

PRIME NEWSLETTER – SEVENTH EDITION



VRITTANTA:

Stay informed, Stay inspired

Magh – Chaitra 2081



PRIME EDUCATIONAL INC.

INITIATE . EXPLORE . INNOVATE

Photography By : Manjil Aryal
BSc. CSIT 3rd Semester



VRITTANTA:

PRIME
GLOBAL SCHOOL
A Subsidiary of Prime College

Playgroup
to Grade 10

+2
Management

USM UTKRISHTA
SHIKSHALAYA मा वि
Unleashing Scholarly Minds since 2001

 **PRIME**
COLLEGE

BBA, BIM, BBS,
BBM, BCA,
BSc. CSIT, MBS

INITIATE . EXPLORE . INNOVATE

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PGS HIGHLIGHTS

EDUCATIONAL TRIP TO LUMBINI AND CHITWAN | Magh, 2081



8TH ARUNI INTER-SCHOOL TT TOURNAMENT | Magh, 2081



MARTYR'S DAY CELEBRATION | Magh, 2081



SARASWATI POOJA CELEBRATION: अक्षराम्भ | Magh, 2081



PUSHPA SADAN TT TOURNAMENT | Magh, 2081



PRIME ANNUAL DAY 2081 | Falgun, 2081



SCIENCE DAY – KARKHANA PROJECTS | Falgun, 2081



HOLI CELEBRATION | Falgun, 2081



EXPLORATION DAY AT BALAJU PARK | Chaitra, 2081





Highlights



Visit to Hotel Country Villa
Magh 2081



Barahsinghe Visit
Falgun 2081



Pokhara and Dhampus Tour
Magh 2081



Holi Celebration
Falgun 2081





PRIME COLLEGE **SECTION**

Shrijay Memorial ICT Cup 2025



Winner
CODE HIMALAYA

The Shrijay Memorial ICT Cup 2025 wasn't just about futsal—it was a celebration of teamwork, sportsmanship, and the IT community's spirit. Organized by **Prime IT Club** as a pre-event to ICT Meetup v8, the tournament honored the late past president, Mr. Shrijay Tuladhar, fostering stronger connections among IT professionals.

Held on Poush 28 and Magh 6, 2025, at United Futsal, Bafal, the event brought together 16 IT companies in a thrilling knockout-style competition, officiated by ANFA-certified referees. With the motto "Break from Tech", the tournament encouraged professionals to step away from their screens and engage in a different kind of challenge.

In an electrifying finale, Code Himalaya defeated defending champions CloudFactory with a stunning 4-0 victory. Sanam Maharjan from Code Himalaya emerged as the Top Scorer, netting 10 goals, while Shankar Tamrakar was named Best Goalkeeper for his incredible saves.

The event's success was amplified by the generous support of sponsors like Ather Energy, People's Dental College, Comic Café, Arcade Time, UG Cakes, and many more. Beyond the game, the tournament strengthened professional bonds, proving that tech isn't just about coding—it's about the people behind it.

Student SPOTLIGHT

Aparajita Poudel

Prime Freshers 2081

BBA 1st sem

I've always considered myself a dreamer, learner, and achiever. As someone who was never very expressive, I never imagined winning a fresher competition. But when I joined Prime College, I was excited by its extracurricular activities, especially the fresher competition. I knew I had to step out of my comfort zone and give it a try.

I entered the competition to learn, not to win. But when I unexpectedly won the Public Choice Award, I was amazed. Despite trailing by 200 votes, my close friends' support helped me win by just 2 votes. The tension was intense, but the feeling of victory was incredible!



On event day, I felt confident. My introduction and talent rounds went better than expected. I even surprised myself with my dance performance! The most challenging part was the Q&A round, but I pushed through with confidence, faking it until I made it. When they announced my name as the winner, I couldn't believe it.

This journey showed me that hard work, self-belief, and staying calm through challenges pay off. My message is clear: never lose hope in yourself. Keep pushing forward, and anything is possible.

GORKHA FIELD VISIT

BBA 2078

The field visit to Gorkha Museum and Gorkha Durbar offered a glimpse into Nepal's rich history. The museum showcased artifacts, weapons, and relics from the Shah dynasty, reflecting the nation's past. Gorkha Durbar, perched atop a hill, symbolized King Prithvi Narayan Shah's legacy and unification efforts.



The site's breathtaking views and historical significance made the experience both educational and inspiring. This visit deepened appreciation for Nepal's heritage and resilience.

AN UNFORGETTABLE JOURNEY TO KALINCHOWK BIM 2080



The trip to Kalinchowk was a perfect blend of adventure, friendship, and breathtaking landscapes. From scenic trails to unforgettable moments with friends, every experience made it a truly special journey. The memories created along the way will be cherished for years to come!





On Magh 20, 2081, **Prime IT Club** successfully organized a Workshop on Git & GitHub for third and fifth-semester BSc. CSIT students at **Prime College**. The session aimed to equip students with essential skills in version control and collaborative software development, crucial for modern coding practices.



