of application.

3.3 Epoxy mortar

For larger void spaces, it is possible to combine epoxy resins of either low viscosity or higher viscosity, with sand aggregate to form epoxy mortar. Epoxy mortar mixture has higher compressive strength, higher tensile strength and a lower modulus of elasticity than Portland cement concrete. Thus the mortar is not a stiff material for replacing reinforced concrete. It is also reported that epoxy is a combustible material. Therefore it is not used alone. The sand aggregate mixed to form the epoxy mortar provides a heat sink for heat generated and it provides increased modulus of elasticity too.

3.4 Gypsum cement mortar

It has got rather limited use for structural application. It has lowest strength at failure among these three materials. Generally used for cosmetic repair works.

3.5 Quick-setting cement mortar

This material is patented and was originally developed for the use as a repair material for reinforced concrete floors adjacent to steel blast furnaces. It is non-hydrous magnesium phosphate cement with two components, a liquid and a dry, which can be mixed in a manner similar to Portland cement concrete.

3.6 Mechanical anchors

Mechanical type of anchors employs wedging action to provide anchorage. Some of the anchors provide both shear and tension resistance. Such anchors are manufactured to give sufficient strength. Alternatively chemical anchors bonded in drilled holes polymer adhesives can be used.



Fig 1: Injection of epoxy bonding compounds or non-shrink cement grouting under pressure
Repair / Rehab

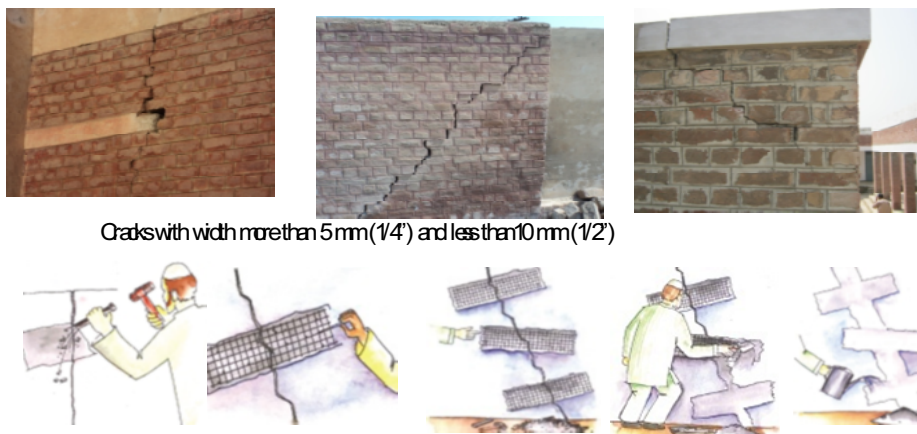
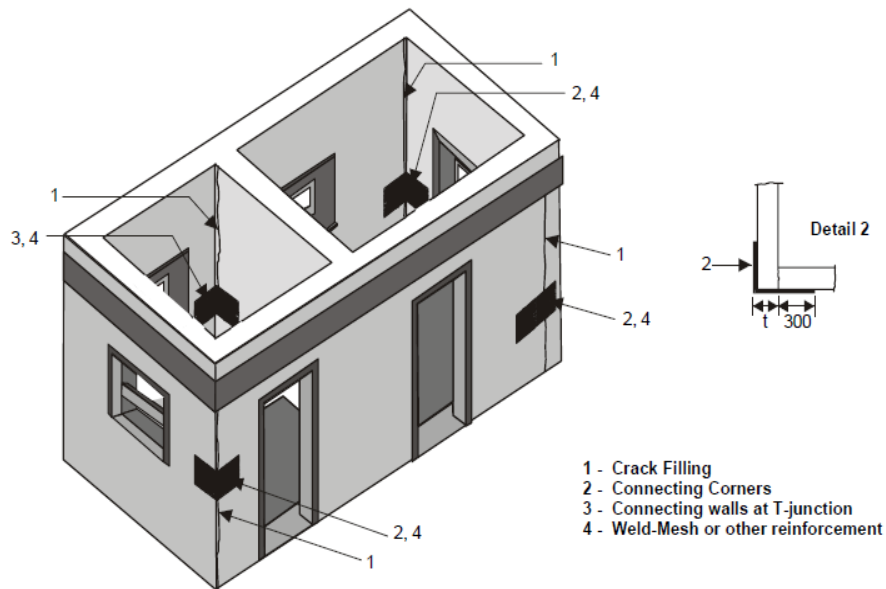


Fig 2: Stitching in Wall



4 TECHNIQUES TO RESTORE ORIGINAL STRENGTH

While considering restoration work, it is important to realize that even fine cracks in load bearing members which are unreinforced, like masonry and plain concrete reduce their resistance very largely. Therefore all cracks must be located and marked carefully and the critical ones fully repaired either by injecting strong cement or chemical grout or by providing external bandage. The techniques are described below along with other restoration measures.

4.1 Small cracks

If the cracks are reasonably small (opening width = 0.075 cm), the technique to restore the original tensile strength of the cracked element is by pressure injection of epoxy.

The external surfaces are cleaned of non-structural materials and plastic injections ports are placed along the surface of the cracks on both sides of the member and are secured in place with an epoxy sealant. The centre to centre spacing of these ports may be approximately equal to the thickness of the element. After the sealant has cured, a low viscosity epoxy resin is injected into one port at a time, beginning at the lowest part of the crack in case it is vertical or at one end of the crack in case it is horizontal.

The resin is injected till it is seen flowing from the opposite sides of the member at the corresponding port or from the next higher port on the same side of member. The injection port should be closed at this stage and injection equipment moved to the next port and so on.

The smaller the crack, higher is the pressure or more closely spaced should be the ports so as to obtain complete penetration of the epoxy material throughout the depth and width of member. Larger cracks will permit larger port spacing, depending upon width of the member. This technique is appropriate for all types of structural elements; beams columns, walls and floor units in masonry as well as concrete structures. Two items should however be taken care of in such type of repair:

- (i) In the case of loss of bond between reinforcing bar and concrete, if the concrete adjacent to the bar has been pulverized to a very fine powder, this powder will dam the epoxy from saturating the region. So it should be cleaned properly by air or water pressure prior to injection of epoxy.
- (ii) It has been stated that cracks smaller than about 0.75 mm may be difficult to pressure inject. So cracks smaller than this should not be repaired by this method.

4.2 Large cracks and crushed concrete

For cracks wider than about 6 mm or for regions in which the concrete or masonry has crushed, a treatment other than injection is indicated. The following procedure may be adopted.

- (i) The loose material is removed and replaced with any of the materials mentioned earlier, i.e., expansive cement mortar, quick setting cement or gypsum cement mortar.
- (ii) Where found necessary, additional shear or flexural reinforcement is provided in the region of repairs. This reinforcement could be covered by mortar to give further strength as well as protection to the reinforcement.
- (iii) In areas of very severe damage, replacement of the member or portion of member can be carried out.
- (iv) In case of damage to walls and floor diaphragms, steel mesh could be provided on the outside of the surface and nailed or bolted to the wall. Then it may cover with plaster or micro-concrete.

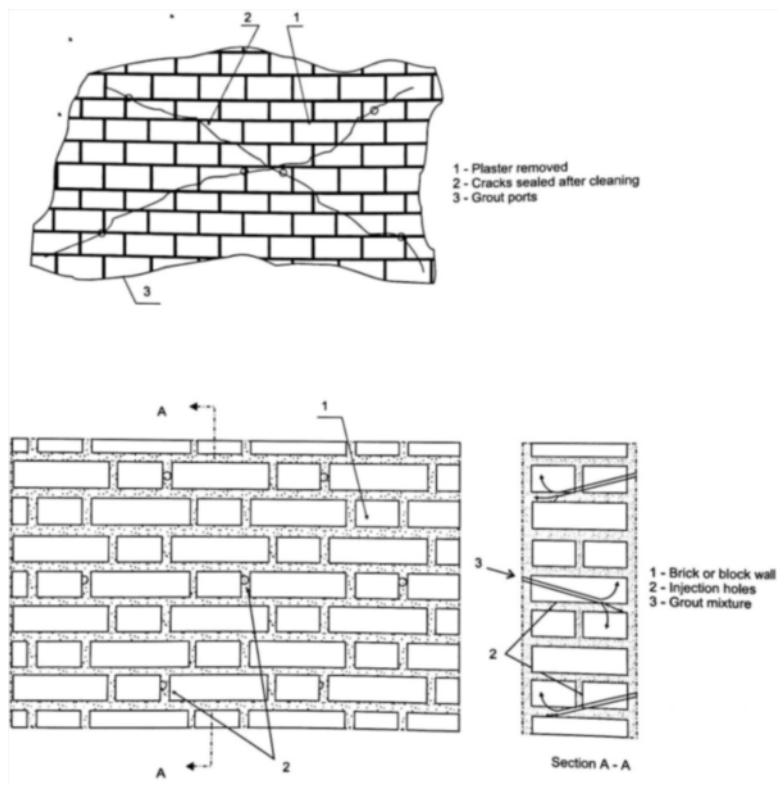
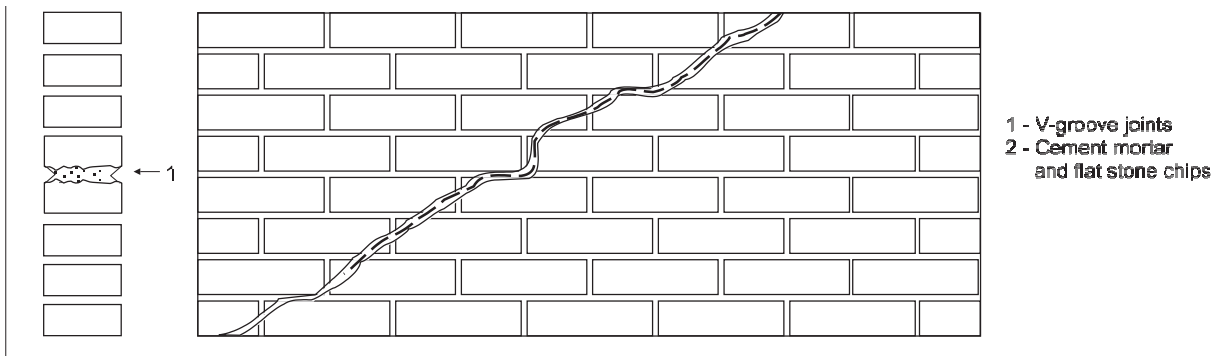


Fig 4: Grout or epoxy injection in existing weak walls



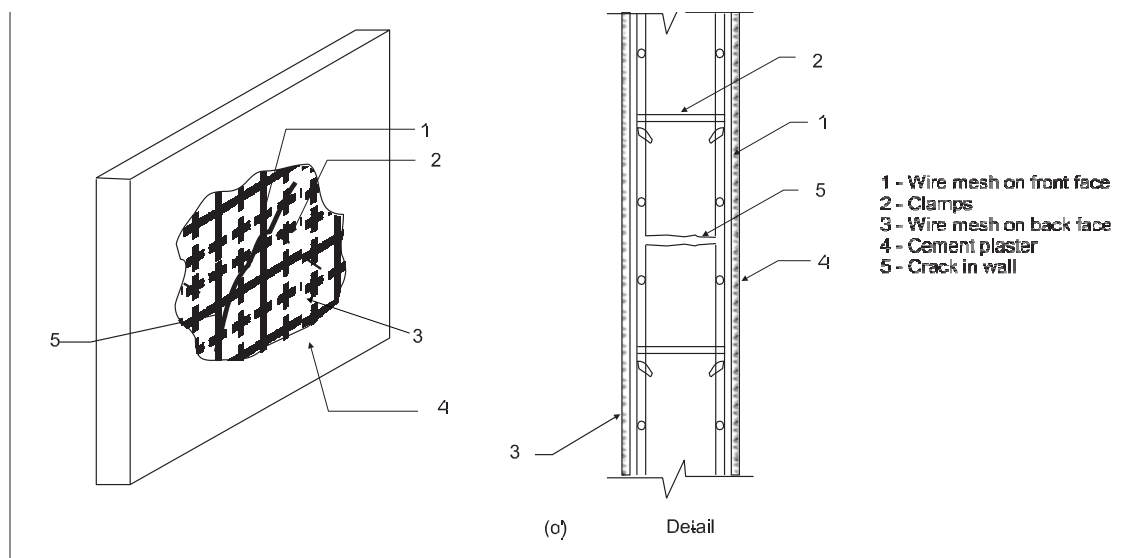


Fig 5: Strengthening of Existing Masonry Wall

5. Strengthening existing walls

The lateral strength of buildings can be improved by increasing the strength and stiffness of existing individual walls whether they are cracked or uncracked. This can be achieved (a) by grouting; (b) by addition of vertical reinforced concrete coverings on the two sides of the wall (c) by pre-stressing walls.

(a) Grouting

A number of holes are drilled in the wall (2 to 4 m²). First water is injected in order to wash the wall inside and to improve the cohesion between the grouted mixture and the wall elements. Secondly a cement water mixture (1:1) is grouted at low pressure (0.1 to 0.25 MPa) in the holes starting from the lower holes and going up.

Alternatively, polymeric mortars may be used for grouting. The increase of shear strength which can be achieved in this way is considerable. However grouting cannot be relied on as far as the improving or connection between orthogonal walls is concerned. Note that pressure needed for grouting can be obtained by gravity flow from super-elevated tanks.

(b) Strengthening with wire mesh

Two steel meshes (welded wire fabric with an elementary mesh of approximately (50 mm x 50 mm)) are placed on the two sides of the wall, they are connected by passing steel each 500 to 750 mm apart 20 to 40 mm thick cement mortar or micro-concrete layer is then applied on the two networks thus giving rise to two interconnected vertical plates. This system can also be used to improve connection of orthogonal walls.

(c) Connection between existing stone walls

In stone buildings of historic importance consisting of fully dressed stone masonry in good mortar effective sewing of perpendicular walls can be done by drilling inclined holes through them, inserting steel rods and injecting cement grout.

(d) Pre-stressing

A Horizontal compression state induced by horizontal tendons can be used to increase the shear strength of walls. Moreover this will also improve considerably the connections of orthogonal walls. The easiest way of affecting the pre-compression is to place two steel rods on the two sides of the wall and strengthening them

by turnbuckles. Note that good effects can be obtained by slight horizontal pre-stressing (about 0.1 MPa) on the vertical section of the wall. Pre-stressing is also useful to strengthen spandrel beam between two rows of openings in the case no rigid stab exists.

6 External binding

Opposite parallel walls can be held to internal cross walls by pre-stressing bars as illustrated above, the anchoring being done against horizontal steel channels instead of small steel plates. The steel channels running from one cross wall to the other will hold the walls together and improve the integral box like action of the walls. The technique of covering the wall with steel mesh and mortar or micro-concrete may be used only on the outside surface of external walls but maintaining continuity of steel at the corners. This would strengthen the walls as well as bind them together. As a variation and for economy in the use of materials, the covering may be in the form of vertical splints between openings and horizontal bandages over spandrel walls at suitable number of points only.

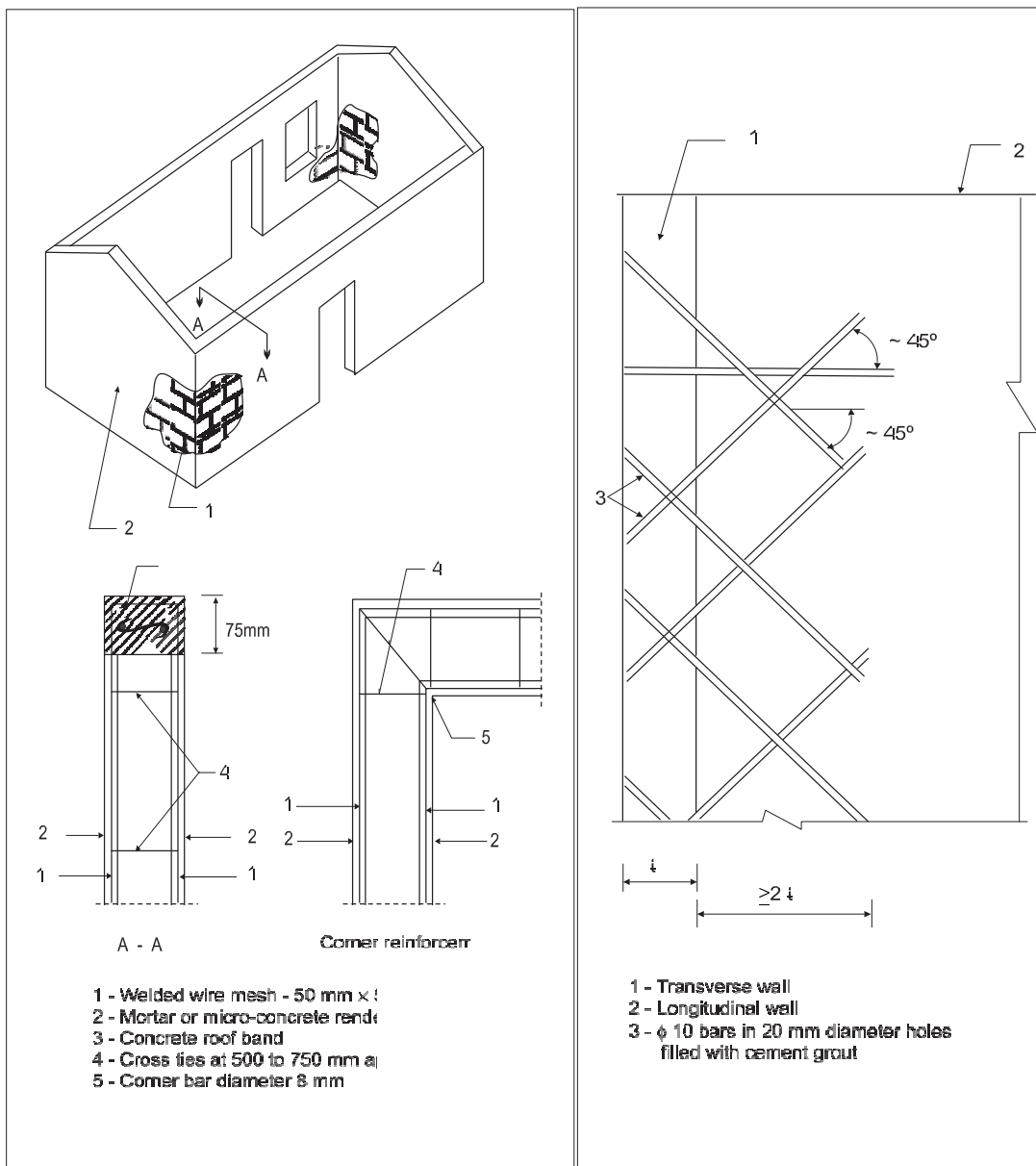


Fig 6: Strengthening with wire mesh and mortar Fig 7 : Sewing transverse walls with inclined bars

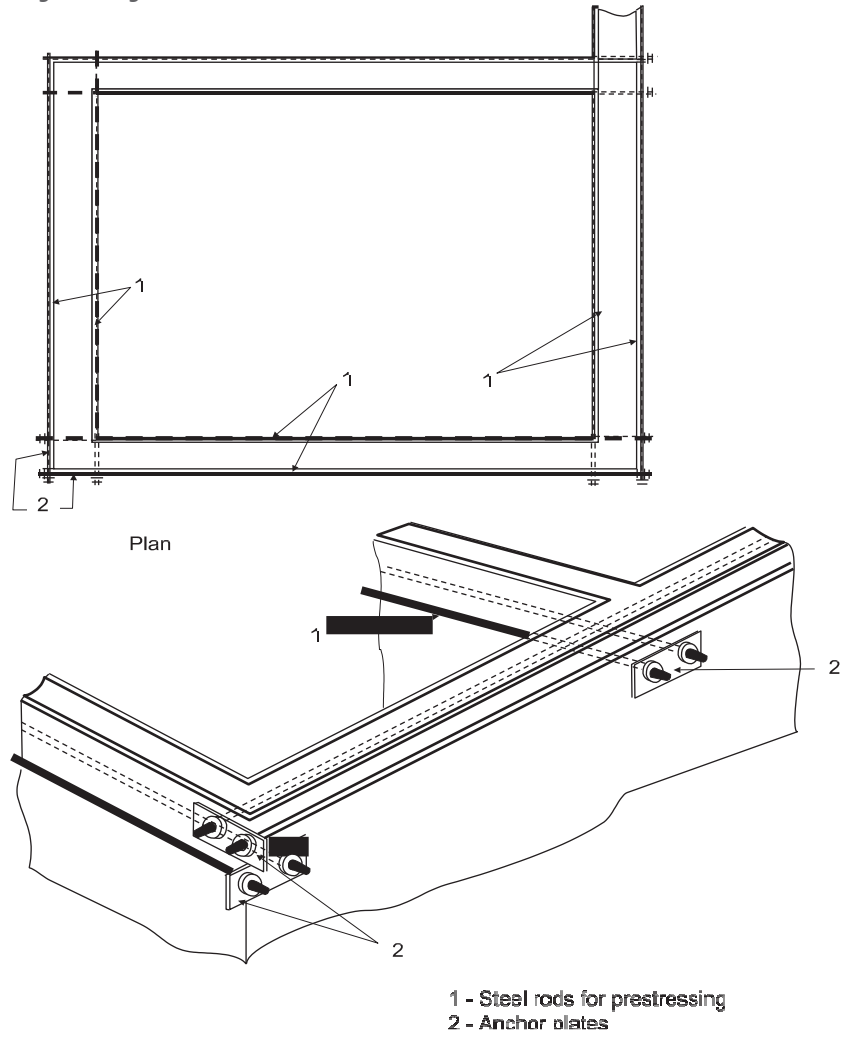


Fig 8: Strengthening of walls by Pre-stressing

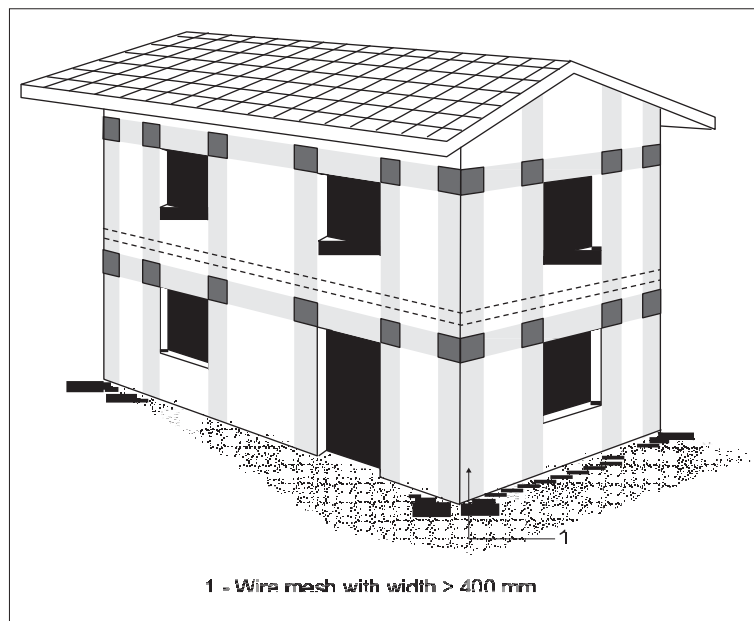


Fig 9 : Splint and bandage strengthening technique

7 STRENGTHENING R.C.C. MEMBERS

The strengthening of reinforced concrete members is a task that should be carried out by a structural engineer according to calculations. Here only a few suggestions are included to illustrate the ways in which the strengthening could be done.

- (i) RC columns can best be strengthened by jacketing, and by providing additional cage of longitudinal and lateral tie reinforcement around the columns and casting a concrete ring, the desired strength and ductility can thus be built-up.
- (ii) Jacketing a reinforced concrete beam can also be done in the above manner. For holding the stirrup in this case, holes will have to be drilled through the slab.
- (iii) Similar technique could be used for strengthening RC shear walls.
- (iv) Inadequate sections of RC column and beams can also be strengthened by removing the cover to old steel, welding new steel to old steel and replacing the cover.

In all cases of adding new concrete to old concrete, the original surface should be roughened, grooves made in the appropriate direction for providing shear transfer. The ends of the additional steel are to be anchored in the adjacent beams or columns as the case may be.

- (v) RC beams can also be strengthened by applying pre-stress to it so that opposite moments are caused to those applied. The wires will run on both sides of the web outside and anchored against the end of the beam through a steel plate.

8 STRENGTHENING OF FOUNDATIONS

Seismic strengthening of foundations before or after the earthquake is the most involved task since it may require careful underpinning operations. Some alternatives are given below for preliminary consideration of the strengthening scheme.

- (i) Introducing new load bearing members including foundations to relieve the already loaded members. Jacking operations may be needed in this process.
- (ii) Improving the drainage of the area to prevent saturation of foundation soil to obviate any problems of liquefaction which may occur because of poor drainage.
- (iii) Providing apron around the building to prevent soaking of foundation directly and draining off the water.
- (iv) Adding strong elements in the form of reinforced concrete strips attached to the existing foundation part of the building. These will also bind the various wall footings and may be provided on both sides of the wall. To avoid digging the floor inside the building, the extra width could be provided only on the outside of external walls. The extra width may be provided above the existing footing or at the level of the existing footing. In any case the reinforced concrete strips and the walls have to be linked by a number of keys, inserted into the existing footing.

To avoid disturbance to the integrity of the existing wall during the foundation strengthening process, proper investigation and design is called for.

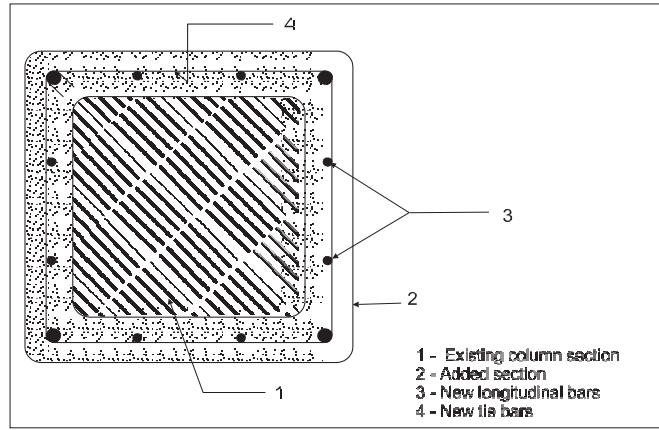


Fig 10: Jacketing a concrete column

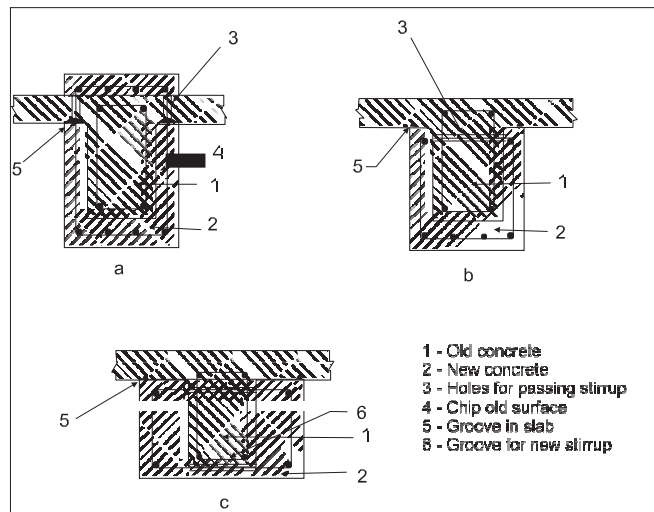


Fig 11: Increasing the section and reinforcement of existing beams

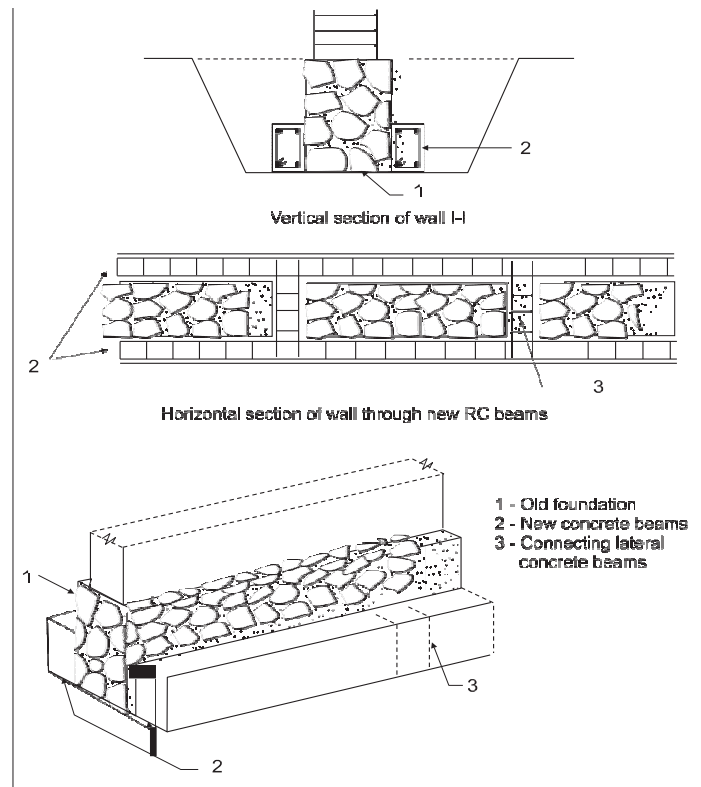



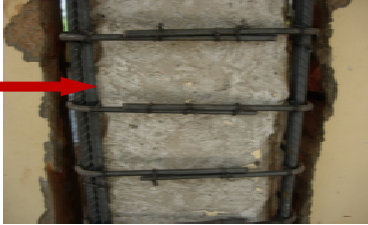
Fig 12: Improving a foundation by inserting lateral concrete beams

Retrofitting Techniques


RC Structures

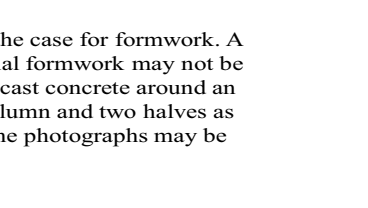


Reinforcement placed in a corner column.



The reinforcement fabrication of conventional practice may not be suitable for example the complete circular rings can not be inserted.





Similar is the case for formwork. A conventional formwork may not be suitable to cast concrete around an existing column and two halves as shown in the photographs may be required.

Fig 13: Column Jacketing



Fig 14: Carbon Fiber Jacketing



Fig 15: Column Jacketing



Fig 16: Splint Bandage



Fig 17: Splint Bandage



Fig 18: Wall Jacketing



Fig 19: Wall Jacketing



Fig 20: Shotcrete



Fig 21: Wall Jacketing in Adobe Building



Fig 22: Epoxy Mortar with Epoxy Injection



Fig 23: Splint Bandage in Wall

ZERO Destination

ASHOK GYAWALI
072/BCE/018

Living dying is the only existing natural phenomenon in our human culture which is constant. Majority of human in the earth lives their life, expire it for temporary things which doesn't mean reason for their existence. Their deviated mind says "once life fun life". So erstwhile each human performing action for nothing but only to utilize what they have at the moment. The aim that isn't the matter of reaching or isn't values of achieving is zero destination. Zero Destination is adjusted as auto played phenomenon in millions of head.

Actually the historic moment has created every human to live the changed life. So we too have responsibility to give continuation to this changed life and make coming generation more responsible for their life. There is fight between scientific and religious way of evolution of mankind. If each and every person thinks about our origin there was great struggle for us for today .at present every individual has to be concern about the change for coming generation. Spending the life span with temporary stuffs doesn't evaluate your conscious animal in the planet earth. In one way history changed the definition of living but in other way this is destroying the actual why life is for. Without

procrastinating if we visualize our origin and decorative evolution of today, we can question ourselves that how we came to know about enjoying the things or making fun for the life? Mainly ancestors they developed the laws and ruled their days it was right at that instant. The reason behind their rule is only for themselves for their own satisfaction for their generation to live longer life. This doesn't mean to spend the whole life in the price of single coin. We the potato oriented and narrow minded people are still searching for more things that could make us easier in doing repeated daily work. One day we claim to happen everything to happen instantly without opening our eyes as our usual daily demands. Let us assume it wouldn't be true, if we fail human extinction is nearby.

As being inspiring and imaginative learner I conclude that priority order of today's people must be change. This may bring them to experience the different version of life of present us. One has said to move on we are moving on it, is there a point? Let's think and reform the life and make our life to be feeling changed. Finally let think once everybody, convert the zero Destination to some numbers and circulate the feel of living, together.

RANDOM THOUGHTS

Mukesh Padey
071/BCE/069

Normal isn't my thing. I love my life with ups and downs; I want it to be happening in every way. I love to feel the happiness after I survive a harsh night! The tranquility and the destruction after the storm is addictive in its own way!

When you finally pick yourself up after getting beaten down to death, you learn what inner strength actually is!

You know who's dangerous?

A person who has gone through a lot, was on the verge of killing himself but didn't. Decided to live and fight.

Nothing scares him anymore!

When you've been holding it from so long but then you read something that breaks you and it all comes crashing down at once! Feeling excruciating pain is necessary for your growth, it teaches you what absolute happiness actually is!