The workshop was led by Sulav Baral and Sushant Bajracharya, currently 8th-semester students at Prime College and creative directors of Prime Creative Hub, the wing of **Prime IT Club**. They provided in-depth insights into Git commands, repository management, branching, merging, and GitHub workflows. The event featured interactive Q&A sessions, and hands-on exercises, allowing participants to engage actively and enhance their practical knowledge.

The workshop was well-received, with students gaining valuable experience in using Git and GitHub for real-world projects. The event fostered collaboration, problem-solving, and networking, marking a significant step in bridging the gap between academics and industry practices.

ACADEMIC TOPPERS

2077 Batch

BIM	7th Sem	Dixika Shrestha
BBA	7th Sem	Yaman Shrestha
BBM	7th Sem	Deebin Shrestha

2078 Batch

BIM	5th Sem	Bishesh Sambahamphe
BBA	5th Sem	Sumisha Maharjan
BBM	5th Sem	Subha Thapa

2079 Batch

BIM	4th Sem	Joyash Maharjan
BBA	4th Sem	Luniva Gorkhali

2080 Batch

BIM	2nd Sem	Pujjisha Maharjan
BBA	2nd Sem	Prajeena Shrestha
BBM	2nd Sem	Jeshna Maharjan





Industrial Visit To Barahsinghe BBM 2078



“**BREWING TOWARDS
A GREENER FUTURE**”

Barahsinghe

The industrial visit to Barahsinghe provided a firsthand look at industry operations and the product creation process. Observing each stage, from raw materials to the final product, offered valuable insights into manufacturing efficiency and quality control. Interacting with professionals highlighted real-world challenges and strategies in production management. This experience brought classroom concepts to life, making it a truly enriching learning opportunity.

Prime Cup 2081



Inter +2 Basketball Tournament 3x3



Prime College successfully organized the Prime Cup 2081: Inter +2 Basketball Tournament 3x3 from Falgun 4 to 6 at Prime College, Khusibun. The event, managed by **Prime Sports Club**, featured top teams competing for a Rs. 2,00,000 prize pool in both boys' and girls' categories. CCRC won the boys' championship, while Xavier International College secured the girls' title. Laligurans National Academy (boys) and Golden Gate International College (girls) finished as runners-up. National Academy (boys) and Golden Gate International College (girls) finished as runners-up.

The tournament was further highlighted by the presence of Mr. Sadhish Pradhan, Prime College alumnus and national basketball team captain, who awarded the winners. With this successful edition, Prime College reaffirms its commitment to fostering sports excellence and looks forward to even bigger tournaments in the future.



Empowering Voices:



A Recap of the Public Speaking Workshop at Prime



“Public speaking is not about perfection — it’s about connection, conviction, and courage.”

The EMC Public Speaking Workshop, held from Falgun 4 to Falgun 6 (February 16 to February 18) at Prime’s seminar hall, was more than just an event — it was a journey of learning, growth, and transformation. It was a space where students faced their fears, found their voices, and fueled their confidence.

Led by former EMC President Mr. Prabesh Adhikari, the sessions focused on overcoming stage fear, structuring powerful speeches, and engaging audiences with ease. Through real-life stories, interactive exercises, and practical strategies, participants learned to speak with clarity, speak with conviction, and speak with purpose. Though attendance was low, the impact was high — and the lessons will last a lifetime.

Faculty Spotlight

Rupendra Gopali

Vice Principal of Management and Entrepreneurship Division



1. How do you introduce yourself as a faculty member of Prime College?

I'm Rupendra Gopali, Vice Principal of the Management and Entrepreneurship Division at Prime College. With over 11 years in academia, I started as a lecturer and took on roles like program coordinator. I'm passionate about fostering a collaborative learning environment and supporting students' growth. market.

2. What inspired you to pursue a career in education, and how has your journey led you to this role as the Vice Principal of the Management and Entrepreneurship Division at Prime College?

I Initially considered education as a secondary option, but as I became more involved in teaching, I developed a deep passion for mentoring students and witnessing their growth. I embraced every opportunity, from teaching to leading various programs, earning the trust of management. Over the past decade, this journey has led me to my current role as Vice Principal of the Management and Entrepreneurship Division at Prime College.

3. What has been the most rewarding part of mentoring students?

The most rewarding part of mentoring students is witnessing their transformation. From fresh high school graduates with high hopes to confident, skilled and Career focused individuals, seeing their growth is truly gratifying. Knowing that I've played a role in shaping their future brings me immense joy and satisfaction.

4. What do you appreciate the most about working at Prime College?

What I appreciate most about Prime College is its vibrant, supportive culture. The collaborative spirit among faculty, staff and students fosters innovation and creativity, aligning with our institution's values. The college's commitment to excellence motivates me to continually push boundaries and strives for the best in education.

5. What is one habit or mindset you believe every student should develop to succeed in their career?

I believe students should adopt a mindset of continuous learning and growth. In today's fast-changing world, staying updated, tackling challenges, learning from failures and being open to feedback are crucial. Developing both technical and soft skills, along with adaptability, will help students succeed in their Careers.

6. How do you see the future of education evolving?

The future of education will be more technology-driven, with AI tools shaping students' creativity and learning. While this raises concerns about critical thinking and intellectual development, digital learning tools also offer personalized experiences. The focus will shift from earning degrees to acquiring real-world skills, with an emphasis on both technical expertise and soft skills to stay competitive in the future job market.



Many students at **Shree Aadharbhat Vidhyalaya, Neureni, Chitwan** struggle to attend school due to harsh winters. To support them, the **Prime Social Innovation Club and Prime Cultural Club of Prime College** launched Project Sarathi, providing essential winter clothing. On 7th Falgun 2081, a dedicated team, including Bijita Pokhrel (President, Prime SIC), Aavash Devkota (Vice-President, Prime SIC), and MLRC Coordinator Niraj Thapa Magar, distributed 165 warm outfits.

Project Sarathi

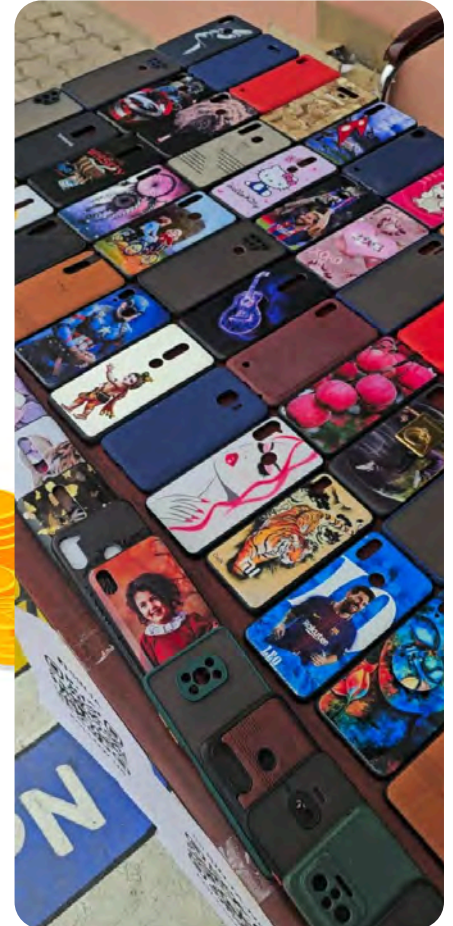
A Step Towards a Warmer Future

Through generous donations, **NPR 88,947.38** was raised, with **NPR 81,511.30** spent on garments and **NPR 4,200** on logistics. The remaining **NPR 3,236.08** funded six additional outfits, and **NPR 236** was donated to the school. This initiative was more than just distributing clothes—it was a testament to collective goodwill, proving that compassion drives real change. We sincerely thank all contributors for helping create a warmer, brighter future for these children.



Prime Business Bazaar

The Entrepreneur in You



**“ It’s not about Ideas
It’s about making ideas happen ”**

–Scott Belsky

Prime EMC is providing a platform for flourishing businesses with Prime Business Bazaar – The Entrepreneur in You, an exciting initiative aimed at fostering entrepreneurship among students. This weekly event, held every Thursday, offers aspiring entrepreneurs a chance to showcase their businesses, engage with potential customers, and gain real-world business experience. The Prime Business Bazaar features a diverse range of stalls, offering everything from handmade jewelry and accessories to electronic gadgets and tech essentials. The event has already provided a platform for businesses like Cherry Beauty, Sija Handicrafts, Shine Sisters, and Sinja Commerce to display their products.

With new businesses joining each week, the Prime Business Bazaar continues to inspire and nurture young entrepreneurs, turning ideas into reality and fostering a dynamic environment where students can innovate, grow, and bring their entrepreneurial visions to life.

WELCOME & FAREWELL



A Celebration to new beginnings

Prime College hosted the Prime Welcome & Farewell Program on 11th Falgun 2081 at Nepal Academy Hall to welcome the 2081 Batch and bid farewell to the 2076 Batch. The event featured vibrant performances and celebrated achievements.

A major highlight was the "Students of the Batch" award, recognizing outstanding students from each faculty for their dedication and excellence.

Student of the Batch 2076

BBA: Narina Pradhan

BBS: Dinesh Rai

BBM: Supriya Pathak

BCA: Bishan Poudel

BIM: Sweta Tara Tuladhar

BSc. CSIT: Nasla Maharjan

The Prime Freshers 2081 contest honored new talent, with Aparajita Poudel winning both Prime Freshers and Prime Public Choice awards, while Shashwat Lamsal took home the Prime Talent award.

The event was graced by respected judges Ms. Irina Shrestha, Ms. Roneeshma Shrestha, and Mr. Wasim Malik, with support from sponsors like Teaola Nepal, Kokhana Nepal, Ranjana Cineplex, and Hotel Crowne Imperial.

Thanks to the organizing committee, volunteers, and performers, the event was a great success, marking the start of a new chapter at Prime College.