दिदी

- Aakash Joshi
2071/BCE/001

"ओई दिदीलाई देख्यौ ?" कक्षाकोठामा सरले पढाईरहेको अबस्थामा आशिषले मेरो कानमा खासखुस गर्दै भन्यो । "अहँ देखिन त", मैले मलिन स्वरमा जवाफ दिए । हतार हतार गर्दै म कक्षा कोठामा भर्खरै पुगेको थिए । उसको यस्तो प्रश्नले म अचम्मित भएँ र उसको मनशाय बुझ्नलाई मैले प्रश्न गरिहाले "किन र ?" , "आज त रातो टि-सर्ट लगाएर च्वाँक भएर आएकी रैछिन नि तिम्री दिदि", उसले उट्टयौली पारामा मलाई व्याङ्ग्य गर्दै भन्यो । हाम्रो गुनगुन बढेपछि सरले रिसाए भैं गरेर हामीलाई हेर्नुभयो । मैले पनि सरलाई पिलिक्क हेरें अलिक डर लाग्यो अनि टाउको तल गरेर कापीमा लेखेभैं गरेँ । तर मेरो ध्यान पढाइमा फिटिक्कै थिएन । म त वेसवर भएर ब्रेकको प्रतिक्षा गरिरहेको थिए या नि कि त्यो पलको प्रतिक्षा गरिरहेको थिएँ जब उनको सुन्दरता, मनमोहकता र उनको मुस्कानमा भत्किएको माधुर्यतालाई मेरो आखाँले स्पर्श गर्न सकोस् , नजिकबाट नियाल्न सकोस् । ब्रेक हुनासाथ म दौडिएर वरन्डातिर गएँ र यताउती भौतारिएँ, सायद उनलाई नै खोजिरहेको थिएँ । धेरै बेरको पर्खाइपछि उनी मेरै सामु बाट गुञ्जिन । साँच्चै आशिषले भने भैं रातो टि-सर्ट , निलो टाईट जिन्स, छोडेको कालो कपाल, ति अल्लि गाजलु आँखा हेर्दै हृदय पग्लिने जस्तो । मनले उनको भल्को त मेटाईसकेको थियो तर नजरबाट उनलाई हटाउन मेरो आँखाले पटककै मानिरहेको थिएन । मेरो आखाँले भ्याएसम्म मैले उनलाई एकनास हेरिरहँ । अचानक आषिश आएर "खाजा खान जाने हैन" भनेपछि म भ्रसङ्ग भएँ । कलेज बिदा भए पछि पनि उनको एक भल्को पाएँ, कति आनन्द आउँछ उनको त्यो हसिलो चम्किलो मुहार देख्दा, म मनैमन गुनगुनाउँछु "इक तरफ हो सारी दुनिया, इक तरफ हो सुरत तेरी....."

यसरी नै दिनदिनै दिदिको कुरा चलिरहन्थ्यो । विहान कलेज पुग्ने बित्किक्कै कतिखेर उनलाई देख्न पाउँ जस्तो लाग्थ्यो । त्यहि सेकेन्ड सेमेस्टर चलिराको बेलामा उनलाई पहिलो पटक देखेको थिएँ । उनी भने चौथो सेमेस्टरमा रैछिन । सिनियर भएकाले मनमा थोरै चिसो त पसेको थियो तर सिनियर हुँदा मनमा उत्पन्न भएका तरङ्गहरू नरोकिने रहेछन् । मेरो नजरले कैद गरेको उनको त्यो पहिलो मुस्कान र त्यो मुस्कानभित्रको निश्चलता अभैं पनि मेरो मन मस्तिष्कमा ताजा नै छ । एकदिन बरन्डामा साथीहरूसँग बसेर कुरा गर्दै गरेको बेलामा उनी मेरै सामुबाट गईन । मैले उनलाई औल्याउँदै साथीहरूमाभ्र सानो स्वरमा भने "ऊ त्यो दिदि मलाई क्या मन पर्छ यार ।" "अनि के दिदी भनिराछस् त ?" ती मध्येको एउटा साथीले मलाई उल्याउँदै भन्यो । सबैजना गलल्ल हाँसे । म केहि बोल्न सकिन । त्यो दिन देखि "तेरी दिदि" भन्दै उनलाई उदृढ गरेर मलाई जिस्काउथे केटाहरू । मलाई त उनको नाम समेत थाहा थिएन तर केटाहरूले पतो लगाईसकेका रहेछन । म सधै उनको नाम आफ्नो नाम सँग जोडन खोज्छु र सायद त्यो नाम मेरै नामसँग जोडिनकै लागि बनेको पाउछु । उनको त्यो मायालु नाम मेरो कानमा सधै गुन्जिरहन्छ । मेरो मनले उनलाई यति धेरै नजिक मानिसक्दा पनि म अहिले सम्म उनीसँग कुरा गर्न सेकको छैन । मौका त मिलेको थियो एक दिन कलेज छुट्टिपछिको समय, मेरो रिपोर्ट बुझाउनु पर्ने भएकोले प्रिन्ट गरेर डिपार्टमेन्ट तिर जाँदै थिएँ, ठयाक्कै उनी पनि भेटिइन । उनलाई देख्ना साथ मेरो गति सुस्त भयो । कलेजको गेटबाट छिर्न हामी सँगसगै भयौँ । कलेज छुट्टी भइसकेकाले कलेज खाली खाली नै थियो । हामी सँगै भित्रतिर जाँदै थियौँ । उनी पो मलाई चिन्दिन थिईन, कलेजका हजारौँ केटाहरू मध्य एक अर्डिनरी केटा थिएँ उनको नजरमा तर मेरो लागी त उनी स्पेशल थिईन, उनलाई केहि भन्को नै थिएन । उनी नजिकै गएर बोलाँ कि जस्तो लाग्यो तर मैले आँट गर्न सकिन । के भनेर कुरा गरौँ ? के भनेर बोलाउँ ? म अलमलमा परेको थिए । उनी नजिकै भएर पनि कुरा गर्ने आँट गर्न नसक्दा मन पोलिरहेको थियो । केहि सिप नलागे पछि दौडिदै डिपार्टमेन्टतिर गएँ, रिपोर्ट बुझाएँ । उनी पनि खै कता विलिन भईन । म यसै फर्किँएँ ।

अहिले पनि उनलाई देख्दा मुटु त्यसरी नै धडकिन्छ जसरी एक वर्ष पहिले उनलाई पहिलो पटक देख्दा भएको थियो । अब त उनको पनि एक वर्ष मात्र छ कलेजमा त्यसपछि त पास आउट भएर मलाई र यो कलेजलाई छाडेर कतै टाढा जान्छिन होला । उनी गएपछि म के गरूँला ? कसरी उनलाई नदेखि वस्न सकुला सोच्यै आड सिरिङ्ग भएर आउछ । खै यो अधुरो प्रेम कथाको अन्त्य कसरी लेखिएको छ होला ? म कहिले उनीसँग बोल्न सकुँला ? कहिले आफ्नो मनको भाव उनीसँग पोखेर मनलाई हल्का बनाउन सकुँला र ?

DARK BEAUTY

- Krishna Raj Regmi

070/BCE/030

Wandering and waiting for someone who could be an Aphrodite, my days were passing. This body got frozen when I got a first glimpse of your elegant face and hypnotizing eyes. This heart was hopelessly smitten at the charm of graceful angel whose eyes were acutely shining. The attraction pushing us led me tugging you at heartstrings of mine. The time flowed like the swift flow of river and the day I proposed you turned to separate world of love when you, with kind smile was ready to share her life with me. Our love grew from a small sapling to a huge giant tree under the shade of azure sky full of trust, love and bonding.

But the darkest day of mine came, that covered my life as the sky covered with dark clouds in rainy season. The cold winter began in clam life which exhausted my soul; your home for eternity. My desires got buried as my unconditional love lost its way. The touch of her lips used to give the dead cells of my hand, a new life. All of sudden, I woke up from the world of dreaming thoughts when I saw you with someone else, smiling with same attraction of shining eyes. You took away the inner smile from the happiest heart and compelled me to share those fake ones. The days were going on but the time of my life

stopped. The time of mine, you shared with someone else. The hands which forever used to be on my hands promising for unbreakable trust and support were on others hand, kissing you with descent love as I did. Your single hug making me smile forgetting ever darkening hurdles and pinching pains were named to someone else. Your beautiful lips simply saying I love you with mellifluous voice were named to the guy who purely loved you but unknown about your darkness, just shitful mind inside soothing beauty that does not even think while breaking pure emotions.

Yeah, the person like me, passionating your charismatic personality, who can't even blame himself for deep and altruistic faith on you. Love was just an entertaining game as if you enjoyed twisting others heart, looking eyes full of tears just searching for kind heart to arrange broken heart. But, why where those sweet talks totally fake; even a girl of horripilating prettiness of lovely face can have such devil heart having fun on others broken emotions? Why? Why couldn't your shimmering eyes see the burning heart of mine waiting for your romantic loving words! Even your smile is not being able to recover my world of destroyed happiness.

The world outside is calm and bright but the one inside me, it's all covered with darker than darker clouds and blow of stronger than strongest hurricane. How easy it was for you to cast such a huge agony to me! Agony, that left me bring the flood of tears to my inner world. Every tears I am carrying for the pain of never getting you back, the fortune of your absence and the pain of realizing that I am nothing but just a distant memory now. I am crying over the lost hopes, fantasies, love stories I believed. I am cursing myself for hours that I bled my hearty out to make you alive in every poems of mine. I am scrambling over the words you uttered that I cling onto and over the future plans that we hoped for, the genuine smiles and laughs we exchanged for. I am crying oceans over you, the persons I thought will love me eternally. You used to be my home but I guess I lost its keys and someone else found it.

God! Why just you tool my life away? Now take my breath as well. Please! Please god! Whom do I live for? You left with a void, with an emptiness inside me that can never be fulfilled, never be healed. You left leering behind a deep wound of hurt and

unstoppable flow of tears. I am screaming the crap out of those painful memories and I wonder if I will be able to control myself or not. Not only the, not only smile but my world is now the property of someone else. This goddamn love; still triggering on my heart like the sharp bullet entering and digging hole in this heart full of love for you. How cursed my eyes were to have seen those painful sight all at once! No wonder better late than never, blessed I was to

have known darker truth of girl I adore way too much. I will start keeping those treasured moments aside and get over you with a passionate love I did for you. This is same as convincing myself that I can breathe without oxygen but now, it's my necessity to live without you, without my love, my life!

There, you're ever shining beauty hiding the pure meanness inside kindness. Here truly loving and sensible heart of mine. The bond is however

impossible. The purity of my love, the love at very first sight was totally tainted by your dark beauty. All the promises and commitments, all the dreams and desires, everything was made to fade by your dark beauty. The false reality of my life is turned but to become the bitter truth all alone by your dark beauty. No matter what, nothing can make this true love die. Not even the truth of your DARK BEAUTY !!!!

- अबिरल उपाध्याय
सिभिल विभाग

Rishav Kafle
070/BEL/329

‘म मान्छे बेकार’

काम छैन केही, मेरो जिन्दगी दिक्दार
अलिख राजा म, हुँदैन कहिले हतार
गर्दिन आफ्नो कर्तब्य, उल्टै खोज्छु अधिकार
बसेको छु खाट्मा सोचेर कसैले गर्ला उपकार
म, म मान्छे बेकार

लाज छैन यिन्लाई, हुन यिनिहरू मक्कार
सिता सिताको लोभ छ, गर्छन् कालो धनको ब्यापार
डर छैन कसैको यिनलाई, न त छ नै अख्तियार
मर्ने बेला हरियो काँक्रो जस्तो हुनुहुन्छ हाम्रो सरकार
म, म मान्छे बेकार

बन्छु आफ्नै राजा, बनाउछु आफ्नै सरकार
धेरै मेहनत गर्नेछु अब छोडेर अन्धकार
भोली ठुलो भई गर्नेछु दिन-रात परोपकार
दिन यस्तो आओस, जब समाजले भनोस, वाह कलाकार
म, म अब हुनेछैन मान्छे बेकार

Let's Fall in love again

Let's fall in love again
But this time
Without putting efforts
Like we did
Without saying
Words we can't keep

Let love
Not be bound
By hollow promises
By fragile commitments
By social disguise

Let love
Be discovered
At a cheap cafe
At corner of a theatre
At silence of a library
Or at last seat of a bus

Let's fall in love again
But this time
Let's not worry
About the future
Take a day off
Watch the sun set
And let the silhouette
Speak for itself
Let's just fall in love again

RELATIONS

- Sumit Shiwakoti
072/BCE/107

My car was parked outside to the opposite of the hospital's gate. We took a departure from the doctor and started heading towards the car. She embraced our baby on her chest and covered it with a shawl. I felt like I am the most happiest person of this world. There was an addition of new member in our family. A family of two members had turned out to be three.

I could see the happiness of my beloved in her eyes. Her eyes were filled with tears, yet she was smiling. She had always dreamt of a baby in our home. A baby that would spread the motions of affections in every corners. A baby whose voice would eradicate the darkness of sorrow and enlightened it with the lightness of joy. She had promised to mark the baby's footprints of the little tough toes and kept it hanging in the wall like a poster. I was sure, she was going to do this.

I was a complete man. I had a family. A family with a beautiful wife and a little chubby baby boy. I was sure I would be a good father. Nevertheless, I would be my son's partner in his every naughtiest activities. I would never make him lack of anything he wanted. I was going to teach him the principles to live a happy life that my late parents taught me follow.

We reached to our car. My wife took a backseat with my son. I opened the door of the driver's seat. Before entering, I watched the board hung over the hospital for a minute or two. Afterwards, I entered into the car.

When I entered, my wife made me keep a promise. A promise to never let our son know that he is an orphan and we had adopted him after a week of his delivery and his mother's death.

* * * * *

COMPUTER LAB

Mam told everyone to write a code of a palindrome strings. He did it quickly and asked a girl next to him to compile and debug it. He then moved to check his lab reports. She went through the options in the menu bar and pressed compile. There wasn't any errors. Afterwards, she ran the program, the output surprised her. The coding wasn't of a palindrome strings.



The output was, "Mediocre me, even don't have a guts to tell you. I hope this would help. Will you be a part of my life?"

He came back after checking his lab reports. He noticed she wasn't there. He sat in front of his computer screen and ran the code. The output was: "YES!!!!!!!!!!".

Interesting facts:

- Sumit Shiwakoti
072/BCE/107

- ❑ It is impossible to lick your elbow. (I know you are going to try this.)
- ❑ From the time when Pluto was discovered until the time it was declassified as a planet, it did not make a full orbit around the Sun.
- ❑ In a standard deck of cards, the king of hearts is the only king without a moustache.
- ❑ Butterflies taste food with their feet.
- ❑ The 'Mona Lisa' has no eyebrows.
- ❑ Dimples are formed due to the defect in the facial muscle (zygomatic major). It pulls on the skin when you smile, causing the facial indentation.
- ❑ Most toothpaste contains a foaming chemical called sodium lauryl sulphate that suppresses the taste receptors that taste "sweet" while enhancing the ones for "bitter". This is why food tastes weird just after brushing.
- ❑ Green is the rarest eye colour in the world. Only 1-2 percent of people have green eyes.
- ❑ Pull out your calculator and try it for yourself:
- ❑ $111,111,111 \times 111,111,111 = 12,345,678,987,654,321$.
- ❑ *Loutrophobia*: An irrational fear of bathing or washing.
- ❑ Women naturally have about 50% more olfactory cells in their brains, making them smell things better than men.
- ❑ Each Oreo cookie has 90 ridges and it takes 59 minutes to make a single Oreo cookie.
- ❑ Google got its name from the number 'Googol', which is the number 1 followed by 100 zeroes.
- ❑ Abraham Lincoln and Charles Darwin were born on the exact same day: February 12, 1809.
- ❑ Apple seeds contain cyanide. Eating 20 apple cores will kill an adult, while less can result in paralysis, coma and brain damage.



Art by : Anjila Bhatta

Fundamental Overview of Cloud Computing

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ABSTRACT:

Technology innovation and its adoption are two critical successful factors for any business and organization. Cloud computing is a recent technological paradigm that enables any organizations or an individuals to share various services in a seamless and cost-effective manner. The applications of cloud computing are practically limitless. Cloud computing is a new business model wrapped around new technologies like virtualization, SaaS and broadband internet.

This paper describes cloud computing, a computing platform for the next generation of the Internet. The paper defines clouds, types of cloud providers, advantages as well as challenges in cloud. The readers will also discover the working, Architecture and concerns related to Cloud Computing.

Keywords: *Cloud Computing, SaaS, PaaS, IaaS, cloud adoption, security, API.*

1. Introduction:

Cloud computing is the use of computing resources (hardware and software) which are available in a remote location and accessible over a network (typically the Internet). The name comes from the common use of a cloud-shaped symbol as an abstraction for the complex infrastructure it contains in system diagrams. Cloud computing entrusts remote services with a user's data, software and computation.

End users access cloud-based applications through a web browser or light-weight desktop or mobile apps while the business software and user's data are stored on servers at a remote location. Proponents claim that cloud computing allows companies to avoid upfront infrastructure costs, and focus on projects that differentiate their businesses instead of infrastructure. Proponents also claim that cloud computing allows enterprises to get their applications up and running faster, with improved manageability and less maintenance, and enables IT to more rapidly adjust resources to meet fluctuating and unpredictable business demand.

Cloud computing exhibits the following key characteristics:

Agility: improves with users' ability to re-provision technological infrastructure resources.

Application programming interface: (API) accessibility to software that enables machines to interact with cloud software in the same way that a traditional user interface (e.g., a computer desktop) facilitates interaction between humans and computers. Cloud computing systems typically use Representational State Transfer (REST)-based APIs.

Cost is claimed to be reduced, and in a public cloud delivery model capital expenditure is converted to operational expenditure. This is purported to lower barriers to entry, as infrastructure is typically provided by a third-party and does not need to be purchased for one-time or infrequent intensive computing tasks. Pricing on a utility computing basis is fine-grained with usage-based options and fewer IT skills are required for implementation (in-house). The e-FISCAL project's state of the art repository contains several articles looking into cost aspects in more detail, most of them concluding that costs savings depend on the type of activities supported and the type of infrastructure available in-house.

Device and location independence: enable users to access systems using a web browser regardless of their location or what device they are using (e.g., PC, mobile phone). As infrastructure is off-site (typically provided by a third-party) and accessed via the Internet, users can connect from anywhere.

Virtualization: technology allows servers and storage devices to be shared and utilization is increased. Applications can be easily migrated from one physical server to another.

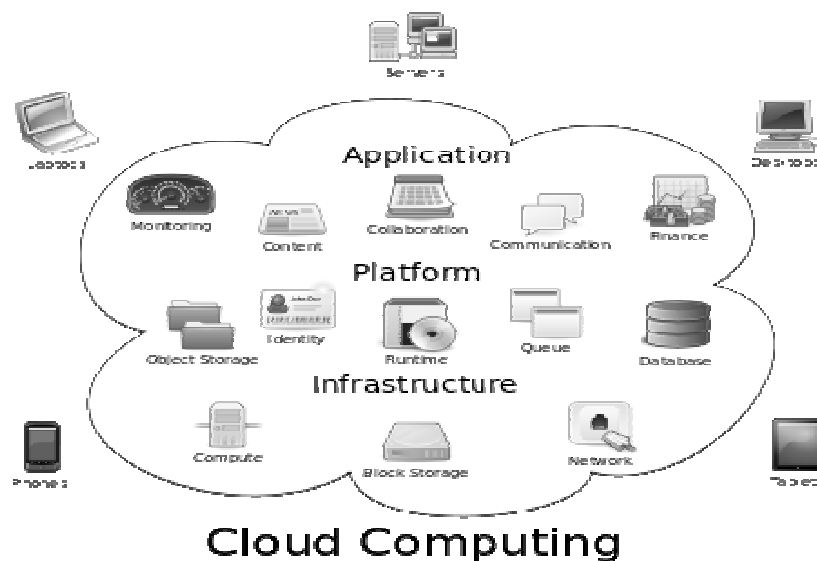
Reliability: is improved if multiple redundant sites are used, which makes well-designed cloud computing suitable for business continuity and disaster recovery.

Scalability and elasticity: via dynamic (“on-demand”) provisioning of resources on a fine-grained, self-service basis near real-time, without users having to engineer for peak loads.

Performance: is monitored and consistent and loosely coupled architectures are constructed using web services as the system interface.

Security: could improve due to centralization of data, increased security-focused resources, etc., but concerns can persist about loss of control over certain sensitive data, and the lack of security for stored kernels. Security is often as good as or better than other traditional systems, in part because providers are able to devote resources to solving security issues that many customers cannot afford. However, the complexity of security is greatly increased when data is distributed over a wider area or greater number of devices and in multi-tenant systems that are being shared by unrelated users. In addition, user access to security audit logs may be difficult or impossible. Private cloud installations are in part motivated by users’ desire to retain control over the infrastructure and avoid losing control of information security.

Maintenance: of cloud computing applications is easier, because they do not need to be installed on each user’s computer and can be accessed from different places.



2. Cloud Deployment Models

There are four deployment models which are as follows:

2.1 Private cloud

The private cloud is cloud infrastructure operated solely for a single organization, whether managed internally or by a third-party, and hosted either internally or externally. Undertaking a private cloud project requires a significant level and degree of engagement to virtualize the business environment, and requires the organization to reevaluate decisions about existing resources.

2.2 Public cloud

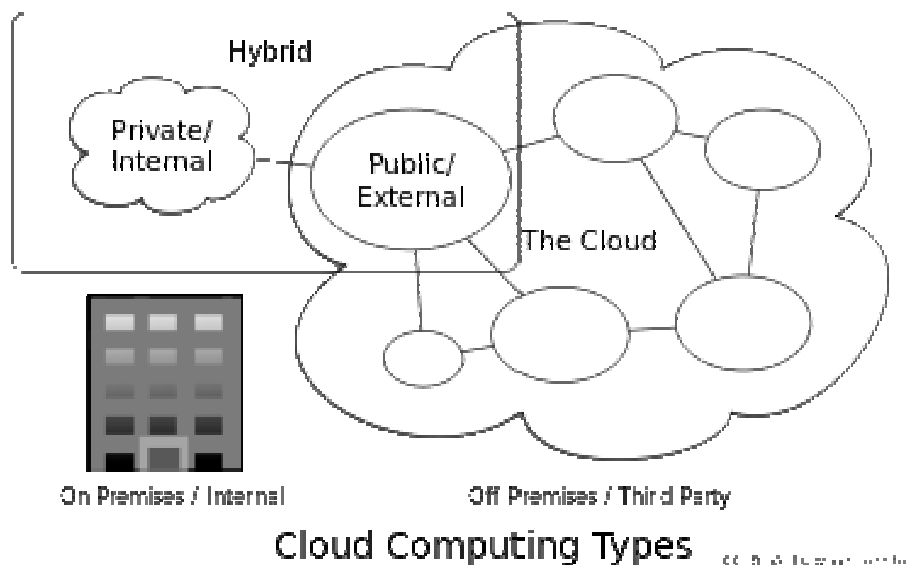
A cloud is called a “public cloud” when the services are rendered over a network that is open for public use. Public cloud services may be free. Technically there may be little or no difference between public and private cloud architecture, however, security consideration may be substantially different for services (applications, storage, and other resources) that are made available by a service provider for a public audience and when communication is effected over a non-trusted network.

2.3 Hybrid cloud

The hybrid cloud is a composition of two or more clouds (private, community or public) that remain distinct entities but are bound together, offering the benefits of multiple deployment models. Hybrid cloud can also mean the ability to connect collocation, managed and/or dedicated services with cloud resources.

2.4 Community cloud

The community cloud shares infrastructure between several organizations from a specific community with common concerns (security, compliance, jurisdiction, etc.), whether managed internally or by a third-party, and either hosted internally or externally. The costs are spread over fewer users than a public cloud (but more than a private cloud), so only some of the cost savings potential of cloud computing are realized.



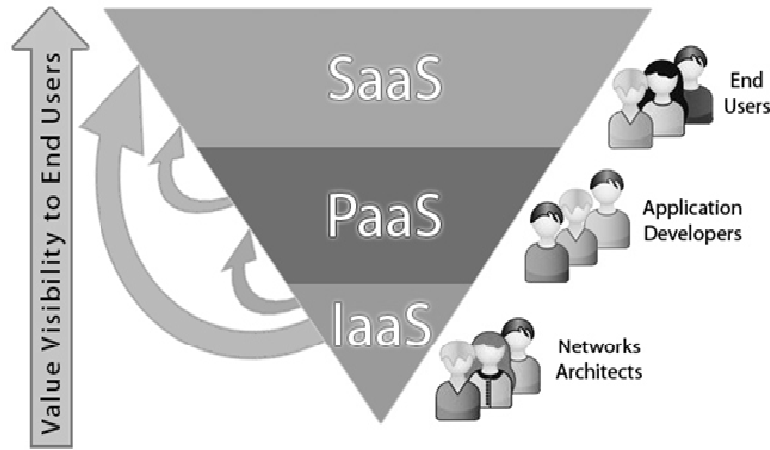
3. Delivery levels:

Three cloud computing delivery levels can be identified as;

3.1 Software as a service (SaaS): The capability provided to the consumer is to use the provider’s applications running on a cloud infrastructure and accessible from various client devices through a thin client interface such as a Web browser

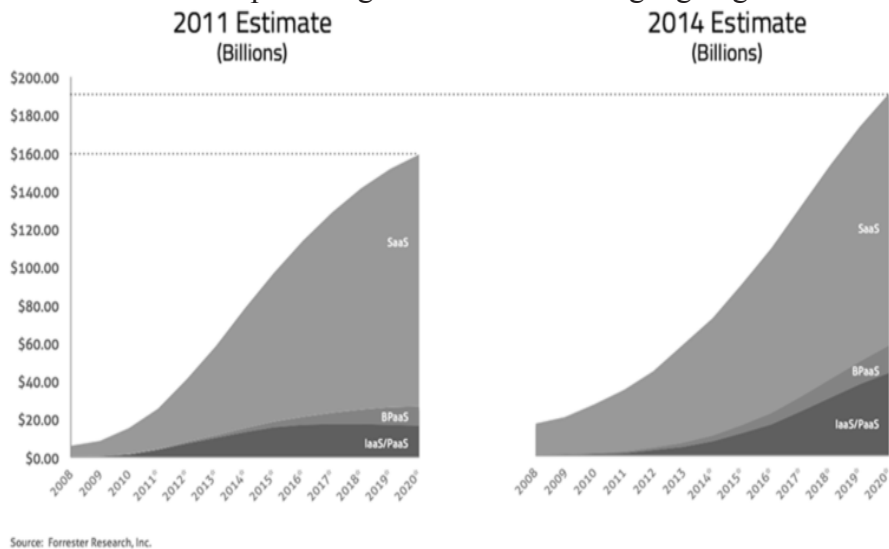
3.2 Platform as a service (IaaS): The capability provided to the consumer is to deploy onto the cloud infrastructure consumer-created applications using a specific environment and toolset supported by the provider (e.g. specific APIs defined on a limited list of languages such as java, python, .Net Google App Engine 4, and Windows Azure 5).

3.3 Infrastructure as a service (IaaS): The capability provided to the consumer is to rent processing, storage, networks, and other fundamental computing resources where the consumer is able to deploy and run arbitrary software, which can include operating systems and applications.



4. Advantages of Cloud computing:

While their motivations vary, businesses of all sizes, industries, and geographies are turning to cloud services. According to Goldman Sachs, spending on cloud computing infrastructure and platforms will grow at a 30% compound annual growth rate (CAGR) from 2013 through 2018 compared with 5 percent growth for overall enterprise IT, giving rise to the CASB market in the process. Cloud adoption is accelerating faster than previously anticipated, leading Forrester to recently revise its 2011 forecast of the public cloud market size upward by 20 percent. Whether you’re looking at Software-as-a-Service (SaaS), Infrastructure-as-a-Service (IaaS), or Platform-as-a-Service (PaaS), the predictions are the same: fast growth of the workloads placed in the cloud and an increased percentage of the total IT budget going toward cloud computing.



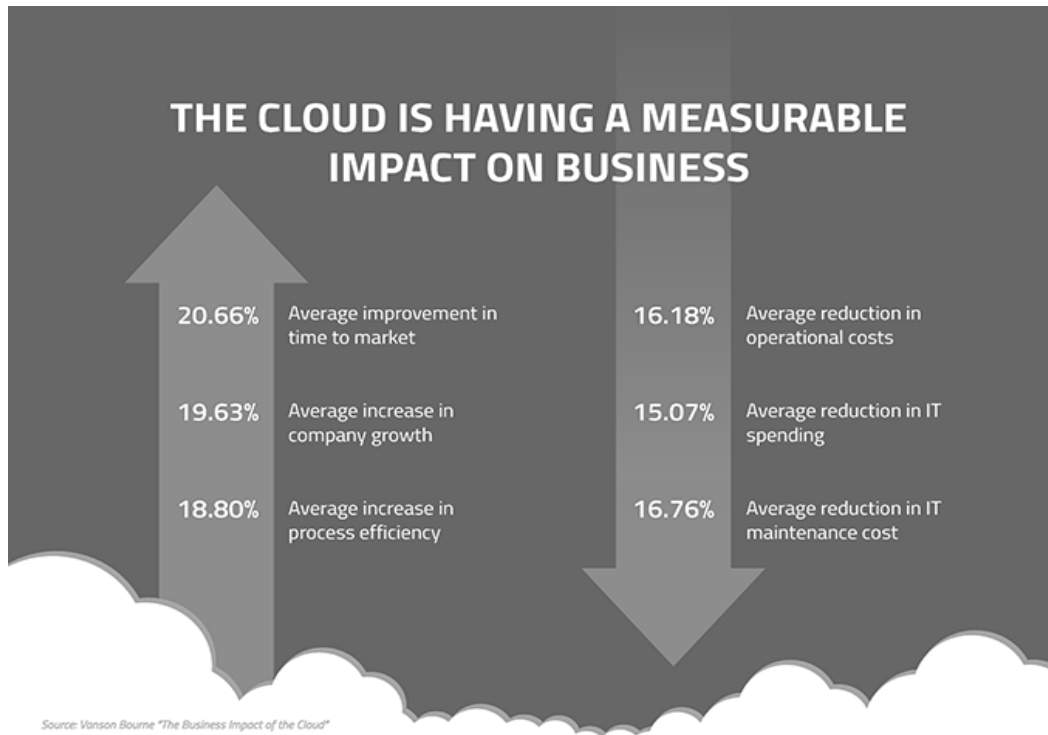
Source: Forrester Research, Inc.

According to a study by the Cloud Security Alliance, 33% of organizations have a “full steam ahead” attitude toward cloud services and 86% of companies spend at least part of their IT budget on cloud services. IT leaders at 79% of companies receive regular requests from end users each month to buy more cloud applications with file sharing and collaboration, communication, social media, and content sharing topping the list of the most-requested cloud services.

Numerous factors are driving cloud adoption, according to a study conducted by the market research company Vanson Bourne. “The Business Impact of the Cloud” report compiles insights from interviews of 460 senior decision-makers within the finance functions of various enterprises. The report summarized 11 drivers of cloud adoption along with quantifiable improvements these companies have achieved by deploying cloud services to improve productivity, lower cost, and improve time to market.

Though they aren’t in IT positions, the majority of these financial executives are actively involved in their organizations’ discussions about cloud strategy. Their perspective of cloud computing includes benefits to the business as a whole. Companies that adopted cloud services experienced a 20.66% average improvement

in time to market, 18.80% average increase in process efficiency, and 15.07% reduction in IT spending. Together, these benefits led to a 19.63% increase in company growth.



The Vanson Bourne report identified eleven advantages of cloud computing that organizations are experiencing today, leading to quantifiable improvements in their businesses:

4.1 Fresh Software

With SaaS, the latest versions of the applications needed to run the business are made available to all customers as soon as they’re released. Immediate upgrades put new features and functionality into workers’ hands to make them more productive. What’s more, software enhancements are typically released quite frequently. This is in contrast to home grown or purchased software that might have major new releases only once a year or so and take significant time to roll out.

4.2 Do more with less

With cloud computing, companies can reduce the size of their own data centers — or eliminate their data center footprint altogether. The reduction of the numbers of servers, the software cost, and the number of staff can significantly reduce IT costs without impacting an organization’s IT capabilities.

4.3 Flexible costs

The costs of cloud computing are much more flexible than traditional methods. Companies only need to commission – and thus only pay for – server and infrastructure capacity as and when it is needed. More capacity can be provisioned for peak times and then de-provisioned when no longer needed. Traditional computing requires buying capacity sufficient for peak times and allowing it to sit idle the rest of the time.

4.4 Always-on availability

Most cloud providers are extremely reliable in providing their services, with many maintaining 99.99% uptime. The connection is always on and as long as workers have an Internet connection, they can get to the applications they need from practically anywhere. Some applications even work off-line.

4.5 Improved mobility

Data and applications are available to employees no matter where they are in the world. Workers can take their work anywhere via smart phones and tablets—roaming through a retail store to check customers out, visiting customers in their homes or offices, working in the field or at a plant, etc.