Three-Day Online UI/UX Workshop



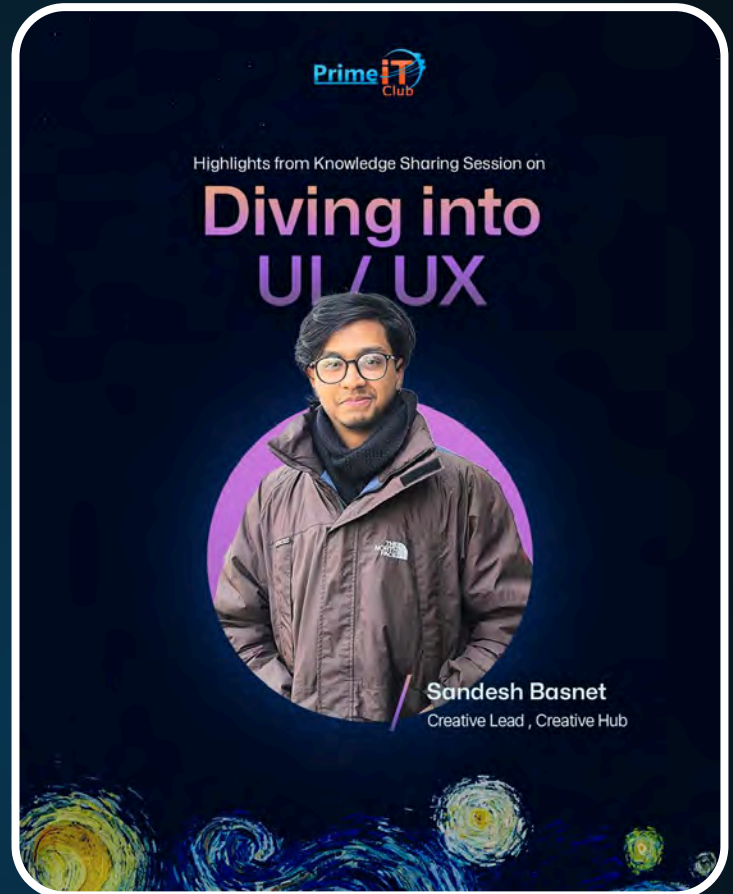
Prime Creative Hub, a wing of **Prime IT Club**, organized a three-day online UI/UX Workshop for its members via Discord. Led by Sandesh Basnet, Lead of UI/UX at Prime Creative Hub, the workshop focused on mastering UI/UX design with Figma, a popular tool in digital product design.

Day 1 introduced Figma's core features, laying the foundation for effective layout design.

Day 2 was a hands-on session where participants created a structured login page, applying key design principles like spacing, visual hierarchy and usability.

Day 3 covered advanced Figma techniques, such as prototyping, components, and useful websites to enhance design workflows.

The workshop encouraged active participation and practical exercises, helping participants build valuable skills for future design projects and industry challenges.



Miller's Law

The average person can hold only 7 (plus or minus 2) items in their working memory.

Two-Day Trip to Gorkha and Bandipur

BSc. CSIT 2080



The two-day trip to Gorkha and Bandipur was filled with exploration and memorable experiences. Day one included visits to Gorkha Durbar and the Gorkha Museum, followed by an overnight stay in Bandipur, where we explored Bandipur Bazaar. On day two, we continued discovering Bandipur, with a hike to Siddha Gufa (Cave) on the way back, bringing the journey to a delightful end.

ALUMNI

SPOTLIGHT



Samyukta Silakar
BBM Alumni

1. Can you tell us briefly about yourself and your journey since graduating from Prime College?

Hi, I'm Samyukta Silakar! My journey since getting my BBM degree from Prime College has been exciting and filled with many opportunities. I work as a Management

Assistant at Prime Global School, which is a subsidiary of Prime College, and am currently doing my MBS at Prime College. Managing administrative and human resources duties is part of my job, which has been very helpful in my career and personal development. Thus far, the journey has been amazing!

2. What was your major, and how did your college experience shape your career path?

I studied Business Management (BBM) at Prime College, and looking back, my time there shaped my career a lot. The mix of classes, group projects, and real-world case studies helped me develop a logical way of thinking and problem-solving skills. I'm grateful for the strong foundation I got at Prime College, and I use those lessons every day in my job.

3. You are currently pursuing your MBS at Prime College—what inspired you to pursue this degree?

I felt that pursuing MBS was the ideal decision since I wanted to learn more about human resource management and business strategies. I've always learnt a lot at Prime College, and by continuing my education here, I can easily manage my studies and my career growth.

4. You are also working at Prime Global School—what do you enjoy the most about your work there?

I love a lot of things about my job! I enjoy how my job is dynamic and allows me to manage several administrative and HR duties. Being a part of an organisation that is developing young minds is rewarding, and I value the chance to support an effective and organised learning environment.