4.6 Improved collaboration

Cloud applications improve collaboration by allowing dispersed groups of people to meet virtually and easily share information in real time and via shared storage. This capability can reduce time-to-market and improve product development and customer service.

4.7 Cloud computing is more cost effective

Because companies don't have to purchase equipment and build out and operate a data center, they don't have to spend significant money on hardware, facilities, utilities and other aspects of operations. With traditional computing, a company can spend millions before it gets any value from its investment in the data center.

4.8 Expenses can be quickly reduced

During times of recession or business cut-backs (like the energy industry is currently experiencing), cloud computing offers a flexible cost structure, thereby limiting exposure.

4.9 Flexible capacity

Cloud is the flexible facility that can be turned up, down or off depending upon circumstances. For example, a sales promotion might be wildly popular, and capacity can be added quickly to avoid crashing servers and losing sales. When the sale is over, capacity can shrink to reduce costs.

4.10 Facilitate M&A activity

Cloud computing accommodates faster changes so that two companies can become one much faster and more efficiently. Traditional computing might require years of migrating applications and decommissioning data centers before two companies are running on the same IT stack.

4.11 Less environmental impact

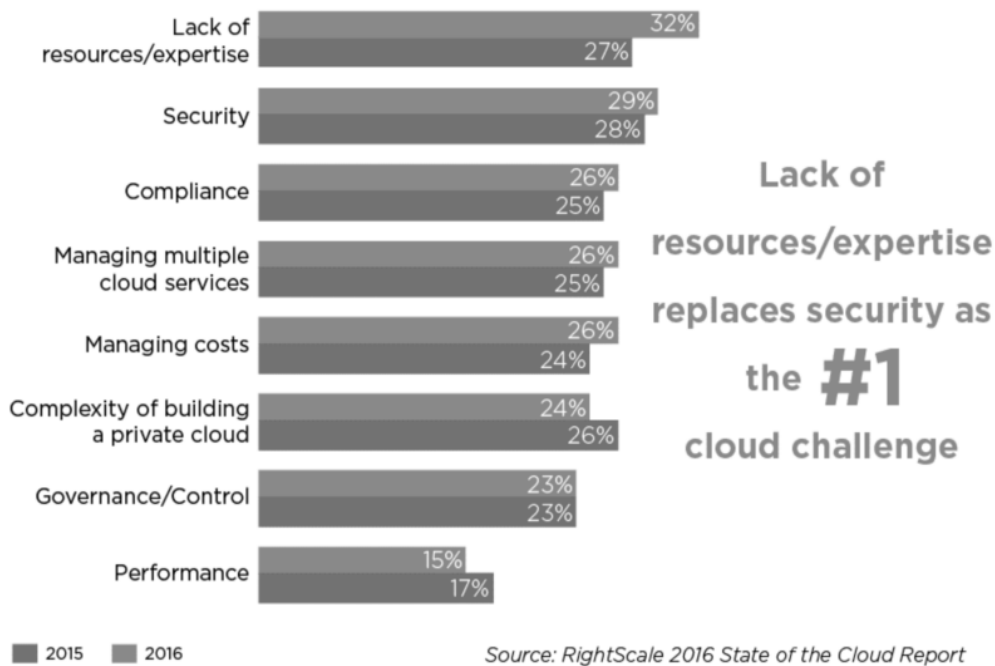
With fewer data centers worldwide and more efficient operations, we are collectively having less of an impact on the environment. Companies who use shared resources improve their 'green' credentials.

Despite these benefits, the Cloud Security Alliance has identified several barriers holding back cloud adoption. At 73% of companies, the security of data is the top concern holding back cloud projects. That's followed by concern about regulatory compliance (38%), loss of control over IT services (38%), and knowledge and experience of both IT and business managers (34%). As organizations address their security and compliance concerns by extending corporate policies to data in the cloud and invest in closing the cloud skills gap, they can more fully take advantage of the benefits of cloud services.

5. Current Challenges in Cloud Computing

In January 2016, Right Scale conducted its fifth annual State of the Cloud Survey on the latest cloud computing trends. They questioned 1,060 technical professionals across a broad cross-section of organizations about their adoption of cloud infrastructure. Their findings were insightful, especially in regards to current cloud computing challenges. Below, we have expanded upon some of their findings and provided additional cloud computing problems that businesses may need to address.

Cloud Challenges 2016 vs. 2015



5.1 Lack of resources/expertise

For the longest time, security was the number one voiced cloud challenge. In 2016 however, lack of resources/expertise inched ahead. Organizations are increasingly placing more workloads in the cloud while cloud technologies continue to rapidly advance. Due to these factors organizations are having a hard time keeping up with the tools. Also, the need for expertise continues to grow. These challenges can be minimized through additional training of IT and development staff. A strong CIO championing cloud adoption also helps. As Cloud Engineer Drew Firment puts it:

“The success of cloud adoption and migrations comes down to your people — and the investments you make in a talent transformation program. Until you focus on the #1 bottleneck to the flow of cloud adoption, improvements made anywhere else are an illusion.”

SME organizations may find adding cloud specialists to their IT teams to be prohibitively costly. Luckily, many common tasks performed by these specialists can be automated. To this end companies are turning to DevOps tools, like Chef and Puppet, to perform tasks like monitoring usage patterns of resources and automated backups at predefined time periods. These tools also help optimize the cloud for cost, governance, and security.

5.2 Security issues

Resource/expertise concerns slightly passed security cloud computing problems in 2016. We already mentioned the hot debate around data security in our BI trends for 2017, and security has indeed been a primary, and valid, concern from the start of cloud computing technology: you are unable to see the exact location where your data is stored or being processed. Headlines highlighting data breaches, compromised credentials and broken authentication, hacked interfaces and APIs, account hijacking haven’t helped alleviate concerns. All of this makes trusting sensitive and proprietary data to a third party hard to stomach for some. Luckily as cloud providers and users, mature security capabilities are constantly improving. To ensure your organization’s privacy and security is intact, verify the SaaS provider has secure user identity management, authentication and access control mechanisms in place. Also, check which data security and privacy law they are subject to.

While you are auditing a provider's security and privacy laws, make sure to also confirm the third biggest issue is taken care of: compliance. Your organization needs to be able to comply with regulations and standards, no matter where your data is stored. Speaking of storage, also ensure the provider has strict data recovery policies in place.

5.3 Cost management and containment

For the most part cloud computing can save businesses money. In the cloud, an organization can easily ramp up its processing capabilities without making large investments in new hardware. Businesses can instead access extra processing through pay-as-you go models from public cloud providers. However, the on-demand and scalable nature of cloud computing services makes it sometimes difficult to define and project quantities and costs. Luckily there are several ways to keep cloud costs in check including.

5.4 Governance/Control

Proper IT governance should ensure IT assets are implemented and used according to agreed-upon policies and procedures; ensure that these assets are properly controlled and maintained; and ensure that these assets are supporting your organization's strategy and business goals. In today's cloud based world, IT does not always have full control over the provisioning, de-provisioning and operations of infrastructure. This has increased the difficulty for IT to provide the governance, compliance and risk management required. To mitigate the various risks and uncertainties in transitioning to the cloud, IT must adapt its traditional IT governance and control processes to include the cloud. To this effect the role of central IT teams in cloud has been evolving over the last few years. Along with business units, central IT is increasingly playing a role in selecting, brokering, and governing cloud services. On top of this third party cloud computing/management providers are progressively providing governance support and best practices.

5.5 Performance

When a business moves to the cloud it becomes dependent on the service providers. This partnership often provides businesses with innovative technologies they wouldn't otherwise be able to access. On the other hand the performance of the organization's BI and other cloud based systems is also tied to the performance of the cloud provider when it falters. When your provider is down, you are also down.

This isn't uncommon, over the past couple of years all the big cloud players have experienced outages. Make sure your provider has the right processes in place and that they will alert you if there is ever an issue.

For the data driven organization real time data is imperative. With an inherent lack of control that comes with cloud computing, companies may run into real time monitoring issues. Make sure your SaaS provider has real time monitoring policies in place to help mitigate these issues.

5.6 Segmented usage and adoption

Most organizations did not have a robust cloud adoption strategy in place when they started to move to the cloud. Instead, ad-hoc strategies sprouted, fueled by several components. One of them was the speed of cloud adoption. Another one was the staggered expiration of data centre contracts/equipment, which led to intermittent cloud migration. Finally, there also were individual development teams using public cloud for specific applications or projects. These bootstrap environments have fostered full integration and maturation issues including:

Isolated cloud projects lacking shared standards

Ad hoc security configurations

Lack of cross-team shared resources and learnings

In fact, a recent survey by IDC of 6,159 executives found that just 3% of respondents define their cloud strategies as “optimised”. Luckily, centralized IT, strong governance and control policies, and some heavy lifting can get usage, adoption, and cloud computing strategies inline.

6. Conclusion:

It is no secret, cloud computing is revolutionizing the IT industry. It is also shaking up the business intelligence (BI) landscape, and well, pretty everything else it touches. As the cloud adoption exponentially grows, businesses of all sizes are realizing the benefits. For startups and small to medium sized businesses (SMEs), that can't afford costly server maintenance, but also may have to scale overnight, the benefits are especially great.

While cloud computing challenges do exist, if properly addressed these 6 issues don't mean your IT roadmap has to remain anchored on premise. Business intelligence (BI) and cloud computing are an ideal match, as the first one provides the right information to the right people while the latter is an agile way to access BI applications. To make the best out of it, you should take a strategic iterative approach to implementation, explore hybrid cloud solutions, involve business and IT teams, invest in a CIO, and choose the right BI SaaS partner. All this will ensure that the benefits of cloud business intelligence will far outway the challenges.

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Narayan KC was born in Kathmandu, Nepal in 1984. He received the B.E. degree in Electronics and Communication Engineering from Nepal Engineering College under the Pokhara University of Pokhara, Nepal in 2006, and the M.E Computer Engineering from Nepal College of Information Technology under the Pokhara University of Pokhara, Nepal, 2009 respectively.

In 2010, he joined the Department of Computer and Electronics Engineering of Advanced College of Engineering and Management, Tribhuvan University, as a Lecturer. Since May 2010, he has been with the Department of Computer and Electronics Engineering of Advanced College of Engineering and Management where he is a full time faculty till date. His current research interests include cloud computing, data mining, numerical analysis, artificial intelligence and neural network. He has attended conferences such as ITPC-2003, AACC-2005, AACC-2005, NASCOIT-2013. He also has presented had presented the first technical paper related to cloud computing on NASCOIT-2013 and SET 2016.

म कसौटी हेरिरहेछु

Mukesh Pandey
2072/BCE/069

प्रिय

तिमी फूटबलको कुरा गर्छौं

क्रीकेट को कुरा गर्छौं

बम पड्केको कुरा गर्छौं

खाना अडकेको कुरा गर्छौं

तर म

मिस्टर बजाज को कुरा गरिरहेछु किनकि

म कसौटी हेरिरहेको छु

डिस्टर्ब नगर न भन्या

म कसौटी हेरिरहेछु।

यतिखेर,

बजाज सन्किरहेछ,सिरियल तन्किरहेछ

फेरि बजाज र प्रेरणा हराएका छन्

अनि हेर त उनी कसरी चिच्याएर कराएका छन्।

प्रेरणा २१औं शताब्दिकी नारी हुन

उनको आधुनिक रूप, चाल हेरिरहेछु

माई डियर डिस्टर्ब नगर न भन्या

म कसौटी हेरिरहेछु।

यतिखेर

अनुराग बासु मर्यो भन्छन्

सारा नेपालीहरू निराशमा छन्

कसैले आँसु झारे रे कसैले छाक नै छाडे रे

गृहिणीले त भन् तिन दिन नुन नै बारे रे

तर पनि कोही त बासु फर्कने आशमा छन्

उनिहरू जस्तै म पनि बासु फर्कने आशमा छु।

भगवान् सामु पुकार फेरिरहेछु

कचकच नगर न भाइ

म कसौटी हेरिरहेछु।

यतिखेर

अफिसमा चर्चा छ के भयो हिजो कसौटीमा भनेर ?

हिजो मात्रै मरेको बासु फरकियो रे

फेरि मिष्टर बजाज डराएका छन्,

हर्छु हरेक इपिसोडमा आँसु मात्र

रून्छ अनुराग बासु मात्र

कतै कोमलिका को निका

कतै बजाज को हर्षको टीका

एउटै को बिहे तीन पटक देखिरहेछु

लोग्ने राजी छाडी गर्ने, यो कस्तो अचम्म देखिरहेछु

फाइल को कुरा नगर्नुस न हाकिम शाहब

म कसौटी हेरिरहेछु।

बजाजका सन्तानहरू आफ्नै बाबुको बिहे हेरिरहेछन्

म भने प्रेरणालाई हेरिरहेछु

प्रेरणा अन्मिरहुन्

बजाजहरू जन्मिरहुन्

उता जि टी भीमा रामायण आइरहेछ

"यदा यदा हि धर्मस्य" गाइ रहेछ

रामायणको भोलम सानो पार न बा

म कसौटी हेरिरहेछु।

यतिखेर

कसौटीको भुत गाउँ गाउँ पस्यो भन्छन्

धेरैको मन भत्किएछ, आफ्नो पनि सक्किएछ

साहिली र माहिली पोइला जान थाले रे

सानेले दुलेको स्वास्नी भगायो रे

म आपत बिपत मा परिरहेछु

र त यो कविता कोरिरहेछु

केही राम्रो देखा न छोरा

म कसौटी हेरिरहेछु

कसौटीको कुरिती सबैमा छ पस्यै

बजाज र बासु फेरि जन्मे जस्तै

नेपालका सबै सहिद र विभूतिहरू

पनि त जन्मे हुन्थ्यो

फेरि देशमा नयाँ सान आउँथ्यो

देशले शान्तिको गीत गाउँथ्यो

यही आशमा यो कविता कोरिरहेछु

ए देशको शान्ति एकछिन नआइज ल

म कसौटी हेरिरहेछु।

म कसौटी हेरिरहेछु॥

She

- Prashant Niroula

070/BEL/32

She
 She is,
 Just wild and free
 No control
 No boundaries
 She is, what she wants to be
 I advise,
 Girl gain control
 You're total freedom overdose.

She doesn't mind
 She doesn't care
 She is on her own
 She is,
 Herself every time.

She is the best,
 Best friend, when you are down
 When times are hard
 Days are sad
 She just says,
 Chill man
 Bad things don't last

They say her
 You are too much
 Spoiled
 Bitch
 Or slut
 But hey!
 Don't judge her
 By your eyes
 She is not
 What you see from outside.

If you can be like her
 Know her from inside
 You will see
 She's got the kindness
 Tenderness
 The best heart that could possibly be

Please don't judge her
 Let her be on her own
 She is wild and free
 And
 That's how she is.

हाईकुहरु

- Sashank Regmi
 072/BCT/570

१
 सितल नभ
 हुल उनिहरुको
 सेतो कमल
 २
 चम्किलो तारा
 पुतलीको बथान
 सेतो धरती
 ३
 महापुजन
 बटुवाको रोदन
 खाली टठिया

४
 पुष्पबाटिका
 मडारियो गगन
 पात्र अभाव ।
 ५
 राम्री पुतली
 अरण्य हाराभरा
 अतृप्त मन

“

लघु कथा

श्याम पेशाले डाकु हो । ऊ उता फर्किएर जङ्गलमा बाँसुरी बजाउदै थियो । बटुवाको टुलै भिड जम्मा भयो । सबै जना बाँसुरिको धुनमा मस्त थिए । “यता फर्किनुस त यति राम्रो बाँसुरी बजाउने महासय” कोहि बोल्थो । ऊ फर्किएको मात्र के थ्यो भिड तितरबितर भयो । भिडमा कोहि बर्बराउदै थियो डाकुले राम्रो बासुरी बजाउन सक्दैन ।

”

The sneak-peak of CIVIL 2073 I/I

Let us introduce our class with inviolable CR
Name is pratik and the man without fear.

Paras and Keshab are the hilarious guys
Whose jokes makes even the teachers cry.

Kriti and Manjari are the girls with superlative features
Cutest, Smartest, talkative and even the toughest creatures.

Kamlesh's social comment is often rare
Whenever he recites, no any girl is left spare.

Prashant is favourite comedian of class
Whose puns are still searching for a single laugh.

Nawraz and Niranjan are always calm and cool
Never mind, even when they are made fool.

Khem, Janak and Kiran are backbenchers for life
Anyone occupying those spaces leads to a strife.

Rakhsya's eyes are killer stuff
Whose treat is always tea and puff.

Arsad and Rahul deserves the dissappearing award
Who are away from the eyesight of even college guard.

Isha cuteness is a blessing to admire
Whenever she dances, she sets stage on fire.

Prateek Karna
BCE/072

Pravin, kevin and prajay are the ingenious 1st bencher
Who always disagree to skip the lecture.

Prerana and Priyanka have the most innocent look
Prerana the 'pretty', priyanka whose head only shook.

Here comes the pascal, always with a charm on his face
Busy with guitar, girls are after his praise.

Prajwal and Manish are 'gorgeous' hunkies
Comes with a shaved beard and act like funkies.

Ranjit and Kalim are often humble
They usually don't grumble.

Milan holds the post of Admin in ACEM confession
Kumar supports him with his dangerous agression.

Prayash, Niraj and Jhalak are the silent species
But, can be terrific with their implicit advocacies.

Rajendra and Nirmal are the two inquisitive guy
Whatsoever we ask, they never deny.

The three Navins of our class are the best
And can't be compared with the rest.

Neha, Maya and Laxmi are best among all
Please never forget them to recall.

Time to wake up

Santosh Humagain
070/BLE/9L



Running in this world with bare foot,
What is bad and what is good?
This relative picture makes your mood,
And oh my people, why you all kill your life for food??
You are one of the precious creature of lord,
You already begin your journey on this mud,
You accept it or not, time running so fast,
Wake up my people, fill the earth with invention,
Light the bomb inside you and invigorate it for blast.
Yesterday and tomorrow, it never comes at your hand,
When you think to start singing from your own band,
Start to sow innovative seeds in your own land.

Oh my people, fill the life with thirst of knowledge,
Make your move with your own rhythm,
You come from null and will end at null,
In between these null, let yourself to fall,
Fall in the deep sea of wisdom,
Fall inside you to know hidden power,
Fall in god to let go of garbage by using shower.
Wake up my people, wake up!!!
You have been sleeping from the beginning,
See the world through your inner eyes,
Listen the music of nature around you,
Oh my lord, help them to wake up...

मेरो +2 जीवन

Sanjay Dhakal
072/BCE/087

दिएर आएँ SLC
+2 पढ्नु भनेर ।
भर्ना भए White Gold मा
राम्रो बनु भनेर ॥

सोच्थै कि बसुँ आफ्नो
कलेज नजिकै ।
तर बसेछु तिनकुनेबाट
अलि दुरी सम्मै ॥

कक्षामा अगाडि बस्न खोजे
पढाको बुझलाई ।
साथीसँग भगडा पो पन्यो
अघि बस्नलाई ॥

राम्रो व्यवहार साथीलाई गर्रँ
उसलाई सम्झाउनलाई ।
पाँए अगाडी को सिट
आनन्दले बस्नलाई ॥

गाह्रो भयो मलाई
पढाको बुझलाई ।
धेरै दुस्ख गर्नुपर्यो
पुस्तकसंग मित्रता गास्नलाई ॥

गुरुलाई धेरै प्रश्न गर्रँ
गहिरो knowledge पाऊँ भनेर ।
उल्टै गाली पो गर्नुभयो
चाहिने भन्दा बढी सोधिस भनेर ॥

दिदी र दाजुले दिनुहुन्थ्यो उपदेश
राम्ररी पढ् भनी ।
समस्या पर्यो भने
तुरुन्त हामीलाई सोध् भनी ॥

बुबा-आमाले सम्झाउनु हुन्थ्यो
परिश्रम गरेस भनेर ।
खबर पठाउनु पर्यो first term
मा fail भएँ भनेर ॥

Final exam आयो
प्रतीक्षाको बाधेँ फुटेर ।
दिएर आएँ परीक्षा
राम्रो उत्तर लेखेर ॥

दाजुले धेरै सिकाउनुभो
मिहेनत गर्रँ मैले पनि ।
+2 त पास भएँ
अड्क राम्रो पाएँ पनि ॥

पढाइ धेरै गहिरो छ साथी
+2 त सुक्ष्म अड्क मात्र हो ।
कार्य धेरै विशाल छ साथी
पाउने त केवल अड्क मात्र हो ॥

बढाउनु अघि पाइला तिम्रा
सफल हुनको लागि ।
धकेलनु पछि कमि तिम्रा
असल बन्नको लागि ॥



मुक्तक

प्रविण बाँस्तोला

070/BCE/54

पिल्लर बिनाका घरहरु देख्दा अचम्म लाग्छ ।
पिडभै हल्लाउने पुलहरु देख्दा अचम्म लाग्छ ॥
निकै चकित बनाउदैछ, दुनियाँ आजकल मलाई ।
ईन्जिनियरिङ बिनाको स्तम्भ देख्दा अचम्म लाग्छ ॥

मेरो निराशामा तिमी आशा कसरी देखाँऊछौ आमा
मैले खाएको गाँसमा तिमी कसरी अगाँऊछौ आमा ।
शितल बतास भन्दा पनि धेरै प्रिय छौ तिमी मलाई
मेरो पिडामा सधैं तिम्रो आँशु कसरी बग्छ आमा ॥

सोच्थे संसारलाई आफ्नै ईशारामा चल्ने बनाँउछु
सिद्धांतहरु परिवर्तन गरि सुर्यलाई गल्ने बनाँउछु
धेरै देखे मैले फाटेका अनि टुटेका मन मुटुहरु,
आँसु र पसिना मन्थनगरि पिउने अमृत बनाँउछु

ABISHEK BHATTARAI

2071/BCE/9

गजल

प्रेमको आगो दुबैतिर सल्किदैछ आज भोलि
किन किन यो मन त्यतै पल्किदैछ आज भोलि

गाजलु ति नयन तिम्रा घायल पार्ने अधरहरु
तिम्रो योवन रूपभरी छल्किदैछ आज भोलि

छड्के नजरले ईसारा दिदैछौ तिम्ले पनि
तिम्रो माया मेरै लागी भल्किदैछ आजभोलि

सुन्दरताले पुरिएछौ जवानी त्यो चढ्दै जाँदा
तिम्रो लाली ओठभरी टल्किदैछ आज भोलि

तन हैन मन हैन सारा जीवन नै सुम्पे तिमीलाई
यो जिन्दगी तिम्रै नाममा ढल्किदैछ आज भोलि ॥

मुक्तक

तिमी सामु धकाउनुको मजा बेग्लै छ
मायामा बहकाउनुको मजा बेग्लै छ
खुसी त हुन्छौ प्रिय तिमी
तर रिसाउँदा फकाउनुको मजा बेग्लै छ ॥
माया प्रेमको मुना पलाएको धेरै भो
त्यो मनले यो मनलाई गलाएको धेरै भो
खै के रहस्य छ, उनको त्यो आँखामा
गाजलु नयनले जादु चलाएको धेरै भो ॥
हात छोड्नु नै थियो भने, हिजो समायौ किन?
टाढा हुनु नै थियो भने, मसँग रमायौ किन ?
आज तर्किनु नै रहेछ तिमीलाई म बाट
उबेला चाँहि म माथि नै हक, जमायौ किन?
घरि घरि मेरो यादमा भस्किदिनु ल
मायाको बाहार मेरै लागी पस्किदिनु ल
छड्के नजरले इसारा दिउला म तिमीलाई
तिमी चाहि मलाई हेरी मस्किदिनु ल ॥
विश्वासको जग खनिदेउन प्रिय
माया गर्छु तिमीलाई भनिदेउन प्रिय
केहि क्षणको साथ चाहिँदैन मलाई
जीवनभरको सहयात्री बनिदेउन प्रिय ॥

..... निराशा शास्त्र

- सुजन अर्याल
072BCE/103

संसारलाई अब राजनीति चाँहिदैन ! संसारका अधिकाँश राष्ट्रहरूका राजनीतिमा निराशा छाएको छ । मानिसहरूको राजनीति तर्फ नकारात्मक सोच संसार भरि छाईसक्यो । राजनीति शास्त्र कार्यरूपमा निराशा शास्त्र बनिसक्यो । अब त समयको पर्खाई मात्र हो, राजनीति संसारमा रहँदैन ।

साना र अविकसित राष्ट्रहरूमा राजनीति द्वारा भर्त्सार, एकलतन्त्र, गुन्डागर्दी देखि आतङ्कवाद जरा गाडेर बसेका छन् । यी देशका जनताहरू राजनीति देखि डराउँछन् । जो कोही पनि राजनीतिबाट पर हट्न चाहन्छ । राजनीतिमा लागेका व्यक्तिहरू बहादुर हुन्, किनकी संसारमा चलिरहेको वर्तमान राजनीति डरलाग्दो छ ।

राजनीति सिद्धै आफ्नो मात्र होईन आफ्नो परिवारजनको जीवनसंग गाँसिएको हुन्छ । उदारहणका लागि, राजनीतिमा लागेका महत्वपूर्ण व्यक्तिहरूलाई धेरै हड्ढाकट्टा सुरक्षाकर्मीहरू उसको त्यो शरीर जोगाउन लागिपरेका हेर्न सकिन्छ । हुनतः प्रकृतिले हरेक संवेदनशील र महत्पूर्ण वस्तुलाई जोगाउन खोजिहेको हुन्छ । यहाँ डारवीन प्रकृतिको रोजाई छ । अर्को तर्फ हरेक जातिको स्वभाविकताले आफ्नो संवेदनशील र महत्पूर्ण वस्तुको संरक्षण गर्न खोज्दछ । यसरी मानव स्वभावले अन्य क्षेत्रका बहुचर्चित हस्ति तथा बलिया राजनीतिज्ञको सुरक्षा गर्न चाहन्छ । राजनीति बलियो हुन्छ किनकी यसको एक निर्णयले देश जनता र संसारकै मुहार फेरबदल गर्न सक्दछ । धेरैले यस राजनैतिक शक्तिको फाईदा लिन चाईरहन्छन् । अबको केही शताब्दीमा मानव चेतनाको विकास संगै यस भयानक शक्तिलाई निर्मूल पार्न सबै लागिपर्नेछन् । किनकी यस शक्तिसंग अन्य नीजि व्यक्तिहरूको र जनताको विकास र सानाठूला कार्यक्रम जोडिएको हुन्छ । संसारबाट राजनीति लोप हुनेछ । संसारबाट राजतन्त्र हटेभै न त राष्ट्रपति हुनेछ न त प्रधानमन्त्री । यही चेतनाको विकास संगै न नोक्कर न मालिक, न धनी न गरिब, न त कुनै देश रहला, मात्र जनता रहनेछन । न कुनै जात जाति र न त भेदभावना । यस्का लागि कुनै ठूलो क्रान्ती चाँहिदैन ,मात्र एउटा मानसिक फेरबदल । त्यहाँ सम्म पुग्दा संसारको क्रायविधि प्रणाली फेरिनेछ । मात्र सरलता बाँकी हुन्छ । विकास र सरलता । खोलानालामा विकास, भिरपाखामा विकास, उडिरहेको चरामा विकास मानिसको सोचमा म देख्दछु मार्क र लेनिनको सपना ! तेतीका समयमा विज्ञानले पनि आफ्नो फड्को मारिसकेको हुन्छ । मानिसहरू अनुशासित सकारात्मक र स्वतन्त्र हुनेछन । यो संसार कलियुग को धार्मिक सिध्दान्त विपरित छ, तर म कलियुग पारिको सोचिरहेछु ।

विश्व ईतिहासमा अहिलेसम्मका सबै तन्त्र राजतन्त्र देखि लोक तन्त्र मा शक्तिको लागि प्रतिष्पर्दा छ । यो शक्तिनै नरहे कुनै प्रतिष्पर्दानै रहँदैन । राजनीति हटाउनु भनेको बहुदल हटाउनु होईन । राजतन्त्र या अन्य कुनै तन्त्रमा राजनीति नरहने होईन, यो त नेपालकै ईतिहासले देखाउँछ । के हो त यो राजनीति ? यसको व्याख्या छोडी विग्रह गर्दा राजका लागि नीति भै लाग्छ ।

तर वर्तमान अवस्थामा राजनीतिको पनि अपभ्रंस भएको छ । देश र जनता हडप्ने र समाज र मित्रराष्ट्रमा आतङ्क फैलाउने एउटा खेल । संसारको सबैभन्दा चर्चित खेल जुन हरेक टिभी च्यानल र पत्रिकाको तातो समाचार बनेको हुन्छ । रङ्गशाला या ठूलो स्टेडियममा राखि खेलिरहेका ठूला स्ट्राईकर प्रमुख राजनैतिक दलका नेता र वरिपरि अडियन्स तर्फ लाखौं जनता ! अनौठो खेल राजनीतिको जहाँ स्टेडियम भित्र फुटबल होईन कुर्ची फालाफाल भैरहेछ । तर यी खेलाडी लाई गोल हान्नै आउदैन मात्र पास गर्न र ट्याकल गर्दै लुछ्न् आउँछ । कहिलेकाँही त्यो बल आउट भएर बाहिर जान्छ र फेरि बाहिरबाट एकजनाले बल भित्र कसैलाई पास गरिदिन्छ

। अडिएन्स हेर्न मात्र सक्छ, खेल जारी राख्नै पर्यो ।

एकछिन सोचै , संसारबाट राजनीति कसरी बिथोल्ने होला त ? त्यस्का लागि मैले केही गर्ने पर्दैन ! जुन रूपमा राजनीतिज्ञहरू राजनीतिमा खेलिरहेछन, उनीहरूले आफ्नै राजनीतिमा आफै तोडफोड गरिरहेछन् । त्यही स्टेडिएम का अडिएन्सहरू यो झ्याउरे खेल हेर्न छोडेर हिडेभै जुन तरिकाले राजनीतिले अफ्नो चरम शिमा चुमिरहेछ बिस्तारै टिभी रेडियोमा राजनीति घन्कदैन, जनताले राजनीति र यस्का खेलाडीको वेवास्ता गर्न थाल्नेछन, विकास र प्रगतिलाई राजनीतिको नामले रोकिराख्ने छैन । हाम्रो चिन्ताको विषय होईन यो, कसको होला आफै बुभनुस ! यो भनिराख्दा हामी र उनी छुट्टिएभै लाग्छ । त्यसो हो भने परिवर्तनको सोचाई शुरु भएको देखियो ।

राजनीतिका शक्तिहरू लाई कमजोर पार्ने पहिलो रणनीति त्यहाँबाट युवाबर्गलाई तान्नु हो । यसो गरे राजनीतिको ढाड भाँच्चिन्छ । तमाम कलेजहरूबाट राजनीति हटाउने । बिरूवाको माथिल्लो फुललाई जराले पोषण दिईरहेको हुन्छ, जरा काटेर फालिदिए बिरूवा धेरै दिन रँहदैन ।

एउटा तन्त्र हटाउन मानिसले क्रान्ती रोज्यो । यस्तै राजनीति हटाऔ भन्दा समाजले हिंसा बाहेक अरु सोच्न सक्दैन । मानिसले आदिकाल देखि अर्को बाटो रोजेको भए आज समाजको सोच भिन्नै हुनेथियो। हरेक परिवर्तनमा क्रान्ती चाँहिदैन, यो बुझ्न जरूरी छ ।

मानिस सधैं आफ्नो भविष्यदेखि डराईरहेको हुन्छ । खासगरी कलेज अध्ययन गरिरहेका, पढिरहेका युवाहरूमा, आफ्नो भविष्यको अनिश्चताले सताईरहेको हुन्छ । यही अनिश्चता हटाउन उनीहरू साथ र समूह खोज्छन, एउटा कसैको डर जुन उनीहरूले बुझिसकेका हुदैनन्, त्यही अनिश्चताको सन्त्रास ! यसमा राजनैतिक पार्टी पाउनु उनीहरूमा निरधक्ता प्राप्ति बन्न पुग्छ । भविष्यको अनिश्चतासंग धेरै कुलतमा पुग्छन । उनीहरूको नफर्किने र बितिरहेको समय रेखासंग आफ्नो जीवन अवस्थामा विपना देवीको सन्त्रास छाईरहेको हुन्छ । यसरी भौतारि हिँडिरहेका आफ्ना युवा वर्ग लाई समेलेर समाजका कुरितीहरूबाट बचाई एउटा सोचमूलक भविष्य तिर लैजाने कुनै पनि संस्थाको कर्तव्य हो । देश पनि एउटा संस्था हो जहाँ सबैको विश्वास, आस्था र निरधक्ता हुन्छ। यहि निरधक्ता का लागि मानिस समाज र देश पछ्याउँछन । यदि यो विश्वास लाई पूरा गर्न नसके मानिसहरूको आस्था हराउन जान्छ । म राजनीतिमा कसैको भविष्य देखिदैन किनकी मेरो सिद्धान्त अनुसार राजनीति आफै संकटमा छ ।

त्रीचन्द्रदेखि थापाथली, राजधानीदेखि गाउँ शहर, मेचि र महाकाली सम्मा यसरी विध्यार्थीहरूमा समुहबाद र राजनीति र अन्य यस्ता गतिविधि देखेर मैले मन थाम्नै सकिन । हाम्रो सस्था ईन्टिड्युट अफ ईन्जिनियरिङ् को प्रमुख कार्यालय डीनको अफिसमा गई यस्तै केही पत्र लिएर जाने निर्णय गरे, हातैमा लगेर दिन्छु, तर म पुल्चोकको उकालोमा रोक्किए ! एउटा मनले भन्यो बुढाले यो टिटो बौलाएछ भन्लान, अर्का मनले भन्यो त महाभारतको अर्जुन होस् अब आएर नफर्कि । तर यसपालीको महाभारतमा अर्जुनले कृष्णको सुनेन । हुनपनि समाजवाट अगाडि हिडे सबैले पागल भन्छन् । यो लेख पढिरहँदा धेरैलाई असहज भैरहेको होला किनकी मानिसको स्वभावले समूह रूचाउछ, एकलो ओडार होईन । नयाँ दृष्टिकोणमा ऊ घुम्न सजिलै सक्दैन । डारवीनले मानिस बाँदरवाट विकसित हुन भन्दा र कोपरनिकष र ग्यलिलीले पृथ्वी वरिपरि सूर्य होईन पृथ्वी सूर्य वरिपरि घुम्छ भन्दा पनि मानिसले नयाँ कुरा स्वीकार्न असहज मानेका थिए । राजनीति हटाउन एउटा मानिसको बलले पुग्दैन । पहिले यसरी कलम चल्छ, अनि जनता सचेत हुँदै जान्छन । म दुरको सोचिरहेछु ।

राजनीति संसारबाट हटिरहेछ, आउ हामी यसलाई बिर्सदै गरौं !

शाधना

- सुजन अर्याल

072/BLE/103

सोच समस्त ! ब्रम्हाण्ड सिगारी,
मस्त त्यो अघोरी विचारी ,
नीलकण्ठ विचार विभोर
अन्तस्करणको हर्ष उचाली,
ए हरि ! नतमस्तक
सोचको सिकार ।
घेरिएर हृदयका ती
शिङ्गार आफू वरि
दमनमा संसारको
ए हरि !
अनिश्चिततामा परि !
नग्न पैदल वर्षामा,
बिना ओडार टन्टला
बेमुहार
चाप मिलाउदै सडकको
आन्तरिक दिलदिमागको
बन्दै गर्दा म
पागल
संसारको !

खुला धुला मैदानमा
दिन बिताई रोदन भो
हजार !
जीउदै मरेको जीवनमा
बाँचिरहेको यो लास
चलन ठप्प भो
केवल विचार भो
नियून आशमा
बिते दिन
हजार !
ए हरि! नमो हरि !
हिडे सतिदेवीको लास
समाती, दिलदिमागमा
निरनजन ! तेरै ताल भो
तर मनका
विचारै विचारमा !
मध्यरात ढाँई बजे
संकटाको आँगनमा
मुस्कुराई फरकिँ

म तल्लो जीव परे
नि त, कुमारी !
मङ्गल चौथी दिनको
त्रिशूल बोकी रेखीमा
डुलिरहे म भाद्र शुक्ले
परे तेरा निच नजरमा
तीन तल्ले संसार यो तेरो
कुमारी भवानी !
ए हरि नमो हरि !
साधनामा शिवशक्ति
अलपत्र परि कालिको
पुकारी यक्षयक्षीनि
चल्यो हुरि बतासको !
म तुछ्य जीव भवानी !
तर रोदन मनको,
सासपरस्वास
बन्दो रहेछ ब्रम्हाण्डको
बतास ।

गजल

बैगुनिलाई कल्पिएर खेरा गए रातहरु
छियाछिया भयो मुटु बल्किएर घातहरु
भुल्के घाममा हिमाल भै टल्किएर
आखभरि गोधुलिको साभ ल्याउदा चढेका ती मातहरु
पाखै भरि गुरांस फुले एक लास ठाउहरु
मेटाउन सक्दिन म सम्भनाका खातहरु
संगै गुड्यौ जस्तो लाग्थ्यो एकै रथका दुई पांग्रा
युगौ युगको यात्रा गर्न कस्सिएका हातहरु
छहारी त्यो बरपिपलको मनभरी सजाएर
पानी भन्न पाईएन छुरा धस्ने जातहरु

Er. Ramesh Ranabhat
Mechanical Section





- Kishor Sapkota
Administrative Officer

यहाँ हाँसेरै बाच्नु पर्छ

सर्वप्रथम आफ्नो अनुहारमाविश्व देख्ने तीबोत्रे बुद्धिमानहरूलाई मेरो नमस्कार छ ।
 कामगर्न नसक्ने हुतिहारा व्यक्तिहरूलाई यहाँ बढि कुर्लिनु पर्छ ।
 यहाँका कलकलाउंदा नेपाली यूवाहरूलाई खाडी मुलुकमा एक्सपोर्ट गराउनु पर्छ ।
 चाकडी र चापलुसिलाई यहाँ पहिलो प्रथमिकता दिनुपर्छ ।
 नातावाद र कृपावादलाई अभयदान दिनुपर्छ ।
 मानिसका अनुहार लिएर जन्मेका चरित्रहीन पथभ्रट पशुहरूलाई यो समाजमा मान दिनुपर्छ ।
 आर्थिक लक्ष्य र राजनैतिक सिद्धान्तलाई यहाँ टुकि बालेर खोज्नुपर्छ ।
 यहाँ मान्छेलाई मान्छे बन्नको लागि अचरण होइन,
 अब त बाहिरी आवरणको आवश्यकता पर्छ ।
 भ्रष्टाचारको स्थाही स्तम्भको रूपमा रातारात अडा भएका
 विशाल भवनहरूलाई यहाँ विकाशका लहर भन्नुपर्छ ।
 बिकाशका लागि संचार भनेर यो देश गर्जन्छ ।
 असार साउनको वर्षा भै यहाँ विदेशी एड बर्सन्छ ।
 कसैको बढिरहेको भुडि बढेर फन लत्रन्छ ।
 पानी समेत खाननपाएर शरिरमापानि हराएकायीपानीमरूवा
 नेपाली समाजलाई धिक्कार छ ।
 यहाँ जिन्दावाद र मुर्दावादको बादमा जनता बरबाद छ ।
 यहाँ प्रत्येक व्यक्ति र वर्गमा आफ्नो आफ्नो गुट छ ।
 जसले जहाँ जे गरेपनि यहाँ सबलाई छुट छ ।
 यहाँ सत्यलाई दुत्कार छ, मर्यादा र परम्परालाई फट्कार छ ।
 हिजो सम्मका भोका नाङ्गा आज उनिहरूकै दिन छ ।
 चिल्ला गाडी एक दिनमा ५ पल्ट फेर्ने सुट छ ।
 यहाँ मानबदेखि होइन, मानबको अनुहार लिएर जन्मेका
 ती दानबदेखि सवधान हुनु पर्छ ।
 यहाँ कुकुर होईन, कुकुर पाल्ने ती कुकुरका मलिकदेखि होसीयार हुनुपर्छ ।
 यहाँ पतन भइसकेका मानिसको नैतिकता छोप्नका लागि घुम्ने मेचको आवश्यकता पर्छ ।
 यहाँ समर्थन वा विरोध जे गरेपनी खुब जोडले ताली बजाउनु पर्छ ।
 भित्रभित्र जति रोएपनी यहाँ बाहिर हाँसेरै बाच्नुपर्छ ।
 हाँसेरै बाच्नुपर्छ ।

Fun Time



- **Kishor Sapkota**
Administrative Officer

Wife: Can u help me in the gardening ?

Husband: What do u think I am...a gardener ?

Wife: Can u fix the door handle ?

Husband: What do you think I am... a Carpenter ?

In the evening, when husband came from work, he saw everything has been fixed.

Husband: Who did all this ?

Wife: Our neighbor. But he gave me 2 options..... Either I should give him a burger or a kiss.

Husband: I am sure u must have given him a burger.

Wife: What do u think I am.....McDonalds ?!!

Today I donated a watch, a phone and my wallet to a poor guy. You can't know the happiness I felt as I saw him put his knife back in his pocket.

A man and his wife never fought for 25 years of their marriage. A friend asked him how he had managed to make it possible. He narrated: "We went for our Honeymoon in Australia 25 years ago and while riding on a horse, My wife's horse jumped and my wife fell down. She got up, patted the horse's back and said "This is your first time" After a while it happened again. She patted the horse again and said: "This is your second time" The horse did it again the 3rd time, She brought out a gun and shot the horse dead I Was so shocked and I shouted at her."Are you crazy! What's wrong with you? Why did you kill the horse? She smiled at me and said "This is your first time" Since then. My Mouth pim

Teacher : "Anyone who thinks he's stupid may stand up!"

* Nobody stands up*

Teacher: "Im sure there are some stupid students over here!!!"

* Little Johnny stands up*

Teacher: "Ohh, Johnny you think you're stupid?"

Little Johnny: "No... i just feel bad that you're standing alone..."

Husband (watching a video):

Don't do it! I swear you gonna regret it for the rest of your life. You stupid idiot! Don't say yes. No! No! NOOO!! Aw dang, he actually did it! What a dumb ass!

Wife: Honey, why you so mad? What'aya watching?

Husband: Our wedding ceremony.

The man approached the very beautiful woman in the large supermarket and asked, "You know, I've lost my wife here in the supermarket. Can you talk to me for a couple of minutes?" "Why?" "Because every time I talk to a beautiful woman my wife appears out of nowhere."

A man went to the Police Station wishing to speak with the burglar who had broken into his house the night before. "You'll get your chance in court." said the Desk Sergeant. "No, no no!" said the man. "I want to know how he got into the house without waking my wife. I've been trying to do that for years!"

One night a man walks into a bar looking sad. The bartender asks the man what he wants. The man says "Oh just a beer". The bartender asked the man "Whatswrong,why are you so down today?". The man said "My wife and i got into a fight,and she said she would'nt talk to me for a month". The bartender said "So whats wrong with that"? The man siad "Well the month is up tonight".

The teacher asks little Johnny if he knows his numbers. "Yes," he says. "My daddy taught me." "Can you tell me what comes after three?" "Four," answers little Johnny. "What comes after six?" "Seven," answers little Johnny. "Very good," says the teacher. "Your father did a very fine job. What comes after ten?" "A jack," answers little Johnny.

Girlfriend : I Have Changed My Mind..!!
Boy: Thank God, But Does The New One Works?

WHO AM I ?		Santosh Humagain 070/BCE/91
<p>The air that touches my skin so smoothly The sky that talk with me so loudly Oh god, what a creature I am that you made Oh lord, who the person that you want me to be? I smile at everything just like the small child I cry at nothing just like poor old guy I touch the sky and cloud above my head I feel the earth and mud below my foot In what madness that you create me?</p>	<p>In what joy that you raised me? Oh my lord, those millions of questions to which I haven't got any answer I am waiting for the day to get my answers to be satisfied with myself I am running so fast to meet myself I am dreaming all day to meet my dream Who am I? Oh my lord, I am talking with you Although these feelings mostly diverges I am waiting for day to come these thoughts going to converges and lighten up the world like a magic...</p>	

Artificial Intelligence and its Application in Medicine



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It is claimed that artificial intelligence is playing an increasing role in the research of management science and operational research areas. Intelligence is commonly considered as the ability to collect knowledge and reason about knowledge to solve complex problems. In the near future intelligent machines will replace human capabilities in many areas. Artificial intelligence is the study and developments of intelligent machines and software that can reason, learn, gather knowledge, communicate, manipulate and perceive the objects. John McCarthy coined the term in 1956 as branch of computer science concerned with making computers behave like humans. It is the study of the computation that makes it possible to perceive reason and act. Artificial intelligence is different from psychology because it emphasis on computation and is different from computer science because of its emphasis on perception, reasoning and action. It makes machines smarter and more useful. It works with the help of artificial neurons (artificial neural network) and scientific theorems (if then statements and logics). AI technologies have matured to the point in offering real practical benefits in many of their applications. Major Artificial Intelligence areas are Expert Systems, Natural Language Processing, Speech Understanding, Robotics and Sensory Systems, Computer Vision and Scene Recognition, Intelligent Computer- Aided Instruction, Neural Computing. From these Expert System is a rapidly growing technology which is having a huge impact on various fields of life. The various techniques applied in artificial intelligence are Neural Network, Fuzzy Logic, Evolutionary Computing, and Hybrid Artificial Intelligence. Artificial intelligence has the advantages over the natural intelligence as it is more permanent, consistent, less expensive, has the ease of duplication and dissemination, can be documented and can perform certain tasks much faster and better than the human.

Application of Artificial Intelligence Techniques in Medical Area

Artificial intelligence techniques have the potential to be applied in almost every field of medical area.

i. Fuzzy Expert Systems in Medicine:

Fuzzy logic is a data handling methodology that permits ambiguity and hence is particularly suited to medical applications. It captures and uses the concept of fuzziness in a computationally effective manner. The most likely area of application for this theory lies in medical diagnostics and, to a lesser extent, in the description of biological systems. Fuzzy expert systems use the structure of a series of „if – then rules for modeling.

IF	Change in bowel habit	OR	Rectal bleeding
THEN	Consult your doctor		

Fig.1 Typical Fuzzy Expert Systems

The techniques of fuzzy logic have been explored in many medical applications. Fuzzy logic is preferred over the multiple logistic regression analysis in diagnosing lung cancer using tumors marker profiles. Fuzzy logic is also used in the diagnosis of acute leukemia and breast and pancreatic cancer and also predict patients survival with breast cancer. They can also characterize MRI images of brain tumors, ultrasound images of the breast, ultrasound. Fuzzy logic controllers have been designed for the administration of vasodilators in the peri-operative period to control blood pressure.

ii. Evolutionary Computation in Medicine:

Evolutionary computation is the general term for several computational techniques based on natural evolution process that imitates the mechanism of natural selection and survival of the fittest in solving

real-world problems. The most widely used form of evolutionary computation for medical applications are "Genetic Algorithms". Genetic Algorithms based on the natural biological evolution are the most widely used form of evolutionary computation for medical applications. The principles of Genetic algorithms have been used to predict outcome in critically ill patients. MRI segmentation of brain tumors to measure the efficacy of treatment strategies is also done through evolutionary computation. They have also been used in computerized analysis of mammographic micro calcification.

iii. Using Artificial Intelligence to Improve Hospital Inpatient Care:

Clinical decision support systems (CDSS) were one of the first successful applications of AI, focusing primarily on the diagnosis of a patient's condition given his symptoms and demographic information

Mycin a rule-based expert system for identifying bacteria causing infections and recommending antibiotics to treat these infections was developed in 1970 under the work of CDSS for medical diagnosis. Pathfinder, which used Bayesian networks to help pathologists more accurately diagnose lymph-node diseases. AI has also been useful for computer-aided detection of tumors in medical images. Such approaches help in the diagnosis of various forms of cancer, and congenital heart defects.

iv. Artificial Intelligence Approaches for Medical Image Classification:

Artificial intelligence techniques are used for diagnostic sciences in biomedical image classification. Model-based intelligent analysis and decision-support tools are important in medical imaging for computer-assisted diagnosis and evaluation. CAD helps radiologist who uses the

output from a computerized analysis of medical images as a second opinion in detecting lesions, assessing extent of disease, and improving the accuracy and consistency of radiological diagnosis to reduce the rate of false negative cases.

v. Artificial Neural Networks Approach on Diagnostic Science:

The following subsections will discuss how ANN is utilized for image classification over generations.

Endoscopic Images:

Image classification is an important step in CAD. In classification of endoscopic images a hybrid implementation by advanced fuzzy inference neural network which combines fuzzy systems and Radial Basis Function (RBF) was proposed. The concept of fusion of multiple classifiers dedicated to specific feature parameters with an accuracy of 94.28% but RBF was characterized by a very fast training rate than fuzzy. It extracted both texture and statistical features.

MRI Brain Tumor Analysis

For the MRI brain tumor images a general regression neural network (GRNN) based automatic three-dimensional classification method was proposed. This method had good time consuming rate and classification accuracy. Another intelligent classification technique proposed was Least Squares Support Vector Machines (LS-SVM). It identifies normal and abnormal slices of brain MRI data. This technique had a higher accuracy of classification over other classifiers as the false negative in LS-SVM was very low compared. Due to automatic defects detection in MR images of brain, extensive research is being performed.

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070/BEX

रानीबारी सामाखुशी, रानीबारी

"रानीबारी सामाखुशी, रानीबारी सामाखुशी..." सानो माइक्रोको ढोकाको सिसा बाहिर मुन्टो निकालेर अरु पनि धेरै ठाँउको नाम भन्दै थियो उसले, मैले यत्ति सम्भिएँ अहिले । तालुको कपाल पालेको, त्यसमा गोल्डन कलर गरेको, अनि कान र पछाडीतिरको कपाल काटेको थियो उसको । ओठ कालो र सुकेको थियो, सायद चुरोट खान्छ उसले । गाला कोतरिएका थिए । हत्केला फुटेको थियो, चिसोले होला, फोहोरले पनि हुन सक्छ । हत्केला पछाडी पनि कोतरिएका थियो । एउटा कानमा कालो रंगको टप थियो, प्लास्टिकको । "ल भाडा मिलाम् दाइ, झ्यालको दाइ, ल दिदी भाडा मिलाम्", उ निरन्तर बोलिरहेको थियो, थाकेको थिएन । "दाइ किन ब्याक गर्नुभो", उसले झाइभरलाई सोध्यो । "बाटो पिच गर्दै रैछ", अगाडीबाट उत्तर आयो । बिहानभरि के गर्छन् कुन्नी यी, अफिस टाइममा जाम गराउँछन् !" अरु पनि के के भन्दै आक्रोश पोखिरहेको थियो । कतिबेला सरकारलाई । कतिबेला नेतालाई, कतिबेला देशलाई नै गाली गरिरह्यो । झाइभरले साधुँरो बाटोबाट गाडी लग्यो । लामो जाम थियो । वान-वे बनाएका थिए झाइभरहरूले वे लाई टु एडजस्ट गरि गरि । "यस्तै ताल हो भने म चै निदाउँछु है दाइ", बोलिरहने बानी रहेछ सायद उसको, बोलिरहेको थियो । कसैले उसको कुरा सुने नसुनेको वास्ता थिएन उसलाई । "सिमसिमे पानीमा ज्यानले बेइमान गर्छ कि जिन्दगानीमा", गाडीमा बजेको गीतमा लय मिलाउन लाग्यो अब उ । मैले नियालेको देखेर हाँस्यो, म पनि मुस्कुराएँ । अब लाज लाग्यो कि उसलाई, कि बोल्ने कुरा नै सक्कियो । बोलेन । पैसा मिलाउन थाल्यो । सयका नोटमाथि पचासका, त्यसमाथि बीस, दस र पाँचका सबैलाई मिलायो । गन्यो । अनि मुस्कुरायो । झ्याल बाहिर हेरेर के के सोच्यो कुन्नी, एकछिन टोलायो । "ल सामाखुशी भर्ने आउनुस् त, हजुर सामाखुशी भन्या होइन", उसले मलाई नै सोधेको थियो । "हो, तर पारी।" "ल दाइ अब पारी छ है", झाइभरलाई जानकारी गरायो । गाडीमा भिड थिएन, सामाखुशीमा धेरैजना भरिसकेका थिए । उ ढोकानिरको सिटमा बस्यो । "कति वर्षको भयो भाइ?", मैले सोधेँ । "१७", अगाडिबाट झाइभर बोल्थो । पारी आइसकेको थियो । म भर्दै थिएँ । उसलाई हेरेँ । हातले horizontal लाइन बनायो, हावामा, आवाज ननिकाली केही भन्यो, माइनस, lip sync अलि अलि बुझ्ने भएपनि बुझेँ मैले । एउटा हातको मुट्टी बन्द गर्यो अनि सबै औंला देखिने गरि खोल्थो, मतिर देखाएर । उसले पाँच भनेर इसारा गरेको थियो । माइनस पाँच, अर्थात्, उ १७ होइन १२ वर्षको थियो । म भर्नासाथ गाडी हुत्तिदै गयो । मैले हेरिरहेँ, देखिँदासम्म । मैले बुझेको संसारमा मैले पाएको सुविधा सबैले पाएका छैनन् र पनि उनीहरूको कुनै गुनासो छैन, आफ्नो जीवनदेखि । गुनासो हामीमा हुन्छ, अशान्त हाम्रो मन छ, जो उनीहरू भन्दा हजारौं गुणा बढी सुबिधा लिइराखेका छौं । मलाई आफैमाथि लाज लागेर आयो । उ १२ वर्षको, म २२ । उसले आफ्नो, सायद आफ्नो परिवारको पनि जिम्मेवारी लिएको छ । म यो वा त्यो बाहानामा, पछि गर्छु भनेर त्यो जिम्मेवारीबाट भागेकी छु । मैले पाएको बालपन उसको कल्पनामा पनि छैन होला, अनि म उसको दिनचर्याको कल्पनासम्म गर्न सकिदैन । उ मुस्कुराएको अब मलाई उसले गिज्याएको जस्तो लाग्न थाल्यो । उसले सायद मदत खोजेको थियो वा अघि मुस्कुराउँदा आफ्नोपन महशुस गरेर आफ्नो उमेर बतायो । मैले उसको उमेर सोध्नु बाहेक उसका लागि केही गर्न सकिने । उसको अधिकार सडकमा उडेको धुलोमा हराएको छ । उसलाई त्यहाँबाट उद्धार गरेर मैले पाएको बालपन दिन नसकेकोमा आफ्नो उमेर, आफ्नो शिक्षा, आफ्नो संस्कार, आफ्नो समाज सबैमाथि मैले आजसम्म गर्व गरेको बेकार रहेछ जस्तो लाग्यो । यो संसारमा मभन्दा निरीह अर्को छैन जस्तो लाग्यो । स्कुल र कलेजको क्यान्टिन होस् वा सानो-ठुलो क्याफे, बसमा भाडा उठाउनदेखि इट्टाभट्टीसम्म, ठुलाठुला महाजनको घरका सहयोगी अनि सडक विभागका लेवर, उनीहरू जहाँ पनि छन्, हामी देख्दैनौं उनीहरूलाई, वा हामी देख्न चाहदैनौं । देखिहाले पनि निरीह बन्छौं, आफ्नै लागि नपुगेका लालची हौं हामी ॥



Ryuk Sahu
Civil, 2070 Batch

प्रतिक्षारत कोठा

शुक्रवारको दिन थियो । २:३० को क्लास सकेर म आफ्नो कोठा फर्किए ।

कोठामा पुग्दा म अचेल एक्लो महसूस गर्छु, आफूलाई एकदम शून्य पाउने गर्छु । जब म कोठा भित्र प्रवेश गर्छु, राखिएका सामानहरु आतिएको पाउछु । मेरो प्रतिक्षामा लैपटापका किप्याडहरु आतुर हुन्छन् मेरा औलाहरुसंग खेललाई, बिस्तराले अझालो फैलाएर मलाई विश्राम गर्न बोलाईरहेको पाउछु । सिएफएल जललाई आतुर हुन्छ, कि कहिले त्यो शून्य कोठामा प्रकाश होस् । सबै कुराहरु मेरो प्रतिक्षामा भएको पाउछु । सायद मेरो कोठा मात्र एउटा यस्तो चिज थियो जो मेरो प्रतिक्षा सबै भन्दा धेरै गर्थ्यो होला ।

बिहान सात बजेदेखि नै कलेजमा भएकोले थकाई लागेको थियो, र सुत्नको लागि केहि बेर तयारी हुँदै थिए । फोनमा मेसेजको बिप बज्यो । मेसेज हेरे, “ हाई “ लेखेको रहेछ । नचिनेको नम्बर थियो, मैले पनि वास्ता गरिन् । फेरी त्यहि नचिनेको नम्बरबाट फोन आयो, उठाउदै थिए, डिस्कनेक्ट भयो । म यताबाट कसले कल गर्यो भनेर त्यो नम्बरमा डाईल गर्दै थिए तर पुनः उतैबाट फोन आयो त्यही नम्बरबाट । फोन उठाए, कोही बोलेन, मात्र केहि बेर मौनता छायो । म हेलो हेलो गर्दै राखे तर उताबाट आवाज आएन । कस्ले रैछ भनेर चिहाउदा खेरी म एकदम आश्चर्यचकित भए । टेन्सन लागेर चुरोट सल्काए, अनि सोचे, “ कसै न कसैले त कुरा गर्न खोजेको छ, नत्र किन दुई दुई पटक फोन आउथ्यो त ? कुरा गर्न खोजेको खोज्यै छ, आखिर कस्ले ? “ त्यहि सोचै म चुरोटको एउटा लामो कश लिए । अचानक मनमा एउटा नाम आयो...सिनु ??? हैन सिनुले हैन होला । सिनुले भएको भए त मलाई फोन नै गर्थी । किन मलाई मेसेज पठाएर फोन गरेर फेरी यसरी चुपचाप बस्थी ? मेरो मन फेरी बिचलित भयो । फेरी अर्को मनले सोच्न बाध्य भए, हैन यो सिनु नै हुनुपर्छ । सिनु बिना कसैले पनि मलाई फोन गर्दैन, तर सिनु हैन होला ? हो भने फेरी किन नबोलेकी होली त ? होईन होला सिनु भएको भए त बोल्थी । आफै(आफैबाट म मनमा कुरा खेलाउदै थिए, म अल्झिएको थिए 'हो' र 'होईन' मा । थकाई लागेकोले निद्रा डिस्टर्ब नहोस् भनेर मोबाईल फ्लाइट मोडमा गरे, र पाँच बजेको अलार्म लगाए ।

ठिक पाँच बजे अलार्म बज्यो, र बिउभे । “ हरे आज पनि पाँचै बजेछ, अँध्यारै भैसकेछ, “(थकित स्वरमा भ्यालबाहिर नियाल्दै आफैलाई समयको ज्ञान दिदै कोठाको ढोका खोले । उठने बितिकै फ्लाइट मोडमा रहेको फोन नर्मल मोडमा गरे । “ फेरी खाना बनायो, खायो, सुत्यो अनि बिहान कलेज दौड्यो, क्या गधाको जस्तो गिन्दगी बाँच्याछु “(आफैसंग गन्थन गर्न थाले । त्यसपछि बाथरूम गएर फ्रेश भए अनि लुगा लगाएर बाहिर खाजा खान् निस्के । बाहिर घुमफिर गरेर पुनः कोठामै फर्के । यति गर्दागर्दै आठ बजिसकेको थियो । हल्का भोक पनि लागे लागे जस्तो भयो । म नेपाली त्यो पनि एउटा विधार्थी, अरुको जस्तो ब्रेकफास्ट, डिनर या वा भन्ने कुरा खासै मतलब हुन्थेन, आफूलाई एक थाल भात भए पुग्थ्यो । कुकरमा हेरे, बिहानको भात बचेको रहेछ अलिकती । केटो मान्छे भान्सा या वा अलि कम नै रुचाउने त्यसैले भएको त्यहि बासी भात भुटे । भुटेको भातसंग एउटा अण्डा फ्राई गरे अनि खाए, भोक पनि मेटियो । खाना खाएर बार्दलीमा चुरोट खान् निस्के । सायद माघको महिना भएर होला, बाहिर जाडो मान्दथे । रातको नौ बजिसकेको थियो, बार्दलीमा बस्नुको औचित्य मानिन् । अलि(अलि हावा चलेर होला, मुटु नै छुने जाडोको अनुभूति भएको थियो । निकै जाडो भएकोले कोठामा आए, र चिसोको वास्ता नगरी सिरकमा गुटुमुटु परेर बसे । सिरकले जाडो छेकेको थिएन । हुन पनि सिरक पुरानो भैसकेको थियो, कपास डल्ला परेर एक ठाउँमा जम्मा परेको थियो । कतै सिरकको खोल मात्र थियो त कतै कपासको भारी मात्र ।

रातिको करिब १० बजिसकेको थियो, एकछिन केहि असाईनमेन्ट गर्ने कोसिस गरे । असाईनमेन्ट गर्न मन लागेन, फेसबुक लग ईन गरे । साथिहरुको फोटोमा लाईक र कमेन्ट हान्दै गरे । आधी घण्टा यसै बित्यो । त्यतिकैमा मेसेज आयो, “ म हजुरलाई भोलि कोटेश्वरमा भेट्न चाहन्छु । म भोलि बिहान आठ बजे कल गर्छु । “कोटेश्वर ??? मेसेज देख्ना साथ मानौ सयौ फिल्मका रिल आँखा अगाडी घुमिरह्यो । एक वर्ष अगाडीको दिन याद आयो जब उनले त्यो कोटेश्वरको घुम्ती, जहाँबाट उनले ट्याक्सी लिएकी थिई एयरपोर्टको लागी । अन्ततस् मेसेज र कल गर्ने सिनु नै हो भनेर निधो गरे ।

हरेक कुरा, हरेक तस्वर, हरेकपल एउटा धारिलो छुरा बनि मेरो मुटु छियाछिया पादै थियो । उसको साथ नहुनुको पिडा यती थियो

कि मानौ अरुको साथमा निकै खुशी छु । समय त बित्दो रहेछ, विस्तारै विस्तारै तर पनि कता कता केहि कुराहरु मनमा काँडाभै गडिरहने रहेछ । कयौ पटक जिन्दगी जिउनुसम्म मात्र सिमित रहन् जान्छ र मनको सबै चाहनाहरु कुनै एउटा बन्द बाकसमा समेटिएको हुन्छ । न केहि चाहना हुन्छ, न केहि गर्ने अनि बन्ने ईक्षा हुन्छ, केवल एउटा मौन आवाज आउछ मन भित्रबाट केहि गुन्जमान भएर कम्पन्न जन्म हुन्छ आफ्नै मेटिदै गएको अस्तित्वमा । त्यो दिन उनले जुन घुम्तीमा छोडेर गएकी थिई आज पनि मलाई कता कता त्यो घुम्तीले बोलाई रहेको आभास भयो । मैले यताबाट मेसेजको रेप्लाई गरे “ हुन्छ सिनु, म आउछु ” ।

पढ्दै गरेको किताब कापी र्याकमा राखे, र सुत्न कोसिस गरे तर हरेक दिनभै सुत्न सकिन् । भनौ चिसोले निन्द्रा लागेन् भन्दा पनि पीडाले निन्द्रा लागेन् । तर जसो तसो सुते ।

मेरो आँखा खुल्यो, मौसम हल्का चिसो चिसो थियो । बाहिर हेर्दा तमक्क कुहिरो, एकदम दृश्य बिहिन थियो । न कुनै घर देखिन्थ्यो न कुनै बोट बिरुवा, मेरो कोठा कुहिले घेरिएको थियो । घडी हेरे, बिहानको ५ बजेको थियो । शनिवार, छुट्टी थियो, कलेज जानु थिएन । उठे आफ्नो चार्जरमा लगाएको फोन लिएर । पुनः ओछ्यानमा गए, सिरक ओढे अनि मोबाइलमा फेसबुक सर्फ गर्दै बसे । बिहानको सात बज्छ, फोन हेरे कुनै मेसेज या कल थिएन । फ्रेश भएर साढे सात बजे कोटेश्वर चोक पुगे ।

घडिको छोटो सुईले आठ र लामो सुईले बाह्र भेट्टाउने तरखर गर्दा नगर्दै मैले सिनुलाई फोन गरे, फोन अफ छ भन्यो । एकछिन पछि फेरी फोन गरे, फेरी अफ छ भन्यो । टेन्सन लागेर चुरोट खान् चोक नजिकैको क्याफेमा पुगे, जहाँ सिनुसंग जहिल्यै भेट्थे । क्याफेका दाजु मुसुक्क हाँसेर स्वागत दर्साउनु भयो, म जवाफी मुस्कानले आभार टकराए । कालो चियासंग चुरोट मगाए र सिनुसंग बिताएका दिनहरु सम्झे । चिया चुरोट खादै गर्दा एकचोटी अन्तिम पटक फोन गर्न सोचे । फोन गरे, अफ छ भन्यो । जति समय बित्दै थियो म उति नै आतितै र बिचलित हुँदै थिए । क्याफे उही, बस्ने ठाउँ उही, कमि थियो त केवल सिनुको । बुट्टेदार पर्दाले ढाकिएको भ्यालहरु अनि तिनलाई चिर्दै भित्र छिरेका केही घामका किरणहरु अनि प्रत्येक कर्नरमा टाँसिएका स्पिकरबाट नारायण गोपालले गुनगुनाउँदै थिए “पर्खी बसे आउला भनी, मेरो उठ्ने पालो...” । आशा निराशामा परिणत भयो, र अन्ततः कोठा फर्किने निधो गरे ।

लाग्छ त्यो घुम्तीमा भएको विजुलिको खम्बा, वरिपिपल चौतारी र वरिपरीका सब थोकसंग माया बसेको जस्तो । लाग्छ फेरी त्यहि बाटोबाट सिनु आउछे अनि मलाई सधैँभै अचम्भित बनाउछे । “ चाहेको जस्तो हुने भए, सोचेको जस्तो पाउने भए मान्छे किन दुखि हुन्थ्यो र ?” (मनलाई थम्थमाउदै ढोका खोले (त्यहि अँध्यारो, मलाई प्रतिक्षारत कोठा ।

(कथा संगसंगै पात्र पनि काल्पनिक हो, कसैको जीवनसंग मेल खान गएमा संयोग मात्र हुनेछ ।)

Regrets (Masculine Version)

-Dixit Mani Khanal
071/BEX/410

A child is born
Cherishing the small town
The child is grown
Furnishing him, clothes were torn
Everything seems good
Father is in real mood,
Because child's a son
As wish from everyone.
Mother is happy too,
Child gets everything new.
Now child is adult young grown
He does everything on his own
For mother he'll always be small not grown.
Now he dislikes, mother being around
He doesn't care even his mother being on ground
He thinks himself master of his own great cause.
He forget his mother is one who deserves an applause
He doesn't know clothes were torn.
Sacrifices were made as he was grown.
Mother cared became his maid.
Even she deserves, doesn't want to be paid.
Now mother realizes a word.
She betrayed her own god.
She had to butcher every girl in her womb.
She has to live with the fact her son has prepared for a tomb.
She wants to but cannot forget.
Sacrificing a baby girl is all she REGRET.