5. Were there any key experiences or mentors at Prime College that helped you get to where you are today?

Of course! My experience was greatly influenced by the Prime College instructors. Their guidance, experience, and unwavering support inspired me to explore various management opportunities. Additionally, taking part in various college events helped me develop my confidence and ability to adapt, two qualities that are essential in my current job.

6. If you could go back and give advice to your college self, what would it be?

I'd tell myself to take every opportunity—whether it's networking, learning something new, or pushing my limits. Building a career isn't just about academics; extracurricular activities, internships, and soft skills matter just as much. And most importantly, Don't overthink the future—things have a way of working out

7. How can alumni stay connected and contribute to the college community?

Alumni can stay connected by joining events, mentoring students, and sharing their career experiences. They can also help by offering internships or working on projects with the college. A strong alumni network supports both past and current students, making the community even stronger.

WELCOME AND FAREWELL 2081





MAHADEV BEATS & FEATS

Bonfire, Music, and Memories at Prime College on 13th Falgun

Shivaratri at Prime College was more than just a festival; It was a night of warmth, laughter, and unforgettable moments. Organized by Prime Cultural Club, the celebration brought together students, faculty, and club members for an evening filled with tradition, good vibes, and a lot of music.

As the sun set, the college grounds came alive with excitement. A bonfire was lit at the heart of the gathering, instantly creating a cozy and welcoming atmosphere. Friends huddled around the flames, sharing stories, laughter, and the simple joy of being together. The flickering fire wasn't just for warmth; it symbolized unity, bringing everyone closer in the festival's spirit.



Of course, no Shivaratri celebration is complete without prasad! After soaking in the bonfire's glow, everyone enjoyed the sacred offering, adding a spiritual touch to the night. The calm and peaceful moment was soon followed by something more energetic: a jam session!

The air was filled with melodies and laughter. Whether it was soulful tunes or spontaneous beats, everyone had their moment to shine. Faculty members joined in too, making the evening feel less like a formal event and more like a gathering of friends.

The celebration was a beautiful reminder that Shivaratri is not just about rituals; it's about connection, culture, and creating memories with the people around us. As the night came to an end, the warmth of the fire remained, not just in the air but in the hearts of everyone who attended.

यथार्थः

Her Voice in STEM



On Falgun 25, **Prime IT Club**, in collaboration with Women Leaders in Technology (WLIT), organized 'यथार्थः Her Voice in STEM', an inspiring Women's Day event celebrating and empowering women in STEM. The event featured an insightful panel discussion highlighting the struggles and triumphs of women in science and technology, along with engaging interactive activities.

The esteemed panelists included Pratikshya Pandey (CEO, Smart Cheli), Ishika Panta (Founder, Abhaya Project), Sagun Khanal (Senior Platform Product Manager, CloudFactory), and Evasana Pradhan (Frontend Engineer, Itonics). The discussion, moderated by Yasmini Gyawali from WLIT, shed light on the challenges women face in STEM fields and how they can overcome them. Their stories of perseverance and success served as a strong motivation for aspiring women in tech.

In addition to the panel, participants engaged in Human Bingo, fostering connections among attendees, and a heartfelt activity called "Letter to My Younger Self," where they penned down encouraging messages to their past selves. The event provided a space for learning, networking, and empowerment, encouraging women to embrace their potential and break barriers in STEM fields.

SHE LEADS : STORIES OF STRENGTH

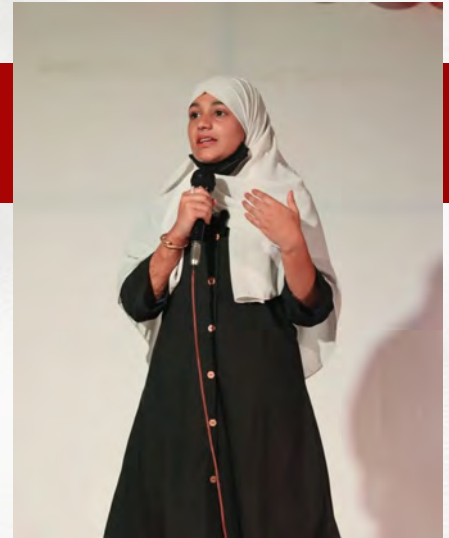


27th Falgun

She Leads: Stories of Strength is a platform that highlights the stories of fierce, resilient and inspiring women whose voices often go unheard. This year, we were honored to hear from Srichchha Pradhan, Miss Nepal World 2023, Priya Sigdel, Miss Nepal Earth 2018, and Muskan Khatun, a Human Rights activist and IWOC 2022 Winner, each sharing their powerful journeys of resilience.

The inspiration continued with our in-house speakers, Salina Maharjan and Supriya Thapa Bhujel, who also shared their empowering stories. Matina Shakya, former Royal Kumari of Nepal, offered a rare insight into the life of Nepal's living goddess and the weight of tradition she carries with grace.

These women showcased that womanhood is multi-dimensional-embracing complexities, challenges and strengths. They emphasized the power of using one's voice for change and supporting others along the way. True empowerment comes from honoring our past, shaping our future and lifting each other up.