Regrets-2 (Feminine Version)

-Dixit Mani Khanal
071/BEX/410

A child is born
Mourning a small town
Clothes were torn,
Her hands were burn
Apart from everyone, Mother loves her
She is daughter,
Father denies to care
She got those torn clothes to wear.
Although she cares family as her mother.
She is treated as a daughter.
Her bother is beside
Her distance from male in family is wide
Her father wanted her to be blown down.
But her mother insisted to bear her in the town.
With bad words and slap, her mother is treated.
She just relieved from birth of a child but no one has greeted.
Daughter's growth is accelerating to an extend,
Her body is luring man with bad intend.
She needs to talk walk and behave good.
Even someone else shows bad manhood.
She needs to deal her first mensuration.
She is the one to proceed next generation.
She gets married happily, if its good treasure.
Else she is burnt under bad dowry pressure.
Despite all these bad deed.
She will be there in need.
She will care her family very happily.
Because nourished son will leave the family
Seeing this manhood, she doesn't wants to forget,
She is DAUGHTER, MOTHER & a GIRL but she won't REGRET.

....यस्तै हुँदो रहेछ नयाँ नेपालमा

दिवस पाण्डे-सविद
2073/BCT/524

देश र जनताकोलागि भनी
ज्यानको बलिदान गरेको म
आफ्नै रगतले इतिहासको
स्वर्णम पाना कोरेको म।
जब सडकको सानो गल्लिमा थन्किन पुगें
मुर्दा शालिकको रूपमा
बल्ल पो थाहा पाएँ
यस्तै हुँदो रहेछ नयाँ नेपालमा॥

जन्मदिने बाबुआमा नभनी
दुई बर्षे बालकको भविष्य नसोची
मुटुमाथी ढुङ्गा राखेर हिउँको म
त्यही घरमा अशान्तिको आगो
दन्किदा पो थाहा पाएँ
यस्तै हुँदो रहेछ नयाँ नेपालमा॥

देश बिकासको परिकल्पना गर्दै
कुटो र कोदालो समाउने यी हातमा
गोला बारुद अनि बन्दुक भिर्दै
मर्न र मार्न पछि परिन
तर सबै त्याग र बलिदान
एकादेशको कथामा गनिदा पो थाहा पाएँ
यस्तै हुँदो रहेछ नयाँ नेपालमा॥

फुलमाला र अभिरले सजिने यो अधर
शिरमा टोपी र दौरा सुरुवालमा सजिने रहर
जब फोहोरको डडुरभित्र हराउन पुगें
पहिराउँछन त माला एकदिन सहिद दिवसमा
अरू दिन माखो भुत्लो नजिक नपर्दा
नजिकै रक्त पिपासुको सालिक
ठडिँदा पो थाहा पाएँ
यस्तै हुँदो रहेछ नयाँ नेपालमा॥

हिमाल पहाडको कुनाबाट चियाउँदै
गुराँसे रंगमा जहाँ सुर्य रङ्गिन्छ ।
हरिया बृक्षका अन्तरकुनामा लुकामारी खेल्दै
जहाँ कोइलीको मधुर स्वर गुन्जिन्छ ।
हो, त्यही हो मेरो प्यारो देश नेपाल ॥

स्वप्न महलहरू क्षितिजपारी बाट नियाल्दै
प्रगतिको शिखर चुम्ने यी भिडहरू बाट
कहिल्यै नडग्ने संकल्पका साथ
सुनौलो बिहानी कल्पनामा सजाएर
जहाँ कहिल्यै नमेटिने राष्ट्रभाव गुन्जिन्छ
हो, त्यही हो मेरो प्यारो देश नेपाल ॥

जिन्दगी

उही पाना ...
उही अक्षर ...
न खालि ...
न भरि ...
केवल मात्रा नमिलेको जिन्दगी

बर्ष महिनाजस्तो ...
महिना हप्ताजस्तो ...
हर दिन मिनेटजसरी लम्किरहदा ...
हरेक पाइला गन्तव्यहीन ...
केवल यात्रा नमिलेको जिन्दगी

उही गल्लि ...
उही गोरेटो ...
फरक यात्री...
तर उही सपना ...
भिडैभिडमा रूमल्लिरहने...
केवल पात्र नमिलेको जिन्दगी

माया

माया गर्ने हजार भेटै
तिमी जस्तो पाइन भन्थे
पहिलो माया तिमि नै हो
कसैसंग धाईन भन्थे

भेट्न आउछे सधै मलाइ
कहिल्यै भेट्न जान्न म त
बालकै पो छु नि अभै
माया प्रिती लाउन्न म त
आमा स्कुल जान्न म त

सुन्तले ति ओठ लेब्याई
आइ लभ यु पो भन्थे हेर
तिम्ले माया मारेपनि
तिमि बिना मर्छु भन्थे

छेउमै पर्न चाहान्न म
टाढा टाढा सर्छु म त
सधै आखा फिन्क्याउछे
माया प्रिती लाउन्न म त
आमा स्कुल जान्न म त

Life at Advanced College

- NISHAN KOIRALA

070/BEL/317

Walking down from the bridge of Thapathali towards Kupondole having a smile on my face and blessings from my family. Yes, it was my first day towards my professional study towards my engineering college. Lots of things were going through my mind thinking a lot I reached to college. New college new friend's new teachers everything seems new to me there I was searching for my class and suddenly one teacher stopped me and asked whether I was fresher or not and he pointed me towards the class.

Beginning of the college days was normal made new friends had some laughs. Busy days then just started when we used to have lots of assignments and extra classes. Each day brought us some new challenges. Even we managed to go for a tour in our first semester. We were few friends completely new to each other but the attachment was precious we could manage to trek to some of the beautiful places of our country together. Slowly days changed and the season of examination got started. Everyone was busy studying; some friends were studying alone while some were studying in group. Exam days were boring as it used to last for months and besides study there wasn't anything entertainment. One month passed finally our exam got over and everything was back to normal except the fare of results. There weren't any long holidays as our semester break only few days' break and the regular class got started.

गजल

ई. प्रतिक्षा पोखेल

"एलेक्ट्रॉनिक्स एन्ड कम्प्युटर इंजिनियरिङ विभाग"

यो जित र हार, कसले बनायो ?
महल र कारागार कसले बनायो ?
दुई खुट्टाले शरिर धान्नुपर्ने,
मानिसको आकार कसले बनायो ?
चाँदनीमा पनि त दाग भेटिन्छ,
तिम्रो हाँसोमा निखार कसले बनायो ?
सास फेर्दा पनि पैसा तिरेकी छु ,
भन, हावाको ब्यापार कसले बनायो ?
स्वतन्त्रता छैन त्यो नदीलाई पनी हेर,
दुई किनार कसले बनायो ?

Life

Er. Subed Lamichanne

Department of Electronics and Computer

Tell me what you need for life
i am sure you want it easy,
you are habituated to grace

well i am ME
ready to burn myself to heat the world ,putting on
a smile on my face

i wonder where are sagacious ,lucid heads why is
the materialistic hegemony ,
why is the chase

but i am not going to wait budhha or christ yeah i
can extripate the sadistics,
putting on a smile on my face



Vishma Karna
BEX-069 Batch

Light Fidelity (Li-Fi)

Energy can neither be created nor be destroyed. Light energy is unlimited resource in nature and can be used in various ways. Light Fidelity has just been tested in real world which is 100 times faster than Wi-Fi.

German Physicist, Prof. Harald Hass in Edinburgh University UK coined the term "**Light Fidelity**".

The concept is attracting a great deal of interest as a growing number of people and their devices access wireless internet, the airwaves are becoming increasingly clogged, making it more difficult to get reliable, high speed signal.

Li-Fi is a bidirectional, high speed wireless communication technology similar to Wi-Fi. It has been measured to be about 100 times faster than Wi-Fi, gaining the speeds of 224 gigabits per second. It uses Visible Light Communication spectrum, part of optical wireless communications technology, which carry much more information.

Li-Fi technology

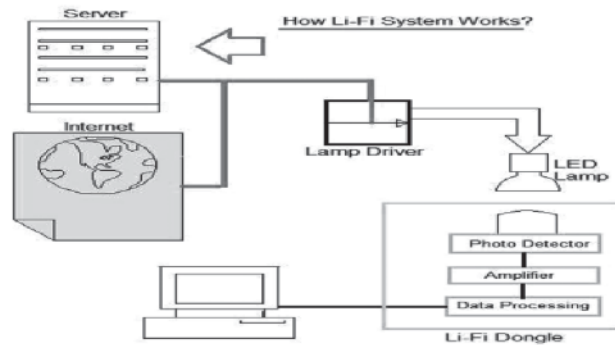
Li-Fi technology is a ground-breaking light-based communication technology, which makes use of light waves to deliver data. The Optical Wireless Communication (OWC) technology uses light from light emitting diodes (LED) as a medium to deliver high speed communication in similar manner as Wi-Fi.

Visible Light Communications works by switching the current LEDs off and on at very high rate. Although Li-Fi LEDs would have to transmit data, they could be dimmed to below human visibility while still emitting enough light to carry data. The light waves cannot penetrate walls which makes much shorter range, though more secure from hacking, relative to Wi-Fi. Direct line of sight isn't required for Li-Fi to transmit signal; light reflected off the walls can achieve 70 Mbit/s.

Standards

Li-Fi is a wireless and uses similar 802.11 protocols; but uses visible light communication, which has much wider bandwidth. The IEEE 802.15.7 standard defines the physical (PHY) layer and media access control (MAC) layer. The standard is able to deliver enough data rates to transmit audio, video & multimedia services. It takes into account optical transmission mobility, its compatibility with artificial lighting present in infrastructures, & the interference which may be generated by ambient lighting. The MAC layer permits using the link with the other layer as the TCP/IP.

WORKING



The future internet

Li-Fi technology will in future enable faster, more reliable internet connections, even when the demand for data usage has grown outgrowth the available supply from existing technologies such as 4G, LTE and Wi-Fi. It will not replace the technologies but will seamlessly work alongside them. Light is already used for data transmission in fibre-optic cables and for point to point links, but Li-Fi is a special and novel combination of technologies that allow it to be universally adopted for mobile ultra-high speed internet communications.

A dual use for LED lighting

The wide use of solid state lighting offers an opportunity for efficient dual use lighting and communication systems. Innovation in LED and photon receiver technology has ensured the availability of suitable light transmitters and detectors, while advances in the modulation of communication signals for these types of components has been advanced through signal processing techniques, such as multiple-input-multiple-output (MIMO), to become as sophisticated as those used in mobile telecommunications

An integrated communication solution

Li-Fi technology is being developed into a ubiquitous systems technology, consisting of application specific combinations of light transmitters, light receivers including solar cells, efficient computational algorithms and networking capabilities that can be deployed in a wide range of communication scenarios and in a variety of device platforms.

Applications

Li-Fi applications are varied as a result of its key features, such as directional lighting, energy efficiency, intrinsic security, high data rate capability, signal blocking by walls and integrated networking capability. Each light fixture in the application environment becomes a separate data channel. These channels can supply different data into each separate pool of light, delivered at the full rated download speed for that channel.

Dense urban environments

Dense urban environments by their nature tend to have complete artificial lighting coverage. This lighting Infrastructure can provide always available high data rate access for users as they move through that environment. For example, along a hotel corridor or reception hall a number of users can receive high data rate downloads at any point. Moreover, high speed wireless communication would be available in every room since the light waves do not propagate through walls. This results in interference-free wireless communication, and spectrum does not have to be shared among a large number of users in the rooms.

Cellular communication

In cellular communication, the distance between radio base stations has come down to a 200-500 meters. So, instead of deploying new radio base stations in our cities, street lamps could provide both, illumination during night, and high speed data communication 24/7. Surprisingly, even when the lights are off as perceived by the eye, full data communication rates are still possible. There is also an additional cost benefit as installing new radio base stations usually comes with large cost – for installation and site lease.

EMI sensitive environments

On aircraft, Li-Fi enabled lighting will allow high data rate connectivity for each passenger. It will allow connectivity at all times, without creating electromagnetic interference (EMI) with sensitive radio equipment on the flight deck. The reduction in cabling requirement also means a lighter aircraft.

Augmented reality

Exhibits in museums and galleries are illuminated with specific lighting. Li-Fi enabled lighting can provide localised information within that light. This means that a visitor's camera or mobile phone can be used to download further information regarding the object being viewed from the light that illuminates the exhibit.

Underwater communication

Light can penetrate for large distances. Therefore, Li-Fi can enable communication from diver to diver, diver to mini-sub, diver to drilling rig, etc

Localised advertising

By using shop display lighting as a Li-Fi broadcast channel, it is possible to transmit advertising information on the goods being viewed, as well as say special offers and coupons. This will allow the merging of the high street and online shopping experience, and provide novel retail business models to emerge. Catalogue information, discount coupons, and advertising videos could all be provided to shoppers.

Safety environments

In explosion hazard environments, the use of electrical equipment, including mobile phones, is generally greatly restricted. The use of Li-Fi to pass data will simplify the configuration of data networks in such Environments and can enable new systems to enhance security in these environments.

Intelligent transportation systems

Car headlights and tail lights are steadily being replaced with LED versions. This offers the prospect of car-to-car communication over Li-Fi, allowing development of anti-collision systems and exchange of information on driving conditions between vehicles. Traffic lights already use LED lighting, so that there is also the prospect offered of city wide traffic management systems. This would enable car systems to download information from the network and have real time information on optimal routes to take, and update the network regarding conditions recently experienced by individual vehicles.

Connectivity

Our homes already have lighting widely installed. The use of Li-Fi enabled lighting will transform the applications that can be envisaged, not only the interconnection of devices, such as televisions and computers, but also connecting ordinary domestic appliances, such as fridges, washing machines, microwaves and vacuums. The "**internet of everything**".

Benefits of Li-Fi

The key benefits are:

- Enhanced wireless infrastructures by providing an additional layer of small cells
- The avoidance of the radio frequency spectrum crunch (10,000 times more capacity)
- Enabling very high peak data rates (10 Gbps)
- The enabling of the Internet-of-Things (100 times more devices)
- Significantly enhanced secure wireless communication (reduced interception of signals)
- Enhanced energy-efficiency by combining data communication and illumination (100 times energy reduction)
- Complete elimination of health concerns

Limitations

- ✓ Light can't pass through objects.
- ✓ Li-Fi requires line of sight.
- ✓ High installation cost of the VLC systems.
- ✓ A major challenge facing Li-Fi is how the receiving device will transmit back to transmitter.

Conclusion

The possibilities are numerous and can be explored further. If this technology is put into practical use, every LED light bulb can be used something like a Wi-Fi hotspots to transmit wireless data.

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FRONT-VIEW देख्न पाइन !

– *Sujan Aryal*
072/BCE/103

यो ISOMETRIC मेरो जीवनमा
काट्दै PROJECTION हरेक पलैपलमा
SIDE-VIEWS मात्र भेटाए
तर तिम्रो,

front view देख्न पाइन !

हे चन्द्रमुखी CONICAL मुहार
PRISMATIC अनुहार सायद !
मन्द मुस्कान मा
INTERSECTED गरी मिलेका
ति दाँतका हार

धेरै protractor र

scale हरू भाँचिए

यस बीच धेरै

कलमहरू ले साथ छोडे

तर जीवन मा मेरो

दृष्टिकोण बदलिएन !

यो angular जीवन मा

compass घुमौन थाले

तर पनि तिम्रो

FRONT VIEW देख्न पाइन !

cabinet भैसकेको आशमा

एक दिन

ब्रम्हाणको ENTROPY बदलियो

तर length BREADTH र HEIGHT मा

तिम्रो REFERENCE LINE को अहंकार थियो,

म मुस्कुराई हिँडे !

stationary point बाट हेर्न सकिन

तिमी vanish point पुगुन्जेल

लगाई स्मरण को फन्को

मनमा, तिम्रो FRONT VIEW आँउन सकेन !

मेटाउन खोज्छु कहिले काँही

ति 2 B ले गाडीएक धारहरू

ब्रम्हाणको को तितो उही

मात्र मेटिन्छ 2H, 2B का सामू

यो जीवनपूरीमा

जोडिएका यस्ता अनगिन्ती

PROJECTION को खेल

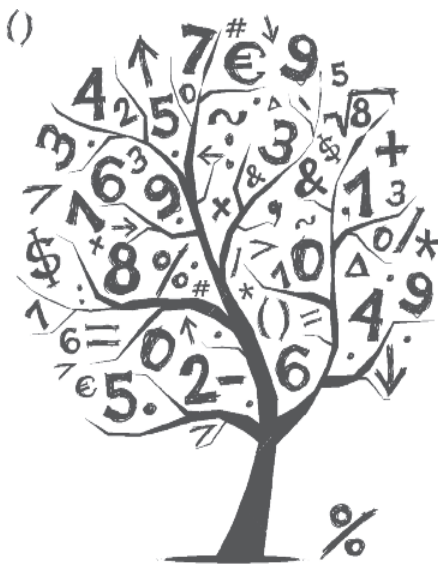
आदृश्य चक्रब्यूका मेल

आम्हा SET SQUARE बिनको

हेर कटै बिचरा !

मा एकलो T-SCALE.

OUR MATHS - *Dixit Mani Khanal* 071/BEX/410



I'm lovely like a number, over root minus one (" -1).

Sounds like unusual and are imaginary spam.

In search of perfect square to make me free.

I was wondering around and got idea of root three.

But later such number seems to be tough.

Over root minus three is just an imaginary stuff.

I need someone to make me non-isolated.

That one didn't change anything even i waited.

To become perfect i need someone like me.

The perfect and equal seems to be you wherever i see.

So with simple arithmetic multiplication of me and you.

Sounds like solution and result is now perfect and new. Now both are same no matter what they do.

Result will always be same leaving none of the clue. Divide or multiply we'll always be one.

You will always be protected and i am there to stand. Since we two make a perfectly real number.

Data Science and Machine Learning

Er. Anku Jaiswal

Department of Electronics and Computer

Data Science and Machine Learning being a recent trend today, one must have knowledge about it. Let me tell you something about data. Data is nothing but a piece of information. As we are totally dependent on digital world and technology. Data is increasing in an unmanageable way. Data Science deals about how to manage the data in a useful way.

Today, millions of data are generated every second. We can see the live statistics of the data on the following site. Please visit the site below to know how data is increasing today.

Internet live site

Recently, as I was reading a book, I came across a sentence saying

" If data had mass, earth would be a black hole"

Machine Learning (ML) being a vast topic itself, let me start with the basic definition of it . ML is defined as a field of study that gives computer or machine ability to learn. Making your machine learn is not any magic or miracle, but it is to use human ability to train your machine do your work.

Why Machine Learning???

Machine Learning can be used in various domains today including security, banking, hospitals and many others. In present world, as the technology is increasing so is the data. To know more about data please visit the post Data and Data Science. It is very hard to manage large amount of data manually, hence ML technology can be a savior in this case.

"An idea behind developing a machine is of human "

But the limitations of human being are:

- i. They cannot work repetitively.
- ii. They cannot work in a faster way.

Let me again explain you with a simple example of Machine used to ease our work. Calculator which is also a machine was invented by a person only. Can you name? Who invented calculator????? The mind behind calculator was of a human only but the main aim was to ease our work. Calculator can do any calculation in a repetitive and faster way.

Let's do a simple mathematics....

Finding square.....

$$2^2= 4$$

$$2^3=8$$

$$2^{10}=?$$

$$2^{20}=?$$

We can answer easily if the power is a smaller number, but as the power increases we feel difficult to answer it in less time. Hence, the concept of ML comes into picture.

In the similar way ML can be used for various domains to make our work easier and in faster way.

Types of Machine Learning

In supervised learning, the output datasets are provided which are used to train the machine and get the desired outputs whereas in unsupervised learning no datasets are provided, instead the data is clustered into different classes.

Let's go with a real world example for better understanding the difference...

Assume yourself as Machine and see how machine learns.

Supervised Learning

Suppose that you have never seen stationary items before. I will show you some stationary items like pencil, eraser, and books and will tell you the characteristics of the items .Like if the item is long and cylindrical it is pencil, if it is cuboid and small it is eraser and same for books. The characteristics might not be correct. Now after knowing the characteristics, if I will show you the given picture, you will easily classify the items. This is Supervised Learning. Picture1

Some real world applications of Supervised Learning are:

Bioinformatics

Handwriting recognition

Information retrieval

Learning to rank

Object recognition in computer vision

Optical character recognition

Spam detection

Pattern recognition

Speech recognition

Unsupervised Learning

Suppose you have a box of pebbles having different colors and you don't know what it is called. . If I will ask you to classify them, what will you do?

Sure, you are going to put all similar colors pebbles in one place . This is called unsupervised learning in which you classify objects without prior knowledge about it.

Open Source Machine Learning Tools

Scikit-learn

Shogun

Accord Framework/AForge.net

Mahout

MLib

GoLearn

WEKA

ConvNetJS

CUDA-Convnet

The need to automate the process of analyzing and model building of the so called BIG DATA, the machine learning has emerged as the boon for the computer scientist and the tech enthusiast. Machine learning is actually the mathematical model, that uses the algorithm to find hidden insights and complex relationships without being explicitly programmed to do so.

The machine learning concepts which we use today is basically developed from the pattern recognition system and the curiosity to find if the computer can actually learn from the data?

In machine learning, the mathematical model is fed with data, which is called input data to develop the model, and this model if exposed to new data can be used to find the interesting trends and patterns. So basically machine learning is about designing an algorithm that learns from the data and make predictions on the data.

Machine learning has its impact on every field of science and technology, most of the applications being developed uses the machine learning technology to develop better and intelligent product. Some of the few applications of machine learning are listed as follows:

- The concept of self driving car, which is being tested and developed by the tech titans such as- Google, Apple, Uber, Telsa etc. and is assumed to be game changing and revolutionary technology in automobiles.
- The online advertising system used by amazon, Facebook etc, which advertises on users pages based on user's personal interest by learning from the web users online behavior.
- The online recommendation system adopted by Netflix, YouTube.
- Mining the DNA data, to find the cure of the diseases such as cancer.

so there is endless uses and applications of machine learning technology. As the technology advances it has grown in to other fields such as Deep learning, Artificial intelligence. Hope this new technology may bring the prosperity and development to the human race.

My untold story

- Kritika Prasai

072/BCT/536

I was a curious little girl, when I took my first step into this world
 Raised in a family where I was only one of my own, rest were all boys
 So I always wondered seeing my brother's climbing the trees,
 how it feels to be on top of it.
 One day my curiosity drew me towards it
 But some scary hands pulled me away ;
 And when I asked why?
 There was no reply...

When I became a little older with time,
 I could see my brothers dressing up Clean-tidy and fine ;
 They would make there way towards school with a bag in there hand.
 And I was left all alone in my home thinking,
 about the reasons for keeping me stuck in the mire;

With time I grew older, but my curious little questions just pilled up
 Then I became a teenager ;
 Like every other girl I went through those cycles of blood quenching from my body
 And those irresistible pain
 That phase of life made me more curious
 Cause something was very unfair,
 When they were sick and going through pain
 Unlike my brothers why didn't I get that care
 Instead why was I left out shivering under the open sky;
 With my crying heart I could do nothing but just lie down
 Cause again there was no reply..

But this time things were out of my tolerance
 I was loosing my patience ;
 Cause my pain was reaching the height of devastation,
 So I thought of seeking the answers to all my frustration.
 And for that running away was not insane.
 Though my heart and my body was restless with pain but I ran and ran..
 Alaas those scary hands found and brought me back again;

5 years from then:

Except for me being a wife of someone 20 years older than me,
 And a mother of 4 children.
 There's something more different in me ,

cause I am not the curious girl anymore.
 Because that night all my questions got answered
 The answer I'd been searching for my whole life was so damn simple:
 5 mere words:
 "Because you are a woman "
 Hearing this I answered crying,
 "what's the use of being a woman when I have no rights to use it "

Unkindly I was slapped a thousand times,
 I was beaten till my body went numb.
 And all those violence was just for asking my rights.

That day all my curiosity came to a conclusion With confirmity ;
 one day, one very fine day the time will come when by its own,
 The head of man will say;
 The priced possession the world has given to them
 As a mother, a wife, a sister, a friend ;
 I pray to God to keep them Sane
 Hope it's not too late by then.

Thank you

MESSAGE TO THE HEART

Ashutosh Ghimire

2071/BCT/514

A hundred pains are spread on the body,
 Clothes of all compassion are dirty;
 Oh innocent heart,
 Leave starring like that;
 U may have left enough warmth,
 But what u give, not always determines
 what u'll get back;
 Break the skies with world's on fire,
 But yourself how would u hide;
 How river flows, you know,
 Then what are these wishes for;
 Why is ur condition so bad,
 Why are u tired like that;
 Whatever path you take,
 To ur home u'll be back;
 Oh dear heart,
 Infer me, I know that;

Machine Intelligence Competing Human Intelligence

- Karma Gurung
071/BCT/537

Two important breakthroughs led to the emergence of Machine Learning as the vehicle which is driving AI development forward with the speed it currently has.

One of these was the realization – credited to Arthur Samuel in 1959 - that rather than teaching computers everything they need to know about the world and how to carry out tasks, it might be possible to teach them to learn for themselves.

The second, more recently, was the emergence of the internet, and the huge increase in the amount of digital information being generated, stored, and made available for analysis.

Once these innovations were in place, engineers realized that rather than teaching computers and machines how to do everything, it would be far more efficient to code them to think like human beings, and then plug them into the internet to give them access to all of the information in the world. One of its application is shortly described below:



Spam free diet: machine learning helps keep your inbox (relatively) free of spam.

Spam free diet: machine learning helps keep your inbox (relatively) free of spam.

Machine Learning at its most basic is the practice of using algorithms to parse data, learn from it, and then make a determination or prediction about something in the world. So rather than hand-coding software routines with a specific set of instructions to accomplish a particular task, the machine is “trained” using large amounts of data and algorithms that give it the ability to learn how to perform the task.

Machine learning came directly from minds of the early AI crowd, and the algorithmic approaches over the years included decision tree learning, inductive logic programming, clustering, reinforcement learning, and Bayesian networks among others. As we know, none achieved the ultimate goal of General AI, and even Narrow AI was mostly out of reach with early machine learning approaches.

As it turned out, one of the very best application areas for machine learning for many years was computer vision, though it still required a great deal of hand-coding to get the job done. People would go in and write hand-coded classifiers like edge detection filters so the program could identify where an object started and stopped; shape detection to determine if it had eight sides; a classifier to recognize the letters “S-T-O-P.” From all those hand-coded classifiers they would develop algorithms to make sense of the image and “learn” to determine whether it was a stop sign.

Good, but not mind-bendingly great. Especially on a foggy day when the sign isn’t perfectly visible, or a tree obscures part of it. There’s a reason computer vision and image detection didn’t come close to rivaling humans until very recently, it was too brittle and too prone to error.

Time, and the right learning algorithms made all the difference.

Neural Networks

The development of neural networks has been key to teaching computers to think and understand the world in the way we do, while retaining the innate advantages they hold over us such as speed, accuracy and lack of bias.

A Neural Network is a computer system designed to work by classifying information in the same way a human brain does. It can be taught to recognize, for example, images, and classify them according to elements they contain.

Essentially it works on a system of probability – based on data fed to it, it is able to make statements, decisions or predictions with a degree of certainty. The addition of a feedback loop enables “learning” – by sensing or being told whether its decisions are right or wrong, it modifies the approach it takes in the future.

Machine Learning applications can read text and work out whether the person who wrote it is making a complaint or offering congratulations. They can also listen to a piece of music, decide whether it is likely to make someone happy or sad, and find other pieces of music to match the mood. In some cases, they can even compose their own music expressing the same themes, or which they know is likely to be appreciated by the admirers of the original piece.

(Natural Language Processing) NLP applications attempt to understand natural human communication, either written or spoken, and communicate in return with us using similar, natural language. (Machine Learning) ML is used here to help machines understand the vast nuances in human language, and to learn to respond in a way that a particular audience is likely to comprehend.

AI Has a Bright Future

The fact that we will eventually develop human-like AI has often been treated as something of an inevitability by technologists. Certainly, today we are closer than ever and we are moving towards that goal with increasing speed. Much of the exciting progress that we have seen in recent years is thanks to the fundamental changes in how we envisage AI working, which have been brought about by ML.

ए बा मलाई भोक लाग्यो !!

ई. नारायण के.सी

एलेक्ट्रोनिकस् एन्ड कम्प्युटर ईन्जिनियरिङ बिभाग

ए बा मलाई भोक लाग्यो !!
 खाउ छोरा पस्केर कसौदीबाट खाउ !
 हैन बा मलाई त सत्ताको भोक लाग्यो !
 ए तेसो भए तानिदेऊ सत्तामा हुनेहरूको खुट्टाहरू,
 गरिदेउ दुइचार दिन नेपाल बन्द,
 फोरिदऊ झ्यालका सिसाहरू,
 तानीदऊ सडक पेटिका रैलिङ्गहरू,
 भएभर्का आरोप लगाइ छरिदेऊ सरकार बिरोधि पर्चाहरू,
 लेऔ सदनमा अबिश्वासको प्रस्ताव,
 किन दुईचार बिकाउहरू !
 अनि त के, सत्ता तिम्रो हात मा !
 अघाउजेल खाउ गर राज कुर्सिमा !
 ए बा मलाई प्यास लाग्यो !
 पिऔ छोरा भिकेर घैटामा पानी छ !
 हैन बा मलाई त धनको प्यास लाग्यो !
 ए तेसो भय सुरु गर ब्यापार भ्रस्टाचार,
 किन लिनु मूनिबाट, लिन थाल माथिबाटै,
 बेच दुइचार वटा प्राकृतिक सम्पत्तिहरू,
 गर हस्ताक्षर काला सन्धिहरूमा,
 वसमा पार सुरक्षा निम्ती पुलिस र आर्मीहरू !
 अनि त के लक्ष्मी तिम्रो हातमा !
 तिर्खा मेटुन्जेल पिए, गर मोज सम्पत्तिमा !
 ए बा म अब अघायँ !
 तेसो भए उठ जुटेल्नामा गई चुठ !
 हैन बा सम्पत्तिको डकार आयो, सत्तादेखि अघाए !
 ए तेसो भय राजिनामा देऊ,
 अरु खेलुन त्यो फोहर खेलमा !
 तिमी आउ हातखुट्टा धौऊ !
 ए बा मलाई फेरी भोक लाग्यो !
 एक छिन पख म मकै भुटी दिउला !
 हैन बा मलाई त सत्ता को भोक लाग्यो !
 ए तेसो भए जाउ लड उनैसित !
 चाहे अरु मरे मरुन,
 आफ्नो भाग खोसी खोसी खाउ !
 एस्तै लुछाचुडीमै जिबन बिताउ !
 एस्तै लुछाचुडी मै जिबन बिताउ !!

मूर्ति

ई. पुरुषोत्तम बगाले

एलेक्ट्रोनिकस् एन्ड कम्प्युटर ईन्जिनियरिङ बिभाग

तँ चुप चाप छस् र म पनि ।

तँ टुलुटुलु हेर्छस् र म पनि ।

सबै विज्ञ छ संसारको ।

तँ अन्जान छस् र म पनि ।

न तेरो आँशु भर्छ न मेरो ।

तँ देखाउदैनस र म पनि ।

जे होस जसो होश यहाँ ।

त प्रतिकार गर्दैनस् र म पनि ।

समय परिवर्तित छ ।

तँ स्थिर छस् र म पनि ।

फरक के छ तँ र म मा ।

त मुर्ति होस् र म पनि ॥

Gratitude to the bright future

Dear Future Me,

How are you up to? The intrinsic of yours that you incite of agitation I hope would have had attested to be consider delusive. The direction towards inclined elevation with an impetus within you have released your shaded principles not shrouded in the realm of mystery but simply inundated by the stainlessness of life. Perhaps the vision that I anticipate today is the present that you are sighting at the moment. Indeed Moira is of used to rolling a dice with the life that destined to take shape through rather rough, sometimes shrouded in the realm of hard and rusty circumstance tough to outstretch where the positivity falls in to the shadow of eclipse lead by the dominancy of negative superlative.