PRIME HOLI FEST-2081



A Small Celebration with Big Smiles

This year, the **Prime Cultural Club** hosted a memorable Prime Holi Event 2081. This event was intentionally smaller due to certain constraints, but the energy, enthusiasm, and joy of the attendees proved that Holi's spirit isn't about size, but the celebration itself.

The event was a hit, with a great turnout of students, staff and club members. The atmosphere quickly became vibrant as students were covered in colorful powders - a true representation of the festival. The club also organized a tika and mithai session for the staff, symbolizing festive greetings.

In an exciting addition, Zontes motorcycle showcased their bikes on campus for two days, offering students thrilling rides. A sound system zone was set up, where students DJed, keeping the crowd dancing. The popular panipuri stall provided a delicious break between the fun.

Despite the smaller scale, the event left a lasting impression. As one student shared: "Celebrating Holi at college with friends and club members created a core memory for us. It was our first Holi art Prime, and the fun and bonding were amazing."



The Prime Holi Event 2081 proved that even small events can make a big impact, and the Prime Cultural Club continues to celebrate community and color.

– Prime Cultural Club Executive Committee



VRITTANTA: CREATIVE CORNER

Visionary Thinking Unleashed



BALANCING ENTREPRENEURSHIP AND STUDIES

My Journey with Sinja Commerce at Prime College

As a student at Prime College, balancing my education and entrepreneurial journey has been an incredible challenge. Managing a business while pursuing a BSc. CSIT is no easy task, but with the support and flexibility offered by Prime College, I've been able to grow my company, Sinja Commerce (<https://sinja.com.np>), alongside my studies.



Sajan Shrestha
BSc. CSIT 8th sem

The Inspiration Behind Sinja Commerce

As an IT student, I understand the importance of having a good computer for programming, designing, or research. However, high-performance devices often come with steep prices, making them unaffordable for many students. This led me to create Sinja Commerce, an e-commerce platform that offers Online EMI services, allowing students and consumers to purchase laptops, smartphones, and other gadgets with flexible payment options. My goal is simple: make technology accessible to all, so students and professionals can focus on their growth without financial limitations.

How Prime College Helped Shape My Entrepreneurial Journey ?

Prime College has played a significant role in my entrepreneurial growth. The combination of academic knowledge, practical application and a supportive environment has helped me balance my studies and business. Faculty and mentors have guided me through challenges and have been instrumental in scaling Sinja Commerce. Events like BizFeast and the Legal Workshop have also been invaluable. BizFeast connected me with like-minded entrepreneurs, while the Legal Workshop helped me understand the legal aspect of running a business in Nepal. These experiences have sharpened my business strategies and financial planning.

Prime College: A Hub for Student Entrepreneurs

What I appreciate most about Prime College is its commitment to supporting student ventures. The college provides not just education but a platform for students to explore their entrepreneurial potential. From networking opportunities to promotional support, Prime College has helped my businesses gain visibility and credibility.

To students with ideas but doubts about starting, I encourage you to take the leap. With the right environment, like the one we have at Prime College, success is possible. My journey with Sinja Commerce is still evolving, and I look forward to further growth with the continued support of my college and mentors.

हराएको म ।

म विगतका दिन सम्झन्छु
अनि म खोज्छु हराएको मलाई।
को थिए म?
के थियो मेरो अस्तित्व ?
अनि कहाँ हराएँ म?

आफ्नै आत्मा धितो राखेर किनेको खुसी थिए,
वा कसैले भीकमा दिएको ?
तर खुसी त म पक्कै थिए।

आफ्नै मूल्यमा किनिएको खुसी थिए।
कसैले बेचेको पत्तै भएन,
कसैलाई नासो राखेको विश्वास
संगाल्न नसकेको पत्तै भएन।

तर, मलाई नदेऊ फिर्ता।
यो मुटु मेरो होइन,
मेरो मुटु येती खोक्रो छैन अनि
मेरो मुटु एती खाली छैन

मलाई मेरै मुटु फिर्ता देऊ,
र सक्छौ भने
आफुलाई साक्षी राखेर किनेको खुसी फिर्ता देऊ
सक्छौ भने मलाई म नै फिर्ता देऊन

गुम्सिएको कोठामा म आफैँलाई खोज्छु,
अनि मेरो मनको चिहानभित्र गाडिएका सपना
खोज्छु।
आँखा बन्द गर्दा आफ्नै स्पर्श खोज्छु,
र आँखा खोल्दा फेरी आफ्नै अस्तित्व खोज्छु।

तर मेरो अस्तित्व कहाँ छ?
तिमीले मलाई कहाँ गुमायौ ?
गुमेको आत्मा,
हराएको मन,
र सपनाहरू साथै सन्देशका रूपमा
म आफैँलाई खोज्दैछु।

यो यात्रा निरन्तर जारी छ,
मैले आफ्नो अस्तित्व खोज्दै,
गुमेका पल र हराएका इच्छाहरूमा हिँड्दै।

मेरो सपना कहाँ हराए?
अनि म कस्तो थिएँ,
के म साँच्चिकै म थिएँ?