There is no point in scratching the old wounds rather inhaling the salubriousness enclosed within some chapter in life. After-all, the innate you have had buried in due out of phase inter-chain has to come out of the grave where your system follows the conscience. These days I am finding my feet rather fine creating my own happy conditions pushing to absorb the ingredient that defines my destiny which I will like to acknowledge you from my bottom of the heart. And it is no one but you that governs me to do so followed by the motives or you can say principles. The only anticipation I have learn from you inspires me to push farther and further and the lightening of the shoulder that you shall feel when I cast off all those misery and frustration that anguish my presence in present. In spite of the flaws of the heart and soul, you can appreciate only human link which is possible when you learn to love yourself. Let's see where yours benchmark gonna be..

As a whole, the passion, enthrallment, enthusiasm and the perception making me install is you that costs me to brightening my present and provoke me to have a heavy weighted shoulder through constant support to carry on. Finally, just want to burst out a loud cry my dear Future Me. Do convey my warm regards to the Future You that you probably are intersecting.

Yours admiring
Present Me

Prashant Sharma (070/BEX/435)

1. I am a Five letters Word.

People eat me.

If you remove first letter, I will be a form of energy.

If you remove my first two letters, I will be needed for living.

If you remove my first three letters, I will be near you.

If you remove my first four letters, I will be drink for you.

2. Who makes it, has no need of it.

Who buys it, has no use for it.

Who uses it can neither see nor feel it.

What is it?

3. What kind of room has no doors or windows?

4. If you have me, you want to share me. If you share me, you haven't got me. What am I?

Is Electromagnetic Radiation Dangerous? How To Protect Yourself?

Sapan Chapagain

BCT-069 Batch

In modern civilization, everywhere you go there are electronic devices, emitting **Electromagnetic Radiation (EMR)**. Radiation emitting devices include electronic products, such as medical and non-medical equipment, lasers, x-ray systems, ultrasound equipment, microwave ovens, color TVs, laptops, tablets and PDAs. According to the FDA, a radiation-emitting device is any product that uses electricity to power an electronic circuit.

Significantly, EMR comes in two types: **ionizing and non-ionizing**, which basically refers to the ability of the energy to break chemical bonds into ions. Obviously, EMR of the ionizing radiation type is bad for you as it can rip your molecules apart and cause DNA damage. But, what about EMR that is non-ionizing? If it doesn't break your chemical bonds, does that mean it is safe? Well, the answer is a bit more complicated than that. Although no research to-date has definitively linked specific diseases, such as cancer, to non-ionizing EMR, there has been a lot of recent studies suggesting exposure to non-ionizing radiation emitted from laptops is harmful, too.

Troubles with Electromagnetic Radiation

Dr. Johansson, who is a professor at the renowned Karolinska Institute in Stockholm, Sweden, recently spoke in front of an audience of health professionals and medical practitioners at a seminar on Environment in Health in Barcelona. He opened his lecture by going over the known negative health effects of EMFs, which include:

- ↗ Hypersensitivity to EMFs
- ↗ Increase in allergies and allergy symptoms
- ↗ Potential link to certain cancers

- ↗ Reducing the efficacy of certain drugs (such as Tamoxifen, which is used to treat breast cancer)
- ↗ Radiation damage
- ↗ Long-term DNA fragmentation

The evidence presented by Dr. Johansson suggests exposure to EMFs, which are created by electronic devices, has long-term cumulative effects that go as far as changing our very **DNA**. Johansson argues the only way to reduce these negative effects is to make some major societal changes, such as only letting children under the age of 16 (who may be more sensitive to EMFs, according to research) use cell phones for emergency calls. Johansson notes that any major change will take time, but he is determined to continue presenting the findings from his research in order to encourage that change.

US Standards

Laptops, tablets and cell phones emit two types of Electromagnetic Radiation: **Extremely Low Frequency (ELF) and Radio Frequency (RF)**. Given the prevalence of these electronic gadgets in our daily lives, you may be surprised to learn that in the United States, there is currently no government-funded organization that actively studies and regulates non-ionizing Electromagnetic Radiation safety of common consumer electronic devices. There are only limit guidelines created by the FCC which is 1.6 W/Kg in 1g of tissue. The FDA largely focuses on medical devices, which exclude laptops, tablets and cell phones. Trusted authorities, such as the

American Cancer Society, even go so far as to suggest that non-ionizing radiation is safe due to lack of evidence conclusively linking it to cancer. However, this is a mistake. A lack of information should never be considered a confirmation of safety, especially considering the fact that there has been a resurgence of independent laboratories and academic research institutions conducting studies on such topics as Laptop-induced erythema ab igne and Evaluation and characterization of fetal exposures to magnetic fields generated by laptop computers. Recent research is very suggestive, indicating long-term non-ionizing EMR may, in fact, be harmful. Experts all seem to agree more research needs to be done on the long-term effects of exposure to modern day devices' non-

ionizing Electromagnetic Radiation in order to have proof one way or another.

Conclusion

In short, there is no real "safe" levels of radiation exposure. When it comes to Electromagnetic Radiation from electronic devices like laptops and tablets, exposure is just an inevitable part of life. As we continue to learn more about health dangers from non-ionizing Electromagnetic Radiation contact, we should do everything we can to limit our personal exposure with EMF protection. While the specific chronic radiation exposure limits need more definition, the best course of action and the one recommended by experts is to avoid extra doses of Electromagnetic Radiation whenever you can.

खै के जिन्दगी यो ?

- सविता खनाल (पौडेल)

खै के खै के थाहा छैन जिन्दगी यो
थाहा नपाई गई सक्यो जिन्दगी यो

कहिले लाग्छ जिन्दगी निरास र उराठ अति
कहिले लाग्छ जिन्दगी हासौं र खुशीको त्रीवेणी

खै के खै के थाहा छैन जिन्दगी यो
कहिले लाग्छ जिन्दगी भर्खर विउजेको जस्तो
कहिले लाग्छ जिन्दगी यो मिठो सपनी जस्तो

थाहा छैन कुन हो जिन्दगी यो
म भन्छु जिन्दगी घाम र छायाँ हो
ऊ भन्छु जिन्दगी दुई दिनको माया हो

खै के खै के थाहा छैन जिन्दगी यो
यस्तै थाहा नपाई नपाई गई सक्यो जिन्दगी यो

फरक जीवन

- अशोक ज्ञवाली

072/BCE/018

सितल छन् तिनका मन हेरेर देखिन्न
क्षितिज हेर नजिकै छन् सजिलै भेटिन्न

जन्मिदा तेही आमाको काख सबैको समान
हेरत यिनी विचरा नानी धारिलो जीवन

कसको मन रहेछ येहा सोच्दछु बेसरी
संसार भन् निष्ठुरी रैछ आत्तिन्छु बेसरी

कोसंग होला दैबको शक्ति फिकेर लेउन
यिनको दिन सपार्नु पर्यो सजिलै जिउन

कसैको आशा नगर्नु येहा सकिन्छ संसार
नुनको सोजो गरेर हेर जितिन्छ संसार

संकल्प येहा कलिला सबै बालक बालिका
लिनुछ सदै सम्फेर कति भविष्य भोलिका

उड्न देउ तिनलाई अब यसरि सदैब
बाचन देउ यिनलाई अब जसरि येदैब

अन्तिम भेट

Shishir Parajuli

072/BCT/572

फोन राख्ने बित्तिकै म सरासर तयार भएँ । नाकाबन्दीको बेला थियो त्यसैले बाइकमा पेट्रोल थिएन । एक हप्ता अगाडी दिनभरि लाइन बसेर बल्ल बल्ल एक लिटर तेल हाल्न पाएको थिएँ । त्यो तेल पनि हिजो सक्कियो । हतार भएको बेला बाइकमा जान पाइँन । घर बाहिर निस्केर ट्याक्सी खोजेँ । एकैछिनमा एउटा ट्याक्सी भेटेँ । भाडामा किच किच नगरी सिधै टिचिंग हस्पिटल तर्फ ट्याक्सी लग्न भनँ । बाटो भरि दिमागमा अनेक थरि सोच हरू आए । करिब २० मिनेटमा मा हस्पिटल पुगेँ ।

हस्पिटल पुगेर अघि आएको फोन सम्झिएँ ।

“इमर्जेन्सी कक्षमा सुप्रीया भर्ना भएकी छे । छिटो टिचिंग हस्पिटल आइहाल ।” यति आवाज आएर फोन काटिएको थियो अघि । के भयो, कसरि भयो मलाई केहि थाहा थिएन । म त सुप्रीया इमर्जेन्सीमा छे भन्ने कुरा सुन्ने बित्तिकै हस्पिटल तर्फ हानिएको थिएँ । हस्पिटल पुगेर अघि फोन आएको नम्बरमा कल गरें । ति फोन गर्ने महिला मलाई लिन आइ । ति महिला अरू कोहि नभएर सुप्रीयाकै मिल्ने साथि रहिछ । उ बाट थाहा भयो कि सुप्रीया ले बिष खाएको कारण हस्पिटलमा भर्ना भएकी रहिछ । कारण बारे सबै जना अन्जान थिए । म उसको साथि संग उ भर्ना भएको कक्षमा गएँ । म घोसे मुन्टो लगाएर त्यस कोठामा छिरें । बेडमा मेरी जिन्दगी पल्टिरहेकी रहिछ । भारि मन लिएर उ नजिक गएँ । उ मृत्युसंग लड्दै थिइ, लडाईको कारण फेरी उ आफै थिइ । मेरा आँखाबाट असारै भरि जसरि नै एकनासले आँशु बर्सिन थाल्यो ।

कृत्रिम अक्सिजनको सिलिण्डरबाट निस्किएको पाइप उसको नाक र मुख छोप्ने एउटा माक्समा जोडिएको थियो र हातमा रगतको र सत्यान पानीको सियो घुसाइदिएका थिए । उसको हालत अत्यन्तै दयनीय थियो । म उसको नजिक गएर हात समातेँ । उसको हात समातेसंगै मेरो मनमा पुराना यादहरु ताजा हुन थाले । उसको र मेरो अहिले कुनै सम्बन्ध थिएन । म उसको पूर्वप्रेमी थिएँ । केहि महिना अगाडी उ आफैले मबाट टाढिने बिचार गरेकी थिइ, कस्तो अचम्मको कुरा छ है? जब उ मसंगै थिइ मैले उसको कहिल्यै मतलब नै गरिन भनेर उसले सोच्ने गर्थी । जब उ टाढा गइ त्यसपछि थाहा पाए कि उसको मतलब त मैले सधै गरेको थिएँ तर उसलाई नगुमाउने कुरामा म यति बिस्वस्त थिएँ कि म यहि सोचाइमा अन्धो भएको रहेछु । मलाई त्यति बेला के थाहा कि कुनै दिन यस्तो पनि हुन सक्छ भन्ने, उ म बाट टाढा भए पनि मैले उसैलाई माया गर्थेँ । उसलाई भुल्नु र उसलाई घृणा गर्नु मेरा लागि असम्भव कुरा थिए ।

उसको अनुहार हेर्दा मलाई उसको दुबै गालामा पर्ने डिम्पलको याद आयो । बिगत केहि महिना देखि म चिसो भुइँमा उसको तस्बिर लिएर बस्ने गर्थेँ । उ बाट टाढा भए देखि त म पागल जस्तै भएको थिएँ । मोबाइलमा फेक कलमा उसको नाम सेभ गर्ने गर्थेँ । जब एकलै हुन्थे अनि म त्यहि फोनमा एकलै बोल्न थाल्थे । उसको मुस्कुराएको तस्बिर हेरेर खुशी हुन्थे । उसको अनुहार हेर्दा मलाई पुराना यादले फलफली सताई रहेको थियो । उसंग हुँदाका ति मिठा

पलहरु सम्झिदै थिए । उ भने गहिरो निद्रामा छे जस्तो लाग्थ्यो । उ मेरो साथमा हुँदा म पनि यसरि नै गहिरो निद्रामा सुत्ने गर्थे तर उ टाढिएदेखि मेरो निद्रा नै सुतिसकेको थियो । उसले आँखा खोल्छे कि भन्ने आशामा म बसिरहेको थिएँ तर उसले आँखा खोल्दै खोलिन । आजकल मैले गर्ने सबै कार्यहरु उसंगै जोडिन पुग्थे । चाहे म गित सुनु अथवा कतै बाहिर निस्कूँ । कुनै केटि देख्ने बित्तिकै मलाई उसको यादले सताई हाल्थ्यो । कतै घुम्न जाउँ, त्यहाँ पनि उसको याद आइ हाल्थ्यो । उसले मेरो साथ छोडे पनि उसको यादले मेरो साथ छोडेको थिएन तर उसले भने अहिले आएर संसारलाई नै छोड्ने निस्कर्षमा पुगेकी रहिछ । आखिर उ किन यस्तो कदम चाल्न विवश भइ भनेर धेरै सोचे तर केहि ठोस कुरा पाउन सकिन ।

मेरा आँशु अभै रोकिएका थिएनन् अनि न त यादहरु नै । हुन त अरू दिन पनि मेरो हालत यस्तै त थियो । उसको यादमा कति रोएँ, कति आँशु भदौरे भेल जसरि बगे त्यसको त कुनै लेखा जोखा नै छैन । सबै कुरा हिजो कै हुन् जस्तो लाग्थ्यो । कसरी यति समय बितेछ पत्तै भएन । मैले उसको हात समाएको हिजो जस्तै लाग्छ । हात समातेर उसको आँखामा आँखा राखेर हेरेको पनि हिजो जस्तै लाग्छ । यसरि हात समात्दा उसले लजाएर “छोड न मेरो हात फेरी कसैले देख्छ भनेको पनि हिजो जस्तै लाग्छ । सबै कुरा हिजो भए जस्तै लाग्छ । उसले यस्तो भन्दा” मलाई माया गर्छो होइन, फेरी के को डर भनेर मैले भनेको पनि हिजो

जस्तै लाग्छ । उ संग हुदा म अत्यन्तै खुसि हुन्थे । तर कसको नजर लाग्यो कुन्नि मेरो खुशीमा, मेरो खुशी म बाट छिनिएकी थिइ ।

यस्तै कुरा सोची रहदा अचानक एउटा मेसिनबाट आवाज आउन थाल्यो । तल माथी गरिरहेका केहि धर्काहरू बिस्तारै स्केलले तानेको लकिर जस्तै हुदै थिए । मैले चाल पाइहालँ के गरू र कसो गरू भयो ।

“डक्टर, डक्टर” बेसरी चिच्याउन थालें म । हल्लाखोर मच्चियो । कोलाहलको वातावरण भयो । डाक्टरहरू कोठामा छिरे, नर्सहरूको पनि एउटा हुल कोठामा छिर्यो । कोठा भरि हल्लाखल्ला मच्चियो । म त्यहि बंगलंगै ढले ।

मेरो होस खुल्दा म एउटा बेडमा थिएँ, हस्पिटलमा । यता उति हेरेको सुप्रीयालाइ कुनै बेडमा देखिन । अनि म आफ्नो बेडबाट उठेर डाक्टरहरूको पुगें । उनीहरूलाई सुप्रीयाको बारे सोधें । डक्टरले उसको बडी हिजो बिहानै लगिएको र बेलुका पशुपति आर्यघाटमा अन्तिम श्रद्धाञ्जली दिइएको बतायो । म दुइ दिनदेखि बेहोस रहेछु । यो सुनेर म छाँगाबाट खसे जस्तै भएँ । रोएँ, कराएँ, चिच्याएँ तर मेरो चिच्याहट सुन्ने कोहि भएन । उ यस संसारलाई छोडेर गइसकेकी थिइ । उसलाई यस संसारबाट किन छिनियो? किन यस्तो सजाए पाउदै थिए म ? यस्तै प्रश्नहरूले मलाई घेरी रहेको थियो । उसलाई मैले त अब कसरि भुल्न सकछु र? मेरो यो

सानो मुटुका लागि यो पिडा धेरै ठुलो थियो । अत्यन्तै असह्य पिडा भोगेको थिएँ । यस्तो पिडा खप्न सक्ने साहस म मा थिएन त्यहि पनि जसो तसो गरेर उसको यादलाई प्रेरणा बनाएर अघि बढ्न थाले । मेरो खुशी त छिनिएको थियो तर पनि कहिल्यै हार मानिन । उसलाई यस दुनियाबाट धेरै टाढा तानिएको थियो जुन सत्यसंग हार मान्नु को विकल्प मसंग थिएन । उसंग मेरो अन्तिम भेट उसले अन्तिम सास लिँदै गर्दा भयो ।

समाप्त

मेरो देश



शिशिर पराजुली

072/BCE/097

सरकार आज मस्तिमा भुलेको छ
टोल,शहर अनि गाउँ सास्तिमा भुलेको छ

कोही सोचमा त कोही नयाँ खोजमा
ता कोही आँनै गफमा भुलेको छ

ओरालोमा देश गुडिराको बेला
युवा शक्ती खाडिको दुःखमा भुलेको छ

संसार धेरै अगाडी पुगिसक्दा पनि
हाम्रो देश हिजो अस्तिमा भुलेको छ

बिकल्पको बाटो रोज्नु छोडि
दल आफ्नै स्वार्थको राजनीतिमा भुलेको छ ।



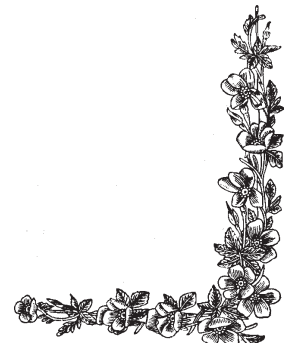
कठै - यो - दुनियाँ

- विशाल शिवाकोटी
070/BEX

यो अजिब दुनियाँ ! मुहारमा मुस्कान लिएर मानिस हिडीरहेछन् तर हरेक पाइलाहरूमा धोका र घृणा छ । तिमी हासेर अघि बढी रहेका छौ । यहाँ सुनिन्छन् अति कठोर बाणिहरू, तिमी सुनिरहेका छौ । देखिन्छन् हृदयविदारक दृश्यहरू तिमी बानीपरिसकेका छौ । आफ्नो पिडा आफै मा लुकाएर हसिरहेका छौ । कोहि छैन तिमीलाई बुझिदिने जसले जे भने पनि आफुलाई बुझ्ने र आफुमा भैरहेका घटनाहरूको अवलोकन गर्ने तिमी एक्लो रहेछौ । तिमीलाई साथ दिनेहरू केवल आफ्नो फाइदाका लागि तिम्रो अघि पछी पर्दा रहेछन् । यो अनन्त बाटोमा तिमी नितान्त एक्लो छौ । यो एक्लोपन नै तिम्रो सहारा हो र तिम्रो असल मित्र ! यसले तिम्रो साथ कहिल्यै छोड्न सक्दैन याद राख !

याद राख मैले भनेका कुराहरू तिम्रो जीवनमा त्यही हुनेछ र तिमीले यसलाई नचाहे पनि अँगाल्नु पर्नेछ । तिमीबाहेक तिमीलाई सम्हाल्ने, तिम्रो साथ दिने, तिम्रो भलो गर्ने अरु कोहि छैन । ह्यारी दाइको गर्ल फ्रेंड वहाको साझै कयेर गर्थिन । ए भाइ ! तेस्लाई त अस्ति मैले अर्कैसंग बुल्लेट बाइकमा देख्या । म पनि के कम, अर्की पटयाएर आफ्नै अभेजरमा घुमौछौ गर्बका साथ भन्दै थिए हाम्रा दाजु । सहि हो दाजुको कुरामा सहि त थप्दिनै पर्यो । निकै आज्ञाकारी थियो हाम्रो दिनेस भाइ । उसका लागि उसकी आमा नै सबै हुनुहुन्थ्यो । आमा पनि आफ्नो छोरोलाई असाध्यै माया गर्ने आखिर त्यस्तो कोइ आमा छैनन् जो आफ्नो सन्तानलाई माया गर्दैनन् । दुबै एक अर्काको सहारा मा बाचिरहेका थिए । यो कुरा पचेन, लग्यो क्यान्सरले उसकी आमालाई । आज उ एक्लो छ ।

साथ नभेटिने कहाँ हो र भेटिन्छन हरेक पाइलामा । केहि साथ आफ्ना स्वार्थको लागि त केहि अर्काको स्वार्थको लागि । जब निस्वार्थ साथ भेटिन्छ तब प्रकृति ले छुट्याउछ तर तिम्रो एक्लोपनले तिमीलाई बलियो बनाउछ । आफ्नो दुःख, आफ्नो बेदना अरुलाई नसुनाउ त्यसमा उनीहरूको रुची हुदैन । रुचि देखाउने हरू रमाइलो लिन्छन उनीहर अरुको दुखमा नयाँ स्टोरी भेटछन् चाख लाग्छ पढ्छन अनि बिर्सिन्छन् । तिमी हौ सामना गर्ने, आफुलाई अब्बल बनाउने, आफुलाई सम्हाल्ने । जब तिमी माथि पुग्छौ तिम्रो वाह वाह गर्ने, चाकरी गर्ने, तिमीलाई साथ दिनेहरूको कमि हुदैन । तिमी सोचन बाध्य हुन्छौ कहाँ लुकेका थिए मेरा यत्रा प्रसंसकहरू । कहाँ हराएका थिए जब तिमीले यत्रो कठोर सङ्घर्ष गर्दा, जब तिमीलाई तिनको साथको आवश्यकता थियो । जब तिमी आफै यो रहस्य बुझ्न थाल्छौ । त्यति बेला तिम्रो अनुहारमा चमक हुनेछ । कठै यो दुबियाँ ! कठै मानिसहरू ! अब तिमी आफुलाई विवेकशिल प्राणी भएको महशूस गर्ने छौ, तिमी मुस्कुराउ अनि यो संसारलाई साथ देउ । यो संसारलाई तिम्रो खाचो छ । मानवता हराएको यो संसारमा अब तिमीले मानवको परिभाषा बुझेका छौ । तिमी अघि बढ मानवताको पुनर्स्थापना गर्न । तिमी भिन्न छौ । अब तिमी साँचो अर्थमा मनुष्य भएको छौ ।



निराशा शास्त्र

सुजन अर्याल

072/BCE/103

संसारलाई अब राजनीति चाँहिदैन ! संसारका अधिकाँश राष्ट्रहरूका राजनीतिमा निराशा छाएको छ । मानिसहरूको राजनीति तर्फ नकारात्मक सोच संसार भरि छाईसक्यो । राजनीति शास्त्र कार्यक्षममा निराशा शास्त्र बनिसक्यो । अब त समयको पर्खाई मात्र हो, राजनीति संसारमा रहँदैन ।

साना र अविकसित राष्ट्रहरूमा राजनीतिद्वारा भष्ट्रुचार, एकलतन्त्र, गुन्डागर्दी देखि आतंवाद जरा गाडेर बसेका छन् । यी देशका जनताहरू राजनीति देखि डराउँछन् । जो कोही पनि राजनीतिबाट पर हट्न चाहन्छ । राजनीतिमा लागेका व्यक्तिहरू बहादुर हुन्, किनकी संसारमा चलिरहेको वर्तमान राजनीति डरलाग्दो छ ।

राजनीति सिदै आफ्नो मात्र होईन आफ्नो परिवारजनको जीवनसंग गाँसिएको हुन्छ । उदारहणका लागि, राजनीतिमा लागेका महत्वपूर्ण व्यक्तिहरूलाई धेरै हटाकट्टा सुरक्षाकर्मीहरू उसको त्यो शरीर जोगाउन लागिपरेका हेर्न सकिन्छ । हुनतः प्रकृतिले हरेक संवेदनशील र महत्वपूर्ण वस्तुलाई जोगाउन खोजिहेको हुन्छ । यहाँ डारवीन प्रकृतिको रोजाई छ । अर्को तर्फ हरेक जातिको स्वभाविकताले आफ्नो संवेदनशील र महत्वपूर्ण वस्तुको संरक्षण गर्न खोज्दछ । यसरी मानव स्वभावले अन्य क्षेत्रका बहुचर्चित हस्त तथा बलिया राजनीतिज्ञको सुरक्षा गर्न चाहन्छ । राजनीति बलियो हुन्छ किनकी यसको एक निर्णयले देश जनता र संसारकै मुहार फेरबदल गर्न सक्दछ । धेरैले यस राजनैतिक शक्तिको फाईदा लिन चाँईरहन्छन् । अबको केही शताब्दीमा मानव चेतनाको विकास संगै यस भयानक शक्तिलाई निर्मूल पार्न सबै लागिपर्नेछन् । किनकी यस शक्तिसंग अन्य नीजि व्यक्तिहरूको र जनताको विकास र सानाठूला कार्यक्रम जोडिएको हुन्छ । संसारवाट राजनीति लोप हुनेछ । संसारबाट राजतन्त्र हटेभै न त राष्ट्रपति हुनेछ न त प्रधानमन्त्री । यही चेतनाको विकास संगै न नोक्कर न मालिक, न धनी न गरिब, न त कुनै देश रहला, मात्र जनता रहनेछन । न कुनै जात जाति र न त भेदभावना । यस्का लागि कुनै ठूलो क्रान्ती चाँहिदैन, मात्र एउटा मानसिक फेरबदल । त्यहाँ सम्म पुग्दा संसारको क्रायविधि प्रणाली फेरिनेछ । मात्र सरलता बाँकी हुन्छ । विकास र सरलता । खोलानालामा विकास, भिरपाखामा विकास, उडिरहेको चरामा विकास मानिसको सोचमा, म देख्छु मार्क र लेनिनको सपना ! तेतीका समयमा विज्ञानले पनि आफ्नो फड्को मारिसकेको हुन्छ । मानिसहरू अनुशासित सकारात्मक र स्वतन्त्र हुनेछन । यो संसार कलियुग को धार्मिक सिध्दान्त विपरित छ, तर म कलियुग पारिको सोचिरहेछु ।

विश्व ईतिहासमा अहिलेसम्मका सबै तन्त्र राजतन्त्र देखि लोक तन्त्र मा शक्तिको लागि प्रतिष्पर्दा छ । यो शक्तिनै नरहे कुनै प्रतिष्पर्धा नै रहँदैन । राजनीति हटाउनु भनेको बहुदल हटाउनु होईन । राजतन्त्र या अन्य कुनै तन्त्रमा राजनीति नरहने होईन, यो त नेपालकै ईतिहासले देखाउँछ । के हो त यो राजनीति ? यसको व्याख्या छोडी विग्रह गर्दा राजका लागि नीति भै लाग्छ ।

तर वर्तमान अवस्थामा राजनीतिको पनि अपभ्रंस भएको छ । देश र जनता हडप्ने र

समाज र मित्र राष्ट्रमा आतंक फैलाउने एउटा खेल । संसारको सबैभन्दा चर्चित खेल जुन हरेक टिभी च्यानल र पत्रिकाको तातो समाचार बनेको हुन्छ । रङ्गशाला या ठूलो स्टेडियम मा राखि खेलिरहेका ठूला स्टर्डिकर प्रमुख राजनैतिक दलका नेता र वरिपरि अडियन्स तर्फ लाखौं जनता ! अनौठो खेल राजनीतिको जहाँ स्टेडियम भित्र फुटबल होईन कुर्ची फालाफाल भैरहेछ । तर यी खेलाडीलाई गोल हान्ने आउदैन मात्र पास गर्न र ट्याकल गर्दै लुछन आउँछ । कहिलेकाँही त्यो बल आउट भएर बाहिर जान्छ र फेरि बाहिरबाट एकजनाले बल भित्र कसैलाई पास गरिदिन्छ । अडिएन्स हेर्न मात्र सक्छ, खेल जारी राख्ने पर्यो ।

एकछिन सोचौं, संसारबाट राजनीति कसरी बिथोल्ने होला त ? त्यस्का लागि मैले केही गर्ने पर्दैन ! जुन रूपमा राजनीतिज्ञहरू राजनीतिमा खेलिरहेछन, उनीहरूले आफ्नै राजनीतिमा आफै तोडफोड गरिरहेछन् । त्यही स्टेडिएमका अडिएन्सहरू यो झ्याउरे खेल हेर्न छोडेर हिडेभै जुन तरिकाले राजनीतिले अफ्नो चरम शिमा चुमिरहेछ बिस्तारै टिभी रेडियोमा राजनीति घन्कदैन, जनताले राजनीति र यस्का खेलाडीको बेवास्ता गर्न थाल्नेछन, विकास र प्रगतिलाई राजनीतिको नामले रोकिराख्ने छैन । हाम्रो चिन्ताको विषय होईन यो, कसको होला आफै बुझनुस ! यो भनिराख्दा हामी र उनी छुट्टिएभै लाग्छ । त्यसो हो भने परिवर्तनको सोचाई सुरु भएको देखियो ।

राजनीतिका शक्तिहरूलाई कमजोर पार्ने पहिलो रणनीति त्यहाँबाट युवावर्गलाई तान्नु हो । यसो गरे राजनीतिको ढाँड भाँचिन्छ । तमाम कलेजहरूवाट राजनीति हटाउने । बिरुवाको माथिल्लो फुललाई जराले पोषण दिईरहेको हुन्छ, जरा काटेर फालिदिए बिरुवा धेरै दिन रहँदैन ।

एउटा तन्त्र हटाउन मानिसले क्रान्ती रोज्यो । यस्तै राजनीति हटाऔं भन्दा समाजले हिंसा बाहेक अरु सोचन सक्दैन ।

मानिसले आदिकाल देखि अर्को बाटो रोजेको भए आज समाजको सोच भिन्नै हुनेथियो। हरेक परिवर्तनमा क्रान्ती चाहिँदैन, यो बुझ्न जरूरी छ ।

मानिस सधैं आफ्नो भविष्यदेखि डराईरहेको हुन्छ । खास गरि कलेज अध्ययन गरिरहेका, पढिरहेका युवाहरूमा, आफ्नो भविष्यको अनिश्चताले सताईरहेको हुन्छ । यही अनिश्चता हटाउन उनीहरू साथ र समूह खोज्छन्, एउटा कसैको डर जुन उनीहरूले बुझिसकेका हुँदैनन्, त्यही अनिश्चताको सन्त्रास ! यसमा राजनैतिक पाटी पाउनु उनीहरूमा निरधक्ता प्राप्त बन्न पुग्छ । भविष्यको अनिश्चतासंग धेरै कुलतमा पुग्छन् । उनीहरूको नफर्किने र बितिरहेको समय रेखासंग आफ्नो जीवन अवस्थामा विपना देवीको सन्त्रास छाईरहेको हुन्छ । यसरी भौतारि हिँडिरहेका आफ्ना युवा वर्गलाई समेलेर समाजका कुरितिहरूबाट बचाई एउटा सोचमूलक भविष्य तिर लैजाने कुनै पनि संस्थाको कर्तव्य हो । देश पनि एउटा संस्था हो जहाँ सबैको विश्वास, आस्था र निरधक्ता हुन्छ । यहि निरधक्ता का लागि मानिस समाज र देश पछ्याउँछन् । यदि यो विश्वासलाई पूरा गर्न नसके मानिसहरूको आस्था हराउन जान्छ । म राजनीतिमा कसैको भविष्य देखिदैन किनकी मेरो सिध्दान्त अनुसार राजनीति आफै संकटमा छ ।

त्रीचन्द्रदेखि थापाथली, राजधानीदेखि गाउँ शहर, मेघि र महाकालीसम्म यसरी विध्यार्थीहरूमा समुहबाद र राजनीति र अन्य यस्ता गतिविधि देखेर मैले मन थाम्नै सकिन । हाम्रो संस्था ईन्टिड्युट अफ ईन्जिनियरिङ्गको प्रमुख कार्यालय डीनको अफिसमा गई यस्तै केही पत्र लिएर जाने निर्णय गरे, हातैमा लगेर दिन्छु, तर म पुल्योकको उकालोमा रोक्किए ! एउटा मनले भन्यो बुढाले यो ठिटो बौलाएछ भन्लान, अर्का मनले भन्यो त महाभारतको अर्जुन होस् अब आएर नफर्कि । तर यसपालीको महाभारतमा अर्जुनले कृष्णको सुनेन । हुनपनि समाजवाट अगाडि हिडे सबैले पागल भन्छन् । यो लेख पढिरहँदा धेरैलाई असहज भैरहेको होला किनकी मानिसको स्वभावले समूह रूचाउछ, एक्लो ओडार होईन । नयाँ दृष्टिकोणमा ऊ घुम्न सजिलै सक्दैन । डारवीनले मानिस बाँदरवाट विकसित हुन भन्दा र कोपरनिकष र ग्यलिलीले पृथ्वी वरिपरि सूर्य होईन पृथ्वी सूर्य वरिपरि घुम्छ भन्दा पनि मानिसले नयाँ कुरा स्वीकार्न असहज मानेका थिए । राजनीति हटाउन एउटा मानिसको बलले पुग्दैन । पहिले यसरी कलम चल्छ, अनि जनता सचेत हुँदै जान्छन् । म दुरको सोचिरहेछु !

राजनीति संसारबाट हटिरहेछ, आउ हामी यसलाई बिर्सदै गरौं !

...यस्तै हुँदो रहेछ नयाँ नेपालमा ...

- Diwas Pandey

2073/BCT/524

देश र जनताकोलागि भनी
ज्यानको बलिदान गरेको म
आफ्नै रगतले इतिहासको
स्वर्णम पाना कोरेको मा
जब सडकको सानो गल्लिमा थन्किन पुगें
मुर्दा शालिकको रूपमा
बल्ल पो थाहा पाएँ
यस्तै हुँदो रहेछ नयाँ नेपालमा॥

जन्मदिने बाबुआमा नभनी
दुई वर्षे बालकको भविष्य नसोची
मुटुमाथी ढुङ्गा राखेर हिडेँको म
त्यही घरमा अशान्तिको आगो
दन्किदा पो थाहा पाएँ
यस्तै हुँदो रहेछ नयाँ नेपालमा॥

देश विकासको परिकल्पना गर्दै
कुटो र कोदालो समाउने यी हातमा
गोला बारुद अनि बन्दुक भिदै
मर्न र मार्न पछि परिन
तर सबै त्याग र बलिदान
एकादेशको कथामा गनिदा पो थाहा पाएँ
यस्तै हुँदो रहेछ नयाँ नेपालमा॥

फुलमाला र अभिरले सजिने यो अधर
शिरमा टोपी र दौरा सुरुवालमा सजिने रहर
जब फोहोरको डङ्गुरभिन्न हराउन पुगें
पहिराउँछन् त माला एकदिन सहिद दिवसमा
अरु दिन माखो भुत्लो नजिक नपर्दा
नजिकै रक्त पिपासुको सालिक
ठडिँदा पो थाहा पाएँ
यस्तै हुँदो रहेछ नयाँ नेपालमा॥

प्रमिश

- Shishir Parajuli

072/BCT/97

बसौँ पुरानो देखिको मेरो माया अनि केहि समयको हाम्रो माया, ति दिन याद आउँदै थिए । जीवनमा पहिलो पटक कसैको मायामा परेको थिए म अनि त्यो माया सबै भन्दा प्रिय थियो । समय यस्तो थियो कि मेरा अरु चाहाना अनि आवश्यकता केहि थिएनन् । मेरो चाहाना अनि आवश्यकता केवल उ थिए । बिहानै उठेर कलेज जानु पर्ने अनि दिन भर कलेज बसेर घर फर्किँदा अब उसंग बोल्न पाइन्छ भन्ने कल्पनाले पनि यो मन फुरुंग हुने गर्थ्यो । अझ बुरुक बुरुक हुने गर्थ्यो । लाग्थ्यो ति दिन सधैँ यसरी नै चलिरहेछन् । त्यो समयको मिठास अनि कल्पनाले पनि मन रमाउने गर्छ ।

आज बसौँपछि यो एक कुनामा मदिराको हल्का मातमा सबै पुराना दिन हरु छर्लककै याद आउँदै छन् । सिनेमा मा आउँछ नि फ्ल्यास ब्याक, हो त्यसरी नै सबै छर्लककै याद आउँदै छन् । बिहान सूर्य को किरण मेरो विस्तारामा पर्नु अघि कलेज जानु पर्थ्यो अनि सूर्य को किरणले धर्ति उज्यालो बनाउँदै गर्दा मेरो धर्ति अनि मेरो संसारलाई पनि उसले उज्यालो बनाउन सुरु गरिसकेकी हुन्थी । सूर्य ले कति बेला धर्ति उज्यालो बनाउछ, मलाइ मतलब थिएन किनकि मेरो मनमा उज्यालो केवल उसैले ल्याउन सक्थी तर सूर्य नै हराएर बनाउने अध्यारो संग चाहि मलाइ औधि रिस उठ्ने गर्थ्यो । अध्यारो हुनुको मतलब हो उ संग छुट्टिएर जानु पर्ने अनि मिलनको लागि फेरी अर्को बिहानीको पर्खाइमा रात कटाउनु पर्ने । दिनका उज्याला पल हरु उ संगै बित्ने गर्थ्यो । दिनको उज्यालो हामि कहिले घुम्न गएर बिताउने गर्थ्यौ त कहिले कलेजको लाइब्रेरी मा । कहिले सिद्धपोखरी त कहिले गार्डेन अफ ड्रिम्स तिर । अनि फेरी कहिले क्लासमा त कहिले प्राक्टिकल ल्याबमा । हामि जता भए पनि दिन रमाइलो नै हुन्थ्यो । उज्यालो समयको सदुपयोग हामीले अत्यन्तै राम्रो संग गर्ने गर्थ्यौ । अनि जब जब अध्यारो हुन थाल्यो हामि एक अर्का संग छुट्टिनु नै पर्थ्यो । साँझ आएर गाडी चढ्न सहनु पर्ने कस्ट अनि जामको व्यथा उफ् ! त्यो समय संग कति रिस उठ्ने गर्थ्यो । कहिले गाडी आउला अनि कहिले त्यो जाम काटेर घर पुग्ला भन्ने कल्पनामै मेरो यात्रा बित्ने गर्थ्यो । अनि अबको अध्यारो समय चाहि फेसबुकमा उसंगै बित्ने गर्थ्यो ।

त्यो अध्यारो संग पनि अर्कै खालको सम्बन्ध थियो । फेसबुकमा रात भर उसंग बोलेका अनि जिस्केका पल हरु अझै याद आउछन् । उसंगै बस्न नपाए पनि फेसबुकका

ति गफ हरुमा छुट्टै मज्जा आउने गर्थ्यो । कतिपय कुराहरु जुन मान्छे संग सिधै भन्न सकिन्न अझ भनु डर लाग्छ ति कुरा हरु फेसबुकमा भने निसंकोच भन्न सकिने रहेछ । त्यो म्यासेन्जरको साउण्ड संग पनि एउटा लगाव भइसकेको थियो । त्यो साउण्ड संग छुट्टै आशा पनि हुने गर्थ्यो । साउण्ड आउने तर म्यासेज अरुको देख्दा मेरा आशा माथि तुसारापात हुने गर्थ्यो । अनि जब उसैको म्यासेज आउथ्यो तब रात बितेको पत्तै हुन्थेन । रमाइला गफ अनि विभिन्न बहानामा भगडा स यहि नै हुने गर्थ्यो हाम्रो रातको कहानी । दुइ जना दुइ फरक ठाउमा कहिले रमाई रहेका हुन्थे त कहिले रिसाई रहेका हुन्थे अनि कहिले वियोगमा हुन्थे त कहिले खुसीमा हुन्थे । समय यस्तो थियो कि एउटाको खुसि अर्कोको खुसि थियो । एउटाको वियोग अर्को को दुख थियो अनि एउटा को खुसि अर्काको लागि रमाइलो अनुभूति थियो । अझ भनु कि एउटाले जे आभास गर्थ्यो अर्को ले पनि त्यहि आभास गर्थ्यो । समयको रफतार संगै सम्बन्धको रफतार पनि बढ्न थालेको थियो । हामि अझै नजिक हुँदै थियौ अनि अझै खुसि हुँदै थियौ । लाग्थ्यो त्यो समयमा हामि दुइ भन्दा खुसि यो संसारमा कोहि थिएन होला । त्यो एक एक पल हरु अत्यन्तै मुल्यवान हुने गर्थ्यो अनि सुनौलो पनि । जता ततै मायाको आभास हुन्थ्यो । यो हास्रन जानेको मुहारमा अझ धेरै हासो छारीइ रहेको हुन्थ्यो । सुनमा सुगन्ध भन्छन नि हो त्यस्तै थियो हाम्रो सम्बन्ध पनि । एउटा सुन भए अर्को सुगन्ध । दुनियाको नजर थियो हाम्रो सम्बन्ध माथि अनि सम्बन्ध माथि इर्ष्या गर्नेको संख्या पनि धेरै नै थियो ।

हामि हरेक समय संगै हुने गर्थ्यौ । एक पटक उ कलेज नआएको बेला म एकलै बाटोमा हिड्दै थिए, अचानक छेउको पसल भित्र बाट आवाज आयो “बाबु आज नानि खोइ त । संगै हिडेको कस्तो सुहाउथ्यो” । त्यस दिन छुट्टै आनन्द आयो मनमा । अपरिचित बाट पनि त्यस्तो आवाज आउनु भनेको मलाइ ठुलै कुरो लाग्यो । अर्को दिन हामि बिहान संगै हिड्दा फेरी त्यहि पसल भित्र बाट आवाज आयो “आहा कस्तो राम्रो जोडी । कसैको आखा नलागोस है बाबु अनि नानि लाइ सधैँ खुसि राख्नु ।” त्यस दिन अझ आनन्द को सिमा नै रहेन । हाम्रो सम्बन्धले नया आयाम चुम्दै थियो अनि हाम्रो खुसीले सगरमाथाको सिखर चुम्दै

थियो । त्यो दिन हामि एक पिरियड पढेर कलेज बाट निस्कियो । हाम्रो गन्तव्य थियो र धुलिखेल । धुलिखेलको यात्रा पछि माथि डाडाको चिसो हावामा उ मेरो अंगालोमा बाधिएर भनि “आज के हो थाहा छ ।”

“छैन” मैले उत्तर फर्काए ।

“प्रमिश डे” उसले उत्तर फर्काइ ।

“हाहा ल प्रमिश गर न त ” मैले भने ।

“आज हामि दुबैले एउटै प्रमिश गरौं” उसले भनि ।

“के प्रमिश ?” मैले भने ।

“पहिला प्रमिश पुरा गर्ने प्रमिश गर” उसले भनि ।

मेरो मुहारमा हासोको फोहोरा छुट्यो अनि भने “ल प्रमिश ।” “प्रमिश गर कि तिमीले मेरो साथ कहिल्यै छोड्ने छैनौं” उसले भनि । निसंकोच मैले प्रमिश गरे ।

अनि उसले पनि त्यहि प्रमिश दोहोर्याई ।

बियरको अर्को बोत्तल पनि सकियो । बोत्तल सकिए सगै यसो मोबाइल हेरे । फेसबुक खोले । फेसबुकको वाल भरि प्रमिश डे भन्ने पोस्टहरु देखे अनि न्युज फिड अभै सादै गएको “6 Months of our relationship” क्याप्सन सहितको फोटो देखे । फोटोको अनुहार चिर परिचित थियो । अनुहार उसैको थियो जसले मलाई एक वर्ष अगाडी मसंग यहि दिन कहिल्यै साथ नछोड्ने कसम खाएकी थिई अनि खुवाएकी थिई । ति फ्ल्यास ब्याक फेरी आउन थाल्यो अनि यस पालि आवेग, घृणा, रुवाइ अनि दुखका साथ आउन थाल्यो । मनमा व्यथा अभै बढ्न थाल्यो अनि व्यथा घटाउन फेरी अर्को एक बोत्तल बियर मगाएर खनाउन थाले ति याद अनि उसले आज फेरी नयाँ प्रमिश खाएको मान्छेसंगको फोटो हेर्दै ।”

समाप्त !

- दिवस पाण्डे “सविद”

2073 BCT 524

मेरो देश नेपाल

हिमाल पहाडको कुनाबाट चियाउँदै
गुराँसे रंगमा जहाँ सुर्य रङ्गिन्छ ।
हरिया बृक्षका अन्तरकुनामा लुकामारी खेल्यै
जहाँ कोइलीको मधुर स्वर गुन्जिन्छ ।
हो, त्यही हो मेरो प्यारो देश नेपाल ॥

स्वप्न महलहरु क्षितिजपारीबाट नियाल्दै
प्रगतिको शिखर चुम्ने यी भिडहरु बाट
कहिल्यै नडग्ने संल्पका साथ
सुनौलो बिहानी कल्पनामा सजाएर
जहाँ कहिल्यै नमेटिने रास्त्रभाव गुन्जिन्छ
हो, त्यही हो मेरो प्यारो देश नेपाल ॥

- शिशिर पराजुली

072/BCE/097

गरीब

काम धन्दा सबै गर्नुपर्ने कामदार भएपछि
धिव्कार्दै छु आज आफैँलाई गरीब भएपछि

दुई छाक खान रात दिन पसिना पोख्दा खेरि
खुशी हुन्छु छोराछोरिको पेट पुरै भरिए पछि

श्रम दिवस, मजदुर दिवस मनाउँछन् रे हाम्रा लागि
के गर्ने मनाउने सबै भ्रस्ट भए पछि

कसलाई सुनाउँ यो व्यथा भारी हुँदा खेरि
साहुले सधैँ कामका थुप्रा सुम्पिदिँदा खेरी

देशको अस्मिता सधैँ सिमानामा बेचिए पछि
मरुँ भैँ लाग्छ मलाई, सरकार नै आतंककरी
भएपछि ।



मेरो एक दिनको डायरी

- शिशिर पराजुली
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खुलदुली मनमा अधिक छ । शब्दहरू उटुर मुटुर छन् । जती कृयाशिल यो मगज छ, त्यती नै कृयाहिन यि हातहरू!

शायद मन मरेर पनि होला यि हातले अब प्रारम्भ पहल आट्दैनन ।।।

आज यस्तो लाग्दछ, यदी निराशा नै प्रेम को पर्याय हो भने, म मा आशा नै किन जाग्यो ! म भित्रभित्रै चिच्याउँदै थिएँ, छु । त्यो चित्कार हो निर्जिवता प्रतिको त्यो सजिवताको पुकार । लाग्छ यि शब्दहरू सङ्गै मैले पनि आफ्नो अस्तित्व गुमाउँदै छु । अनि यो गुमनाममा म आफ्नो भाग्यलाई धिक्काउँदै छु अनि दैबलाई कोस्दै छु ।

भित्र मन दन्किएर खरानी हुँदै छ, प्रेमको आगोमा जलेर तर मेरा भावना तरल छन् पुरै तरल । आज त सबै सपना भर्याम भुरुम भएका छन् अनि मेरा भविष्यका रङ्गिन सपनामा आगाध पुगेको छ । त्यो पललाई सपना भनी भने पनि सपना होईन । त्यो त मैले केहि बेर अघी भोगेको सत्यता हो जसलाई मैले सपना ठानेर सपना हुँदैन अनि शायद त्यो विपनालाई आत्मसाथ गरेर अघी बढ्ने सामर्थ्य म मा छैन । एउटा सपना बनएको थिएँ । आज सम्म त्यही सपनाको दुनियामा रमाउँदै कल्पनामा जिउँदै थिएँ तर आज बाट त त्यो कल्पनाको सन्सारमा जाने बाटो पनि बन्द भएको छ ।

एउटा घर बनाएको थिएँ अनि सोचेको थिएँ, त्यो घरमा तिमी, म अनि हाम्रो माया हुनेछ । आज त्यो घर पनि भात्किएको छ । भात्किएको पनि के भन्नु, नराम्ररी चर्किएको छ । अब त्यो घरमा म मात्र छु । तिमी छैनौ अनि मैले परिकल्पना गरेको जस्तो तिम्रो माया पनि छैन । खोक्रो र सुनसान बनेको छ त्यो घर अब । आज म एकलै छु । आज त खुशीले पनि मसङ्ग सम्बन्ध तोडेको छ । म अहिले चिच्याउन चाहान्छु त्यो पनि यती चिच्याउन चाहान्छु कि मेरो आँनै मस्तिस्क अत्तालियोस । म रून चाहान्छु, अझ रून पनि उसैको काँधमा चाहान्छु तर बिडम्बना म सिरानी भिजाउन पुग्दै छु । म यि शब्दमा, मेरो डायरिमा रोइ रहेको छु । यो मध्य रातमा मेरो साथी यही कलम अनि लेखहरू छन् ।

यो कस्तो छट्पटी हो । न रून सक्छु न हाँस्न नै । म त भासिदै छु यो जन्जिरमा, निस्सासिदै छु । ति रूक्खा सुक्खा आशा उसले दिएका अनी कोपकल्पित पिडा मैले लिएका कसरी सहुँ अब म । रात अन्धेर छ, शहर शुन्य छ तर पनि मन चिच्याएर उसैको नाम लिँदै छ पटक-पटक । पटक-पटक ।

पर पर कतै उसको छाया मात्र देखिरहेको छु जस्तो लाग्छ । तर अन्धकार छ, बाटाहरू बिच जन्जिर छन् । अनी म निशब्द छु, निराकार मेरो प्रेम छताछुल्ल भईराख्छ दाँया-बाँया तर पोखिखन पाउँदैन । अवस्थाहरू यस्ता सिर्जना भएका छन् कि गन्तब्य छ, गोरेटो छ, मन्जिल छ, किनारा छ तर बिचमा खोलो उर्लेको छ ।

सत्य थाहा छ । सर्लककै छुट्टीन्छ । छर्लङ्गै छ, प्रस्ट छ तर फेरी पनि मन अन्जान बन्न चाहन्छ, आफैँसँग प्रश्न गरिरहन्छ, के बगेको खोला फर्केर आउँछ ?

सम्भव छ !

शिशिर पराजुली
072/BCE/097

आखिर गर्न के सम्भव छैन र ? सम्भव त हरेक कुरा हुन्छ तर त्यो कुरा गर्न सुरुमा आफैले थोरै बहादुरी देखाउनु पर्दछ, अनि त्यस पछि बाटो आफै देखिदै जानेछ, अनि त्यो एक पलको बहादुरिले तपाईंलाई आफ्नो गन्तव्यको भनै नजिक पुर्याउँछ। कुनै कुरा गर्नु भन्दा अगाडी नै मैले त्यो कुरा गर्न सकिदैन भन्नु आफ्नो कमजोरी हो। कुनै अवसर आएको बेला त्यो अवसर बाट टाढा भाग्नु अर्को कमजोरी हो। सबैको दिमागमा “मैले यो गर्न सकिदैन कि ?” भन्ने प्रश्न उब्जिन्छ, जसले गर्दा जिवनमा धेरै मौका गुमाउनु पर्दछ। एउटा भनाइ नै छ नि “मौका आउँछ, पर्खिँदैन, बगेको खोला फर्किँदैन।” हो मौका एक पटक आउँछ। कुनै कुराको पनि मौका बारम्बार नआउन सक्छ, त्यसैले खाँचो छ एक पलको “बहादुरिको”। एक पलको बहादुरिले तपाइको जिवन बदलिन सक्छ। आखिर हामी सबैले एउटा सुन्दर जिवन बनाउने कल्पना गरेका छौं होला। तपाइको जिवन तपाइसङ्ग मात्र जोडिएको छैन। तपाइको जिवन त धेरै सङ्ग जोडिएको छ। तपाइको जिवन तपाइको बुवा आमाको आशा हो। तपाइको जिवन एउटा सारा रास्ट्रको आशा हो। त्यसैले किन खेर फाल्ने त यो जिवन ? हो जिवनमा धेरै समस्या आउँछन् तर यसको मतलब यो होईन कि समस्या सङ्ग डराएर भाग्ने। भागेर समस्याको समाधान हुन्छ त ? तपाइले हार मान्नु भनेको तपाइको बुवा आमाको हार हो। तपाइले हार मान्नु भनेको तपाइको सारा रास्ट्रले हार मान्नु हो किनकी कुनै न कुनै रुपमा तपाइ सङ्ग कसैको आशा अनि कसैको भविष्य जोडिएको छ। त्यसैले त आवश्यकता छ बहादुरी को।

एक पटक आशा राखेर हेर्नु, सबै कुरा सम्भव छ। एउटा पिंजडामा जन्मिएको चराले उड्नु पनि एउटा रोग हो भन्ने सम्झन्छ। कहिँ कतै तपाइ पनि त्यस्तो कुनै रोगले ग्रसित त हुनुहुन्छ ? कहिँ कतै आफ्नो कलालाई रोग सम्भरेर त बस्नु भएको छैन ? कहिँ कतै तपाइको कला आफु भित्रै गुमिसिएर बसेको त छैन ? तपाइ भन्दा अगाडिको अँध्यारोले नै उज्यालो लाई सम्मान गर्न सक्छ। आज सम्म त्यही “बहादुरि” नभएर कुनै मौका छुटेका छन भने पनि केहि छैन किनकी अब आउने मौका ति बितेका मौका भन्दा उत्कृष्ट छन्।

आजसम्म तपाइको खुशी तपाइको मुस्कानको स्रोत होलान तर यही “बहादुरि” भन्ने चिजले तपाइको मुस्कान खुशीको स्रोत हुनेछन्। तपाइलाई एउटा मुस्कानले खुशी दिलाउन सक्छ तर त्यसको लागी खाँचो छ आफु माथी बिस्वासको। आज सम्म तपाइलाई जे जे भएको छ, त्यो सब तपाइको रोजाइको परिणाम हुन् तर आज भन्दा पछि यदी जिवनमा परिवर्तन ल्याउनु छ भने आफ्नो सोचाइमा परिवर्तन ल्याउनुस किनकी अब त्यो सोचाइले नयाँ रोजाइ जन्माउनेछ, अनि नयाँ रोजाइले तपाइ भित्रको नयाँ जिवन।

जब तपाइ एकलै उभिनु हुन्छ तब मात्र तपाइलाई आफु भित्र के छ थाहा हुन्छ। तपाइको मृत्यु एक पटक हुन्छ तर तपाइ हरेक दिन जिउनुहुन्छ, त्यसैले हरेक दिनलाई केहि उत्कृष्ट बनाउने प्रयाश गरौं। जिवन हल गर्नु पर्ने समस्या होईन। जिवन त अनुभव गर्नु पर्ने एक वास्तविकता हो। तपाइको भविष्यको कसैले भविष्यवाणी गर्न सक्दैन त्यसैले आफ्नो भविष्यको भविष्यवाणी आफैले गरौं, आफैले आफ्नो भविष्य कोरौं।

समय अनि खुशी कहिल्यै आफ्नो बसमा हुँदैन त्यही पनि दुख सङ्ग कहिल्यै हार मान्नु हुँदैन। सपना नभएको मान्छे, अनि गन्तव्य नभएको यात्रा सधैं असफल हुन्छ। सपना मर्यो भने जिवन पककखेटा भाककचिएको चराजस्तै हुन्छ, जो कतै उड्न सक्दैन। त्यसैले सपना ठुला ठुला देख्नुपर्छ अनि ति सपना पुरा गर्न आफु सही पलमा सही निर्णय लिन सक्ने बहादुर हुनु पर्छ।

तपाइको जिवनको साँचो तपाइ आफै सङ्ग छ। तपाइको जिवन एउटा बन्द ढोका भित्रको कोठा हो जसको बाहिर सफलता नै सफलता अनि खुशी नै खुशी छ। त्यो कोठाको राजा तपाइ आफै हो किनकी त्यो ढोकाको साँचो तपाइ आफै सङ्ग छ। एउटा बन्द कोठा भित्र रहेको साँचो खोजेर जिवनमा परिवर्तन ल्याउने कि त्यो साँचो पनि खोज्न अल्छी मानेर हरेश खाएर बस्ने त्यो तपाइको पाटो।

समाप्त ।

Let's Fall in love again

Rishav Kafle
070/BEL/329

Let's fall in love again
But this time
Without putting efforts
Like we did
Without saying
Words we can't keep

Let love
Not be bound
By hollow promises
By fragile commitments
By social disguise

Let love
Be discovered
At a cheap cafe
At corner of a theatre
At silence of a library
Or at last seat of a bus

Let's fall in love again
But this time
Let's not worry
About the future
Take a day off
Watch the sun set
And let the silhouette
Speak for itself
Let's just fall in love again

Load To Dreams

Rishav Kafle
070/BEL/329

Amidst highs and lows
Current of dreams, thus flows

As unruffled may it look
But are sacrifices that I took
The load to dreams
Shorted by the shunt
And the paths I choose
Are easy and blunt

For every dreams left unlit
Is a trail I forfeit

Here I am myself
The paths are still same
Oh Thee! Forgive me
For I break the rules
One last time
One last time.

What we love to do we find time to do!!!

Sanjay Joshi

072/BEL/323

Time exists; it is not something we can change.

We can however lead our life in such a manner that we can use time to our best advantage.

Time should never be spent; it should be invested. When time is wasted, i.e. used for no purpose, it is spent, not invested.

It plays no interest or dividend.

Time lost is last forever, it cannot be retrieved.

Time invested in work and employment should be aimed at improving productivity accomplishing more on fewer hours. So time management is self-leadership.

Everyone has an equal amount of time. It is how we use ours that counts.

❖ *“Learn in silence, Listen in silence, and work in silence.”*

TITBITS

Enough Hope To Keep You Happy

Enough happiness to keep
you sweet

Enough trials to keep you
strong

Enough sorrow to keep you
human

Enough hope to keep you
happy

Enough failure to keep you
humble

Enough success to keep
you eager

Enough friends to give you
comfort

Enough wealth to meet
your needs

Enough enthusiasm to look
forward

Enough faith to banish
depression

Enough determination to
make every day better than
yesterday.

❖ *“Belief is the thermostat which regulates success.”*

टुटेको म अनि फुटेका मेरा सपना

- शिशिर पराजुली

072/BCE/097

यस संसारमा दिनहुँ कैयौ मानिसको जन्म हुन्छ । आमाको कोखबाट जन्मिदै गर्दा उसको परिवारमा खुशिको लहर छाएको हुन्छ । त्यो सन्तानको जन्मसंगै उसको परिवारमा अझ विशेषतः उसको बुवा आमामा नयाँ सपनाको बिउ रोपिन्छ । समयको गतीसंगै बुवा आमाको त्यो सपनाको बिउ कि त उम्रीएर बिरुवा बन्छ कि त बिउ नउम्र्दै मर्छ ।

समयसंगै त्यो बालक ठुलो हुँदै जान्छ अनि उसले पनि सपना देख्न थाल्छ । त्यो बालकको सपना पनि आफ्नै भविष्यमा केन्द्रीत हुन्छ । त्यतिबेलाको दिमाग एक कोरा कागज नै त हो, जे देख्यो सपना पनि त्यसैमा केन्द्रीत हुन्छ । एउटा बिकट गाउँमा जन्मिएको म पहिलो पटक गाडी चढ्दा ड्राइभर बन्ने सपना देखेर रमाएको थिएँ । एकैछिनको यात्रा पछि खलासी पैसा उठाउन आयो अनि पैसा लग्ने त यो पो रहेछ भन्दै म खलासी बन्ने सपना बुन्न थाल्येँ अनि घरमा भएको भन्दा ठटाउँदै “जाम जाम गुरुजि” भन्दै खलासी जस्तै गर्न थाल्येँ । घरमै खेल्दा खेरी आकाशमा पहिलो पटक हावाइजहाज देख्दा अत्यन्तै नौलो लागेको थियो । “आमा त्यो के हो ?” मैले बारिमा भएकी आमालाई दगुर्दै गएर सोध्ने गर्थेँ । उहाँको उत्तर पाएपछि फेरी नयाँ सपनाको जन्म हुन्थ्यो, पाइलट बन्ने सपना । त्यसपछि पातको अनि बासको जहाज बनाएर धेरै उडाउने गर्थेँ ।

लक्ष्य साँचेर त को नै यो सन्सारमा आएको हुन्छ र ? समय र परिस्थितिले नै हाम्रो लक्ष्य बनाउने गर्दछ । त्यो बाल्यकालको समय पनि त्यस्तै थियो । छिनमै एउटा सपना बन्थ्यो अनि छिनमै बदलिने गर्दथ्यो । घरमा सबैले डाक्टर बन्नु पर्छ भन्ने गर्नुहुन्थ्यो । डाक्टर भन्ने को रहेछ भनेर मनमा खुब खुल्लुली हुन्थ्यो । त्यो खुल्लुली पनि अलि ठुलो भएर विरामी हुँदा मेटियो । देख्ने त पहिले पनि धेरै देखेकै हो डाक्टरलाई तर यस पाली चिनियो पनि । अनि फेरी त्यो कोरा कागजमा नयाँ चित्र कोरियो, डाक्टर बन्ने सपनाको । डाक्टरसंग जचाएर फर्कदा औषधी पसल पुगेँ आमा सँगै । त्यहिँ फेरी मेरो मनमा नयाँ सपना पलायो, औषधी पसले बन्ने सपना किनकी उसले पैसा लिँदै थियो अनि औषधी दिँदै थियो । उ नै संसारको सबैभन्दा ठुलो मानिस होला जस्तो लागेको थियो त्यती बेला ।

त्यो समय पनि कस्तो थियो । छिनमै नयाँ सपना बन्थ्यो अनि छिनमै बिलिन हुन्थ्यो । प्रत्येक सपनाले मनमा छुट्टै उत्साह र उमङ्ग छाउने गर्दथ्यो । कुनै सपना साना लाग्थेन अनि न त कुनै सपना ठुला लाग्थे । मैले त बस सपना नै देख्थे त्यो पनि विपनिमै । प्रत्येक सपनाले मन फुरुङ्ग हुन्थ्यो, बुरुक्क बुरुक्क हुन्थ्यो । त्यती बेला रेडीयोको जमाना थियो । घरको पिँढिमा बिहानैदेखि रेडियो घन्किरहेको हुन्थ्यो । घरका कोही गोठमा त कोही मेलामा जानु हुन्थ्यो अनि स्रोता म नै बाँकी रहन्थेँ । नारायण गोपालका गीत खुब बज्ने गर्थे त्यती बेला । उहाँको गीत सुन्दै म दिन कटाउँथे । बेलुका आमा मेलाबाट फर्कदा मैले “एउटा मान्छे को मायाले कती.....” भन्दै गीत गुनगुनाउन थाल्येँ । अनि आमालाई मेरो नयाँ सपना सुनाउँथे, गायक बन्ने सपना । न त मैले ति गीतका मर्म बुझेको थिएँ अनि न त अर्थ नै बुझेको थिएँ । मलाई त गीत सुनेर सपना बनाउनु थियो । समयसंगै पढ्न भनेर शहरतिर भ्ररियो । शहर आएपछि पहिलो पटक टेलिभिजन देखेँ । टेलिभिजनमा खेलहरु खेलेको देखेँ । अनि बेलुका बुवालाई भकण्डो, ब्याट अनि बल सबै किन्दिन भन्दै सताएँ । भोलीपल्ट ति सबै मैले पाएँ । खुट्टाले भकण्डो हान्दा अनि ब्याट उठाउँदै गर्दा हिजोसम्म गाउँमा गुच्चामा रमाउने म ठुलो खेलाडी बन्ने सपना देख्ने गर्थेँ ।

यि सबै सपनासङ्गै खेल्दै विस्तारै ठुलो भईयो । सपना पनि साँघुरा हुन थाले । चेतना बढ्न थाल्यो । एस.एल.सि पास भएपछि राजधानी छिरियो धेरै सपनाहरु बोकेर । विज्ञान विषय लिएर पढ्न थालेँ अनि अझै धेरै कुरा बुझ्न थालेँ । विस्तारै दिमागले सबै सपना पुरा हुँदैनन् भन्ने कुरा बुझ्न थाल्यो अनि सपनाको संसार भन्ने साँघुरियो । सपना एउटा हुन थाल्यो तर त्यस सपनाभित्रका सपना भने धेरै हुन थाले । प्लस २ पास भएपछि इन्जिनियरिङ्ग पढ्न भनेर प्रवेश परिक्षा दिएँ, पास भएँ अनि भर्ना भएँ ।

अब देख्ने सपना भने फरक हुन थाले । इन्जिनियर बनेर देशको विकास गर्ने ठुलो सपना मनमा पलाउन थाल्यो । यही एक सपनालाई अझालेर म हिँड्न थालेँ । अब न बाल्यकाल जस्तो समय छ अनि न त दिमाग कोरा कागज नै छ । अब धेरै सोचेर यो सपना पुरा गर्न आइपुगेको छु । यही सपना पुरा गर्नुमा मेरो सबै ध्यान केन्द्रीत छ । अब मन, वचन अनि कर्मले यो सपना पुरा गर्नुतर्फ लागेको छु । यही सपना पुरा गर्न मैले कैयौ सपनालाई त्यागेको छु अनि बिर्सेको छु । यही सपना पुरा गर्न मैले ड्राइभर, खलासि, डाक्टर, औषधी पसले, पाइलट, गायक, खेलाडी अनि अरु थुप्रै सपनाको हत्या गरेको छु । यो एउटा सपना पुरा गर्न म धेरै पटक टुटेको छु अनि म आफैले आफ्ना धेरै सपना फुटाएको छु ।

I am with KP Oli

Shishir Parajuli

072/BCE/097

All men dream but not equally. Those who dream by night will wake up in the day to find that it was vanity; but the dreamers on day are dangerous human being because they may act on their dreams with open eyes to make their dreams come true.

For many decades Nepalese have been crying “We have not got a visionary man on power for the nation.” We need someone with great vision and determination to make our country prosperous. Now when we have one, when we have a visionary Prime Minister then we are laughing at him. We are laughing at his plans. At the beginning let me make you clear that I am not associated with KP Oli and his party. I am just an admirer and supporter of his dreams.

I need to admit that some of the things he said didn't come at the perfect time. They came when our nation was facing different problems but everything he has said is possible. He publicly spoke about joining gas pipelines to the houses and generating electricity through wind. These ideas were probably spoken at wrong time when we were facing load shedding for 16 hours a day and when we were having shortage of gas cylinders.