अस्तित्वको प्रश्न,
जीवनको धुन्ध,
हरेक कदममा एक नयाँ उत्तर खोज्दैछु,
जसरी नदी माटोको रेतसँग मिल्न खोज्दछ,
तसरी मैले आफैँलाई भेट्न खोज्दैछु।

Purnima Acharya
BBA 6th Semester



अन्तिम सास

जिवन त हो, बिस्तारै कट्दै छ।
उमेर बढदै र समय घट्दै छ।
कति दिन चाँही हो बाच्ने थाहा छैन।
हाँसि खुसी क्षण कटाउनु छ

परिवारसँग रमाइलो गर्दै बसेकै छ।
साथीहरू सम्झदै बसेको छ।
धेरै सम्झना आए भेट्ने, बोल्ने गरेको छ।
जिवन त हो, बाँचेकै छ।

रोगहरूले च्याप्दै लगेको छ।
शरीर चलाउन गारो हुँदै आएको छ।
खातमा बित्दैछ दिनहरू।
परिवारले हेरचाह गर्दैछ।

एकदमै गारो भयो जिउनलाई
रोगहरू बलिझदै छ।
परिवारलाई पनि म बोझ लाग्यो होला।
अस्पताल गएँ, चाँडो निको हुन्छु भन्ने मेरो आश छ।

भोलीपल्ट म अस्पताल जान्छु,
निकोभएर तन्दुरुस्त हुन्छु।
भन्दै गएँ म अस्पतालमा,
सियोले घोपिदियो मलाई, गारो गरी हातमा।

आइया! दुख्यो, गारो भयो भने मैले सबैलाई
मैले भनेर अस्पताल ल्याय, घरको याद आउछ भन्ने कस्लाई।
बिस्तारै लगे आइ.सी.यू.मा, के के गरे, गरे।
भेट्न नि दिएन मेरा परिवारलाई, पैसा मात्र लिए धेरै।

धेरै बाँचें, जीवनमा अब स्वर्ग जाने बेला भयो।
सब रमाइलो पलहरू सम्झे, मुखमा हाँसो आयो।
परिवारहरू सम्झिए, एउटा लामो सास लिए।
आँखा चिम्ली, सास रोकियो, जिवनबाट मुक्ति लिए।



लेखक

श्रुती श्रेष्ठ

BBA 6th semester

WHAT IS DEATH?

"What is death" I wonder.
Is it the end of a story,
Or the beginning of a new one?

Some "choose" death,
while others cower at its name.
For some, it's a shackle.
For others, it's freedom.

Some are oblivious to its existence,
While others know it too well.

While it may have many meanings,
Death, itself is an inevitable end.

Smile Ahmad
BIM 2nd Semester





Arsia Manandhar
BIM 3rd Semester



Minasha Maharjan
BBA 3rd Semester

Creative Art & Drawings

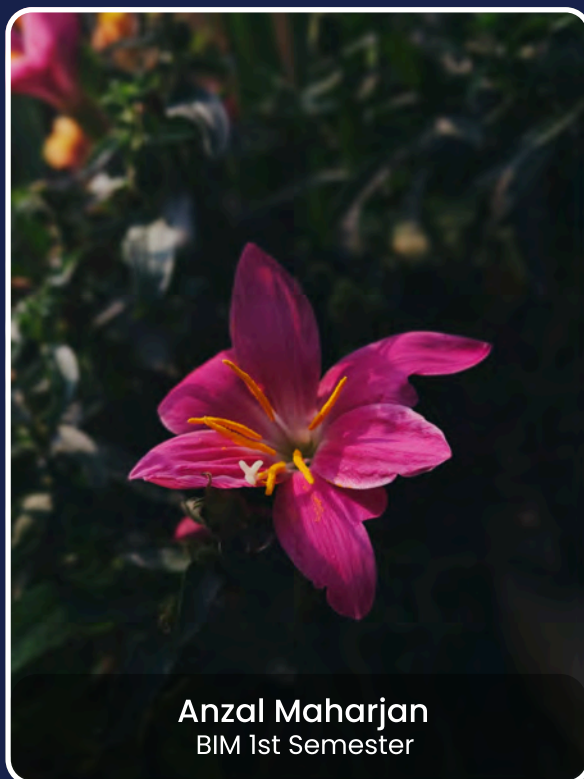


Anshu Tamang
BBM 8th Semester



Sumisha Maharjan
BBA 6th Semester

PHOTOGRAPHY



LIFE AT PRIME



IDEA TO
IMPACT
Prime
EMC
4th Magh,
2081



GIG
ECONOMY
29th Magh,
2081



Graphic Design Basics



Two Day
Online
Graphic Design
Workshop

**Prime IT
Club**

24th Magh,
25th Magh
2081



**BIM 2078
Karkhana
Field Visit**
28th Magh,
2081



**E-Sports
Tournament**
**Prime E-sports
Hub**

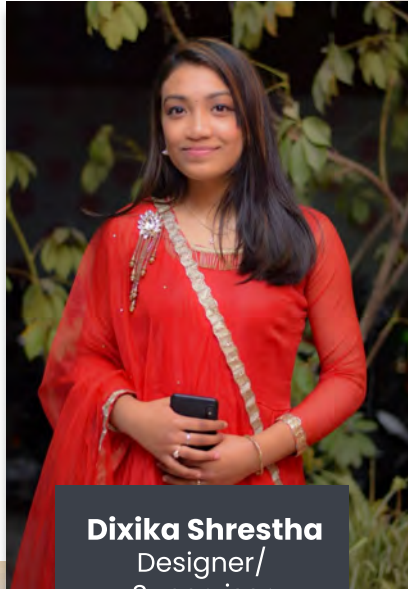
8th Chaitra,
2081



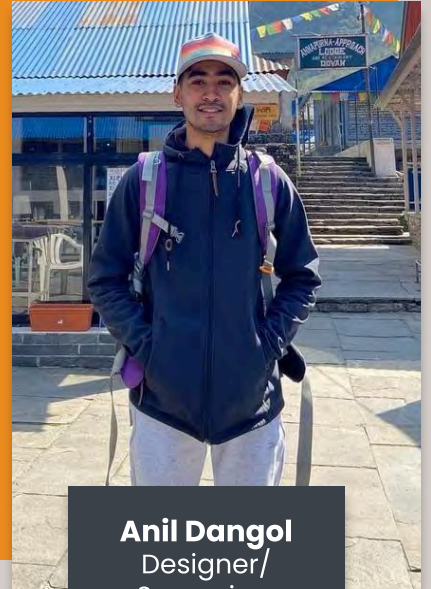
VRITTANTA: TEAMS



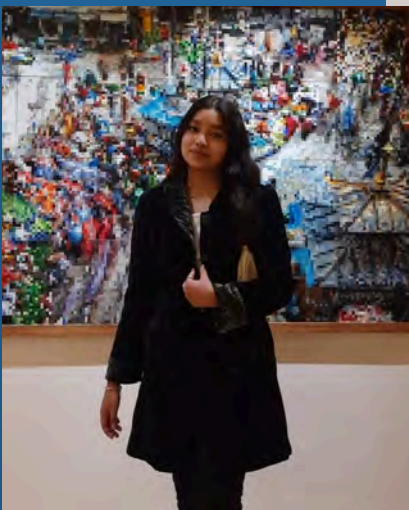
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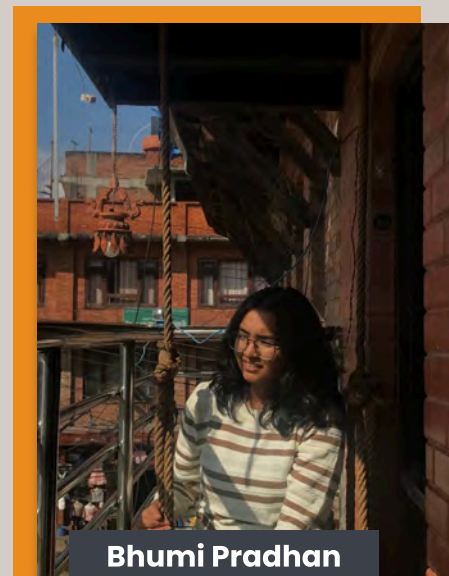
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THANK YOU

As we wrap up the seventh edition of Vrittanta:, we want to extend our heartfelt thanks to everyone who made this newsletter a success. Your honesty and the stories you've shared have been inspiring, emotional, and sometimes challenging, but always real. We're truly honored that you've trusted us with your truths, even when they weren't easy to tell. Your ongoing encouragement has made it possible to create content that resonates.

A special thanks to our readers—your support is the heartbeat of this publication. We also deeply appreciate the guidance of our **Ethics and Standard Officer (ESO), MPRE, MLRC, and the Academic Department of Prime College.**

A huge shoutout to our incredible editorial team, whose dedication and passion have brought this edition to life. Special mention to **Aavash Maharjan, Anil Dangol, Bishal Devkota, Dixika Shrestha, Luniva Gorkhali, Manjil Aryal, Prabisha Maharjan, Ritika Maharjan, Sachi Manandhar, Saleena Shrestha, Sumisha Maharjan and Shruti Shrestha, Smile Ahmad, Ranish Manandhar, Bhumi Pradhan, Harish Chaisir, Shristi Buddha Magar** for their dedication and effort in bringing "Vrittanta:" to life.

As we look ahead, we're excited about what's to come. The next edition of Vrittanta: promises even more compelling stories, fresh perspectives, and creative contributions. We invite you to be a part of this journey—whether by sharing your own stories, submitting artwork, or simply offering your feedback. Together, we can continue building a space where every voice, every perspective, and every creative expression is celebrated.

The possibilities are endless, and we can't wait to see what the future holds for Vrittanta:.

Thank you for being a part of Vrittanta:.

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