Yes! People will laugh at the people who dream. Taking the context of Nepal, Constitutional Assembly election was a dream some day at which Royal family laughed. Republic Nation was a dream at which everyone laughed. But look now those who laughed at those dreams are ministers at this government.

A recent study claims that Nepal will need 10000 MW of electricity by 2040 AD. The current economic growth of our Nation has dropped down to 0.77%. No government ever spoke about bringing petroleum products from other countries. Our Nation was constantly run in the direction of our open border Neighbouring country who tortured us with blockade when our nation was crying with the destruction of earthquake.

I am with KP Oli Now when we have a prime minister dreaming to take the economic growth rate above 10% we all laugh at him. When he speaks about ending the load shedding, it becomes a nice joke on social networking sites. When he speaks about having our own ships on the oceans then he is attacked with enormous trolls all around the internet and newspapers. Just Imagine how our country would prosper economically if we manage to have a Nepal flagged ship on oceans. Imagine the opportunities that can be created for youths within our own country if loans will be provided based on their academic certificates.

Rome wasn't built in one day. Everything will take time but how can you imagine the plans to be implemented if you don't support his dreams.

The imagination our PM has is incredible. Imagination is never bound on dreams. Accept the fact that there is someone dreaming about the nation. Not only dreaming, He don't mind about getting trolled and brings up new ideas for the nation. I never saw anyone dreaming so much for the nation before. Dreaming is a great thing. Once upon a time Nepal was an impossible dream of Prithivi Narayan Shah but now we are sitting happy on his dreams that turned out to be possible. Imagine what would have happened to Nepal if he never dreamed. What about our motherland?

Nepalese have forgot to dream. Whenever someone has dreamt there has been bad politics about removing him. Whenever great dreams are fulfilled, those who oppose it will also get benefitted from it when the dreamer may not still be in the same place. Anyway, We must welcome those who dream!

Yes, The nation is facing political instability. The re building works after earthquake has not taken a good pace and its obvious to get angry with the PM who is talking these things staying at luxurious room but Leaders must be dreamers and he is doing so.

Our ships may not run in the oceans on his lifetime but he has dreamt something that can be executed very soon. He has given an idea and its not impossible. We have been searching for a leader who will think for nation coming out of his luxurious living and we have finally got one.

Big roads, Trains, Ships, big aeroplanes may be a dream now but after 15 to 20 years they must turn into a reality and these are the foundations for that. Laughing at his dreams and enjoying yourself is one thing but what he is saying is what our nation needs or what our nation is saying.

So support his dreams, It will turn into a reality someday and as the KP Oli supporting video viral on you tube says "The day will come when Nepalese will believe in their CV rather than DV"

बालक सपना

- *Sujan Aryal*
072/BCE/103

उडिरहेको बालक सपना
बिपनासंग ठोक्किन्छ !
एकै छिन हेरी शान्तै,
अन्तै भाग्न खोज्दछ ।
वरिपरी बिपनाकै
चारै तिरे अँध्यारो
जहाँ पनि हेर्न खोज्छ
सत्यताको कालो अँध्यारो !
भयंकरर उस्का छेउ दुइ
हातै लम्पसारेर
छल कपटकि माल्लिका
वास्तविकता अङ्गालेर !
हे हितैसी मनको
के सक्ला कलिका
ककनन् बालक
संसार जगत्मा
उडिरहेको एक सपना !
ब्रह्म्यास्त्र बज्र बर्तमान बोकी
बिपना उस्का सामु उभिन्छे
“एक भिडन्त दोहोरो
निश्चय मेरै छ बबुरो !”
समयको प्रहारमा
बालक डुब्दै जान्छ !
आशा आकांक्षा र चाहना
रुँदै कुनामा हेर एक सपना !
ब्रम्हाण्डमा बतास चल्ल
ज्योती दिप बल्कन्छ
कुना कुनामा भभल्की
अठोट सोच चम्किन्छ !
हेरी हेरी चमक त्यो
छेउका नक्षत्रले
जागी रहेको बालकको
मुस्कानले..
आँखा दुइ खुल्दछ
हेर फेरी संसारमा
कसरी सपना
बिपनामा पस्दछ !!!

The Journey

Rishav Kafle
070/BEL/329

To the journey unknown
Follow your shadow

Jump, swim or ride
Whatever that feels right
Sway with a drift
Fly with a thrust
Or hold onto your roots

The journey won't be fair
As it never is, was
You will be a lone knight
As you are, were
You will suffer
Like you have, had
And every end
Will be a beginning

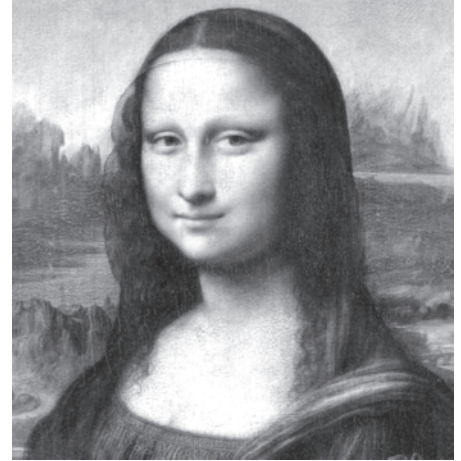
And you'll starve
You'll be thirsty
But that is only when
The meal is served
And thirst is quenched.

LEONARDO DA VINCI

Anusha Shrestha

070/BCE/007

Leonardo da Vinci is a celebrated Italian Renaissance architect, musician, inventor, engineer, sculptor & painter. He was born in April 14, 1452 in Anchiano near Vinci, Italy. He was an illegitimate child of his father Sir Piero da Vinci & his mother, Cateria. He grew up with his father in Florence.



Leonardo has been described as the archeotype of the “Renaissance man” & as the universal genius. He is well known for his masterly paintings, such as The Last Supper, painted in 1498, & Mona Lisa (now in Louvre in Paris), painted in 1503-1506. There is significant debate however, da Vinci himself painted the Mona Lisa, or whether it was primarily the work of his students. He is also known for his many inventions that were conceived well before their time but of which few were constructed in his life time. In addition, he helped advance the study of anatomy, astrology & civil engineering.

He spent many years making plans & models for monumental seven - meter (24-foot) high horse statue in bronze (“Gran Cavallo”) to be erected in Milan. Because of the war unfortunately, the project was never finished.

He died in Cloux, France in May 2, 1519. According to his wish 60 beggars followed his casket. He was buried in the Chapel of Saint-Hubert in the castle of Amboise.

SOME AMAZING FACTS

1) **How do people see?**

People see through their eyes. Light rays enter the eyes through a transparent layer called conjunctive & then pass through cornea which blends these rays. These rays are focused by a lens on the retina at the back of the eye. The lens can change shape in order to focus light rays from distant or close objects. There are two kinds of nerve cells on the retina cones & rods. Cone cells help us to see colour while the rods see only black & white. When light hits these cells, the nerves in the retina send message from the eyes to the brain through the optic nerves. The brain translates the signals & we see the picture.

2. **Why do we feel an attractive force when we move our hand close to a TV screen?**

In a television set, the picture is formed by the electrons hitting the picture tube at the high velocity. This generates a static electricity in the TV screen due to which we feel an attractive force when we move our hand close to a TV screen.

4. **Mercury is closer to the sun than the Venus, still Venus is hotter than Mercury. Why?**

The planet Venus has a thick blanket of gases surrounding it whereas Mercury lacks it. Much of the sunlight that strikes Mercury’s surface is reflected back into the space but the thick atmosphere of Venus absorbs most of the heat from the sunlight making it very hot, hotter than Mercury

ELECTRICAL SAFETY OF MEDICAL EQUIPMENT



Assoc. Prof. Bikash B. Shrestha
HoD, Department of Electrical Engineering

INTRODUCTION:

Biomedical Engineering has substantially improved health and has reduced morbidity and mortality for critically ill patients. The increased complexity of medical devices and their utilization in more procedures result several device-related patient injuries in the world each year. Most of these injuries are attributable to improper use of a device as a result of inadequate training and lack of experience. Medical procedures usually expose the patient to more hazards than the typical home or work place, water, chemicals, drugs, micro-organisms, waste, electricity, radiation from x-rays, ultrasound, magnets, the design and the safe use of medical equipment are broad subjects that involve nearly all medical procedures.

Physiological Effects of Electricity

For a physiological effect to occur, the body must become part of an electric circuit. Current must enter the body at one point and leave at some other point. Three phenomena can occur when electric current flows through biological tissue:

- Electric stimulation of excitable tissue (nerve and muscle)
- Resistive heating of tissue
- Electrochemical burns and tissue damage for direct current and very high voltages.

The current that passes through the body can take two paths:

- Through cells, i.e., by the cells depolarization and depolarization action potential.
- Through the intestinal fluid surrounding the cells.

Leakage Currents

Currents of extremely small magnitude can be fatal to a patient when a direct localized electrical path exists to the heart. Accidents can even occur with safe electro-medical equipment being properly used if there are defects in the wiring of power outlets.

The major source of potentially lethal currents in any instrument or equipment is a leakage current. Leakage current is an inherent flow of non-functional current from the line electrical parts of equipment to the accessible metal parts.

Instruments are generally designed so that leakage current flows to the instrument case and then to ground via the three wire power cord provided with the instrument, the third or the grounding wire effectively drains off leakage current to the earth. However, the leakage current can become a real danger to the patient of the operator.

Leakage currents are divided according to the current path into the following types.

- Enclosure leakage current
- Earth leakage current
- Patient leakage current

Precautions to Minimize Electric Shock Hazards

The following precautions should be observed to prevent arising of hazardous situations from the medical equipment and electrical wiring in the Hospital:

- In the vicinity of the patient, we should use only apparatus or appliances with three wire power cords.
- Isolated input circuits for monitoring equipment should be provided.
- Checks of ground wire continuity of all equipment must be carried out periodically.
- No other apparatus in use where patient monitoring equipment is connected.
- Staff should be trained to recognize potentially hazardous conditions.
- Connector for probes and leads should be standardized so that current intended for powering transducers are not given to the leads as they tend to pick up physiological electric impulses.

- Many of the portable medical equipment such as dialysis, unit, physiotherapy apparatus, respirators, and humidifiers are used with adapter plugs that do not ensure a proper grounding circuit. Special care should be taken in such cases.
- The operating instructions should give directions on the proper use of the equipment. For electro-medical equipment, the operating instructions should be regarded as an integral part of the unit.
- The mechanical construction of the equipment must be such that the patient or operator cannot be injured by the mechanical system of the equipment, if properly operated.

- The patient should be completely isolated and insulated from all grounded objects and all sources of electric current.

Conclusion

Adequate electrical safety in health-care facilities can be achieved at moderate cost by combining a good power-distribution system, careful selection of well designed medical equipment, periodic testing of power systems and equipment, and a modest training program for medical personnel. The electrical safety care has led to increased knowledge and greater safety for both patients and medical personnel.

- सन्तोष कुमार ठाकुर (अपवाद)

(Exam Section)

यस्तै छ यहाँ !

म जहाँ जान्छु म सगैँ अरु पछाडी आउछन
किन हो किन थाहा छैन सबैले मलाई पछ्याउछन
समयको खेल भनु की भाग्यको
यो संसारमा सबैले मलाई लत्याउछन् ।

विरहको भाका जस्तै जिन्दगी पनि छ उस्तै
कस्को यहाँ बिस्वास गरु सबै छन यहाँ म जस्तै
मानिसको जीवन नै हो कर्म यहाँ पूरा गर्नु पर्ने
जता जाउँ जहाँ जाउँ देख्छु म यहाँ आर्यघाट जस्तै ।।

नोकरी चाकरी गर्दा गर्दै फुर्सद यहाँ पाको छैन
अरुको अगाडी राम्रो बन्न तकदिर यहाँ ल्याएको छैन
जस्लाई देख्छु म यहाँ छ सबैको उस्तै हालत
सबै भएको स्वार्थी यहाँ कसैको बिस्वास छैन ।।।

यस्तै छ यहाँ छ यस्तै जस्ले जे भने पनि
मन छियाछिया छ यहाँ अरुको लागि राम्रो भए पनि
सबै यहाँ सौखिन छन कस्लाई दोष लाउने
मानिसको जीवन यस्तै छ जस्ले जे गरे पनि ।।।

- Er. Purushottam Bagale

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गजल

रुप राम्रो देखिदैमा, रमाएर केहि हुन्न ।
बाटो हिड्ने बटुवालाई, समाएर केहि हुन्न ॥

धनि छन्है धेरै यहाँ, खुसि ठुलो भनिजान ।
धेरै थोरै मात्र धन, कमाएर केहि हुन्न ॥

निस्छल यदि माया रहे, पवित्रता यसै आउंछ ।
दुनियाको डरले मुटु, कमाएर केहि हुन्न ॥

दुरी रहोस टाढा बरु, मुटु एकै बनाउनु ।
क्षणभरको लागि शरीर, थमाएर केहि हुन्न ॥



पुणेन्द्रविक्रम लखे
उआविवितथा योग प्रशिक्षक

स्वतन्त्र र आनन्दित हुनको लागि योग

- १) योगको अभ्यासद्वारा चित्तशान्त भएपछि आत्मदर्शन हुन्छ, तवमानिस आफैमा परम सन्तुष्ट हुन्छ ।
- २) सदाको लागिदुःखरूपी संसारबाट मुक्तिदिलाइदिने योग हो भन्ने कुरा निश्चय गरी योगको अभ्यास गर्नुपर्छ ।
- ३) योगाभ्यासीमानिसको मन शान्त हुन्छ, रजोगुणरहित हुन्छ, र अक्षय सुख पाउँदै आनन्दस्वरूपहुन पुग्छ ।
- ४) योगको अभ्यास गर्नेले सबैलाई समान देख्छ, आफू सर्वत्र रहेको र अरु सबै प्राणी पनिआफूमै रहेको अनुभव गर्छ।
- ५) वेदाध्ययन गरेर, यज्ञ तथातपस्या गरेर र दान गरेर जो पुण्य फलप्राप्त हुन्छ, त्योभन्दा धेरै स्थानअर्थात सर्वोत्तम स्थान योग गर्नेले पाउँछ ।
- ६) सम्पूर्ण शास्त्रलाई बारम्बार विचार गरेर, बेस्सरी मथेर निकालिएको एक मात्र योगशास्त्र नै अतिउत्तम र अनुशरण योग्य छ ।
- ७) योगको ज्ञान गर्न खूब परिश्रम गर्नुपर्छ, यो ज्ञान भएपछि अरु कुनै पनिशास्त्रको आवश्यकता पर्दैन ।
- ८) योगको ज्ञान हुने योगीमिथ्यासंकल्प र सांसारिक भवजालबाट मुक्तभई परमात्माको दर्शन आफूमै पाउँछ ।
- ९) विधानअनुसार अभ्यास गर्ने महान योगी सबै प्रकारका दुःख र आपतबाट मुक्तभई स्वेच्छापूर्वक आचरण गर्न स्वतन्त्रहुन्छ तथाजहाँसुकै जान सक्दछ ।
- १०) कर्म, ज्ञान र उपासनाकुनै पनि राम्रा कार्यको सिद्धिका लागि योग नभई हुँदैन ।
- ११) योगविनाको ज्ञानले मोक्ष मिल्न सक्दैन ।
- १२) योगरूपी अग्निने सम्पूर्ण पापलाई जलाइदिएर ज्ञानलाई प्रकाशित गराइदिन्छ, र सोही ज्ञानले मुक्ति दिलाइदिन्छ ।
- १३) आत्मज्ञानबाट मात्रमुक्ति मिल्छ तर आत्मज्ञान योगविना हुन सक्दैन ।
- १४) संसाररूपी तापबाट पोलेर छट्पटाएका मानिसको लागि योग नै सबैभन्दा राम्रो औषधीहो ।
- १५) योगाभ्यास गर्नले प्रज्ञाज्ञानको उदय हुन्छ । योगाभ्यास नगर्नेको प्रज्ञाज्ञान क्षय हुन्छ । उन्नती र दुर्गतीको यिनै दुई मार्ग हुन् भन्ने कुरा बुझेर योगाभ्यास गर्ने गर ।

योग अभ्यासभित्रको **यम**भन्ने पहिलो अनुशासनबाट मानिसलाई चरित्रवान, इमान्दार, समाजसेवी, दयाशील, धार्मिक बनाई आफू र अरुलाई समेत सुख शान्ति प्रदान गर्ने कुरा दर्शाउँछ, भने **नियम**भन्ने दोस्रो अनुशासनले शरीर, मन, वचनमा शुद्धता ल्याउन, सन्तोष प्रदानगर्न, सत्य विचार ल्याउनत्यागको भावना जगाउँछ । तेस्रो अनुशासन**आसन**को अभ्यासले विकृत र अस्वस्थ शरीरलाई स्वस्थपारिदिने र कुनै पनि रोगको आक्रमणबाट मुक्तपारिदिने कार्यमा सहयोग गर्दछ । **प्राणायाम** भन्ने चौथो अनुशासन पालना गर्दा रक्तशुद्धि, मनशुद्धि र चित्तशान्ति गरी दीर्घायु समेत प्रदान गर्दछ । पाचौं अनुशासन **प्रत्याहार**को अभ्यासले अनियन्त्रितबानी परेको इन्द्रियहरुलाई ठीक स्थानमा राखेर इन्द्रियका कारणले उब्जने दुःखबाट रक्षागर्न सघाउ पुऱ्याउँछ । यसरी नै छैठौं, सातौं र अन्तिम अनुशासन **धारणा, ध्यान र समाधि** यी आन्तरिक अर्थात सूक्ष्म अभ्यास हुन् । यसको अभ्यासले मनलाई एकाग्र, शुद्ध र शान्त पाउँदै एकाग्रताको गहन अवस्था ध्यानको स्थितिबाट विशुद्ध ज्ञान प्राप्त गरी आत्मस्वरूप बोध गराई जीवनलाई शान्त, परम आनन्दमय बनाइ दिने कार्य गर्दछ ।

माथि पृष्ठभूमिमा उल्लेखित कुराहरु मैले आजभन्दा करिब ११/१२ वर्ष अगाडि फ्रान्सेली मित्र निकोलसबाट प्रेरित भइ अध्ययन पश्चात प्राप्त गरेको हो । किनकि ११/१२ वर्ष अगाडि मित्र निकोलससंग भेट भएपछि मात्र मलाई योग अध्ययन-अभ्यास गर्ने बाटो खुल्नगयो । यसको पछाडि एउटा रमाइलो कथा छ ।

प्रथम पटकको भेटमा मित्र निकोलसले मसंग 'योग' को बारेमा चर्चा गर्न खोज्दा मित्रको कुनै पनि कुरा नसुनी मैले एकतर्फी रूपमा आफू र आफूसंग आवद्ध खेल कराँतेको बाहेक अन्य कुरा सुन्ने धैर्य ममा थिएन । किनकि मभित्र तत्कालिन समयमा घमण्डले घनिभूत रूपमा बास गरिरहेको अवस्था थियो । यसर्थ कि म एशियाली कराँते च्याम्पियनसीपको स्वर्ण पदकधारी (१९९१) विश्व कराँते प्रतियोगितामा सहभागी (१९९३), यूरोपीयन कराँते च्याम्पियनसीपमा सहभागी (१९९१), छैठौँ डान ब्याकबेल्ट, नेपाल रेफ्री काउन्सिलको अध्यक्ष, नेपाल कराँते महासंघको सचिव थिएँ । मलाई लाग्थ्यो, दुनियाँमा स्वस्थ हुनको लागि केही छ भने त्यो कराँते हो, त्यो बाहेक अन्य केही छैन । यति कुरा मित्र निकोलसलाई मैले व्यक्त गरेपश्चात मित्र केही नबोली त्यो साल आफ्नो देश फर्कनु भयो । पुनः दोस्रो पटक आउँदा सोही कुरा अर्थात योगाको बारेमा मसंग चर्चा गर्न खोज्दा मैले उनको कुरा सुन्ने धैर्य नै नगरी एकपाखे रूपमा कराँतेको मात्र कुरा अनि व्याख्या गर्दा यसपटक पनि मित्र केही नबोली, सवाल जवाफ नगरी फर्कनु भयो । मित्र फर्केपछि मलाई अलिक सोचन बाध्य बनायो । किनकि हामी पूर्वीय दर्शनबाट पालनपोषण भएका र मित्र पश्चिमेली दर्शनबाट हुर्केबढेका फेरि पनि मित्रले किन मसंग बारम्बार पूर्वीय दर्शनभित्रका योगशास्त्रको चर्चा गर्न खोज्दैछन् त ? यसै प्रश्नले मलाई घोल्लन बाध्य बनायो र तत्सम्बन्धी अलिअलि अध्ययन गर्न थालियो । जति अध्ययन गरियो, त्यति नै गहिरो । यहाँसम्म कि अध्ययनकै दरम्यान के कुरा थाहपाएँ भने मलाई जे कुराको घमण्ड र पाखण्ड थियो, त्यो भ्रम रहेछ । अचम्म लाग्दो कुरा हिजोका ऋषिमुनीहरु जो योग-तप गर्दथे, उहाँहरुले नै आफ्नो आत्मरक्षाको कलालाई, रक्षाकलाको रूपमा वर्तमान कराँतेको रूपमा ल्याइपुऱ्याएको इतिहास पनि भेटियो । यी सब कुरा इतिहासको रूपमा फेला परेपछि म आफ्नो अल्पज्ञान, अल्प बुद्धिदेखि अलिक पनि शरम नमानी अब मेरो मित्र निकोलस कहिले आउँछ र क्षमा माग्दै हिजो मैले गरेको व्यवहारप्रति दुःखी नभइदिन आग्रह गर्ने सोचका साथ अगाडि बढेँ । यसै क्रममा ललितपुर, सातदोबोटोस्थित **प्रकृति प्रेमी समूह, निरोगधाम**का सूत्राधार, **उआविवि**का प्रस्तोता मेरा अनन्य मित्र डा. उमेश श्रेष्ठसंग भेट भए पश्चात मेरा जीवनका गोरेटोले १८० डिग्रीमा फड्को मार्ने काम प्रारम्भ भयो ।

डा. उमेशसंगको दैनिक भेटघाट, योगबारे विचार विमर्श, चर्चा परिचर्चा, वहसले ममा अलिक बौद्धिक क्षमताको स्तरमा वृद्धि हुँदै गयो र वास्तविक रूपमा जीवन जिउने कलाको मेलोमेसो मैले प्राप्त गर्दै गएँ । **निरोगधाम**संगको संसर्ग संगसंगै मैले उचित आहार, उचित विहार, उचित विचार (**उआविवि**) कहाँबाट आउँछ ? यसको मुहानकहाँ हो ? हामी किन भ्रममा छौँ ? हामी किन दुःखी हुन्छौँ ? आनन्द के हो ? स्वतन्त्र के हो ? आदिको उत्तरहरु सलल्ल बग्दै मेरा अगाडि आउने क्रमजारी रह्यो र जीवनमा हिजो जानेर वा नजानेर गरेका गल्तीहरुप्रति प्रायश्चित गर्दै आगामी दिनहरुमा **उआविवि**ले निर्देशित गरेका लक्ष्य र उद्देश्यका साथ योगमय जीवन-यापन गर्ने बाटोतर्फ उन्मुख गराउने मित्र डा. उमेश श्रेष्ठ र मित्र फ्रान्सेली नागरिक निकोलसलाई हार्दिक धन्यवाद दिँदै मलाई यो बाटोमा लाग्न अभिप्रेरित गरिरहने मित्र ल.पु.जि. ठैब गा.वि.स. निवासी रामकृष्ण श्रेष्ठप्रति पनि म कृतज्ञ छु । उहाँहरु सबैप्रति आभार प्रकट गर्दछु र अन्तमा **उआविवि**लाई जीवनको अभिन्न अंग बनाऔँ भन्ने अनुरोधका साथ बिदा चाहन्छु ।

प्रकृतितर्फ फर्कौँ ✦ प्रकृतिको नियमानुसार बाँच्न सिकौँ ✦

यसैमा नै स्वतन्त्रानन्दनिहित छ ✦

धन्यवाद ✦

(श्री पुरेन्द्रविक्रम लाखे प्रकृति प्रेमी समूह, निरोगधामका उपाध्यक्ष, नेपाल ओलम्पिक कमिटीका कार्यकारी उपाध्यक्ष तथा नेपाल कराँते महासंघका अध्यक्षको रूपमा पनि कार्यरत हुनुहुन्छ ।) दक्षिण एशियाली कराँते महासंघका प्रथम अपाक्ष ।

How much busyness is good enough ?

- **Er. Prerna Khwaunju**
Faculty, Dept. of Electronics & Computer

I remember my college days when there were exams, I used to value my time highly, studying all the times, waking up at nights, reading notes while waiting or utilizing every seconds to read. By studying those final hours, I used to pass. By the time I finished my exams, I felt very refreshed and the enthusiasm to study more used to persist. The thought 'how good had it been if I did not waste my time and studied more passionately like this earlier...' used to inspire me to start the time management of my own lifestyle. But then that thought used to vanish after few days. One significant thing I noticed during those days was how a human brain gets stimulated at certain times and can comprehend many things at a time, while at certain times; your brain gets totally dull. You don't understand a word at that stage. Is it the lack of sleep or is it the quality of your sleep or is it something else that triggers the activity of your brain? I had a small desire of understanding the work phenomena of human brains. After few years when I started to practice meditation, I got answers to many of those questions that recurred to me back then.

There is a saying "Lack of attention is the reason behind all the tensions you face." You start your day unmanaged. You stay late at night, wake up late in the morning, and then hurry up for your work. You hardly have the peaceful time to enjoy your breakfast. You get busy with your cell phone; get started with your day haphazardly. Beside your regular works, you are so much indulged in your old habits that you don't realize how much time you wasted on your gadgets, on having long unnecessary conversations with your friends, on TVs, internet and on other petty things. By the end of the day, you are so much exhausted and you go to sleep randomly. The habit of postponing your actual work becomes obvious. The list of tasks you should be doing piles up in your brain and makes you more and more perplexed. You are so much trapped into the mess of your lifestyle that you feel you are really a very busy person. You don't feel the need of self analysis or the urge to self transformation until the negativities in your lifestyle starts to take over you, until your old habits start to invite tensions, depressions, or even diseases into your life. Such a random lifestyle is common to most of the people. Well, this was exactly what had happened with my life too. At one point of my life I felt I needed an utmost change in my lifestyle. I wanted an organized pattern of my works. I wanted to finish jobs on time. I wanted a regular eating habit, a regular sleeping habit. I wanted myself to waste no time in gossips or worthless things. I wanted to be busy in useful works, yet be tension free. I wanted a well managed life of my own, me mastering my lifestyle. I knew I required serious changes into the way that I live and way I think. I was lucky I learnt certain life lessons that taught me the right way to bring about transformation in me. A little effort and determination were required. The change didn't

happen in a day, but I initiated it and slowly I started to conquer. The change actually starts when you are determined to change. One should be flexible enough to invite changes in lifestyle. It is not easy to abandon old habits and suddenly start new habits, so determination is a must.

To bring about real changes in life, deep self analysis is necessary. You should have a vision for yourself, who do you want yourself to be recognized as, what kind of personality you want to develop for yourself. You can start in the morning by maintaining a routine for your whole day. It is making the plans for your day, what are the works you should be doing today, where should you go, whom should you meet, how should you use your spare time and so on. It is like visualizing things correctly. It could be just visualizing yourself as the perfect you, how you want your personality to be like, how you want your work to be done. These thoughts you start your day with will act as the seed for your whole day. Your subconscious mind is ready to accept your order in the early morning as soon as you wake up and if you channelize your thoughts at this time then they will nourish you and you start developing the personality you desire. The power of visualization is the key to self-realization and transformation. The quote 'As you think, so shall you become' is more profound when you actually start such selective thinking. Lesser is the frequency of your thoughts; more powerful are your thoughts. So the visualization power is the first step you use to start your day, it is the recharging of yourself with positive thoughts.

The next step is to act according to the routine or the plan you have for yourself. The challenge is in doing what you think or plan. Your old habits will try their best to divert you away from your intention. So this is where, only your attention will help you win over the situations. Once you lose the attention on yourself and on your schedule you had planned in the morning, the chances are high that you might fall back to your vicious cycle. One should not jump into action instinctively. The traffic law of 'wait, see and go' applies to your actions too. It means, instead of being reactive in nature, you should be sensible enough to perceive things. First attention, then move on to action.

Finally at the end of the day, rechecking has to be done. Checking whether things worked out as planned, whether you are satisfied with your performance the whole day, finding out your own faults, realizing what corrections are necessary, forgiving and forgetting, accumulating the energy you lacked today, these are the things you should deeply analyze. After this analysis, you will discover the exact point where change is necessary. You will discover which part of yourself is beautiful and strong, which part needs to be mould. I had heard it somewhere that many great personalities in the world had the habit of maintaining personal diaries, the accounts of their daily karma and life as a whole. Keeping a chart of the ups and downs of your life is a good habit I always wanted to develop. And when you are done with your self-checking, you need to empty your mind, cleanse it and feel free before you finally fall asleep. The thought or the mood in which you fall asleep in will recur back to you as soon as you wake up the next

morning. So letting your mind go to rest, in peace, feeling free and light is necessary if you want the same thing to come back to you again.

A smooth and scheduled life as such keeps you positively busy enough. You will be busy enough not to be indulged in any waste works or gossips. You'll be preoccupied with the positive thoughts and vibrations for yourself and the surroundings. When you are busy with your positive routine in life, you'll have no time for any waste or negative thoughts. You'll have enough time for self analysis and transformation, because you now know how to manage your time. Busy doesn't necessarily mean stressed. Stress is created out of unmanaged lifestyle. But one can be busy, yet happy, as long as the busyness is created out of the positive scheduled life you make for yourself.

So next time when you answer back to sometime 'I am too busy', you should check 'Am I really busy with necessary works or am I wasting my time?' 'Am I too busy for my own life?' 'Am I happily busy or stressful busy?'

Unhitched Kite

Rishav Kafle
070/BEL/329

A certain someday
Gazing into the daylight, bright
Deep into the blue sky
I saw an unhitched kite
On its own it reached
That high that far
Made me feel
How unlike we both are

So I cut my strings
And took upon a flight
Weights off my back
It felt so light
The thrust of freedom
Glided me there
In an ambient
Without worries and fear

Nothing to block
Wind to my zeal
Lost within myself
To an unknown whirl
No destination and
Sight beyond futility
Wind of vastness
Conquered over gravity

A certain someday
Gazing into the daylight, bright
Besides unhitched kite
Was my eternal-self touching the sky.

Ashok Gyawali
072/BCE/

Light and Vision

Peaceful street wonderful color
Expected high fair but its danger

It seems paradise for moment
Deep in it, feels totally disappoint

Light able to visualize the outer
Vision inside it, feels no greater

Fake vision kills our innate
Knowledge itself seems illiterate

Beautiful vision creation through light
This falls, so bad, we should bright height

What I have seen, it should be the same
Great vision in the life of game

Inside and outside focus of light
Should visualize, to success, too bright

HOW TO CHANGE YOUR ATTITUDES



- *Kishor Sapkota*
Administrative Officer

Your outlook on life, basically your attitude can determine your happiness and success in life. Attitude is a mindset, how you view your world. Do you see the positive or do you focus on the negative? Our perception of the events in our life, and how we regard these events can be attributed to our attitude. *How can you change your attitude?* - When dealing with a situation try and find the good in it. Focus on the good, do not dwell on the negative. Depending on the situation, you sometimes have to look hard to find the good but it is there. By doing this you start changing attitudes to a positive attitude rather than a negative attitude.

Remember the saying, "you can't change other people, you can only change yourself." So if someone tells you that you have a poor attitude, don't try and convenience them otherwise as you won't change their mind. When someone tells us this we have a tendency to take a defensive attitude instead focus on how you can change.

Can you change attitudes of other people? Again, I would refer to the saying, "you can't change other people, and you can only change yourself". You will end up becoming very frustrated if you try and change other people. Remember, you can only change yourself and how you deal with that individual.

If you doubt you can accomplish something, then you can't accomplish it. You have to have confidence in your ability, and then be tough enough to follow through. Confidence comes when you're comfortable with who you are and what you're doing in your life. Don't wear masks, be yourself.

Successful people have seen the goal. They have an eye on the prize. They have a determined destination toward which they are moving. Because they are confident in the knowledge of what they want, they commit to achieving it.

At the end, nothing can stop you with the right mental attitude from achieving your goal, nothing on earth can help you with the wrong mental attitude.

Tilak Bhatta
071/BCT/585





Principal's message

It gives me immense pleasure to pen a few words as prologue to our magazine 'acem pulses'. Today education means much more than merely acquiring knowledge. It is acquisition of knowledge and skills, building character and improving employability of our young talent.

The service of the institution in creating personally mature, professionally equipped and service-oriented graduates is really worth mentioning. We strongly believe in academic excellence and do not compromise on teaching standards or discipline. These three things are the springboards on which we operate.

I congratulate all the contributors and the editorial board for bringing out such a beautiful magazine.

Prof. Dr. Balkrishna Sapkota
Principal

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OF ENGINEERING & MANAGEMENT**

