



Ms. -Nita Adhikari (Visiting Faculty)

THE DARKER SIDE OF SOCIAL MEDIA

Ting! Ting! Replaced the morning alarm. It is no wonder social media has been a part of our daily lives. We are often alarmed with notification from the application that we have installed on our mobile devices. However, social media has both advantages and disadvantages in today's world. Several studies have indicated that the use of social media has a severe impact on negative mental health resulting loneliness, suicidality, and decreased empathy among young adults.

Social media is a world where everyone's life seems perfect. The happy faces, good relationships, achievements, and happy news but there is a darker side of it too. Have we ever pondered on how much pressure it is to be happy on social media? Once you decide to put social media on the rest there is enough time to explore things in this beautiful world. Let's explore how social media has been affecting our mental health and my journey of hibernating from social media for 5 months.

Replaced social media with books

When I stopped using social media, I had enough time to explore other activities. For instance, I chose to spend time reading books. My reading habit has been improving since I chose to use social media for a lesser time.

Enough time with family

Often, we aren't so grateful for our life. We

forget that we have limited time on this earth. Therefore, it is necessary to make our life meaningful by spending time with what we love doing or by spending time with our beloved ones. Studies have claimed that people spend 4-6 hours a day on social media. I chose to spend that time with my family.

Nature a gateway for fake news

The serenity of being in nature is something we humans often miss in our busy work schedule. Studies have claimed that people spend 4-5 hours online consuming the information available on the internet. Everything that we see on the internet is not true. Therefore, I chose to be in nature rather than on the internet which helped me to have clarity over my thoughts and goals.

Now that I have mentioned my journey by escaping social media there is also a darker side to it. We become the victim of it once the notification pops in our mobile phone. Social media not only affects our day-to-day life but it also influences our decision making. For instance, if a person is democratic, he/she follows democratic content only and barely follows republic content. This results in hating republic supporters and vice versa. Not only in politics, the dark hole of the internet leads to question our privacy too. Whatever we search on the internet, we see the advertisement popping in our news feed. Not only that trolling, cyberbullying is another darker side of social media. In conclusion, we have a choice to limit the use of social media in our day-to-day life and enjoy our life.





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MESSAGE FROM THE CHAIRMAN

Dear Readers,
Greetings from PCPS College!

I am glad to welcome our readers to our 2nd issue of PCPS Connect of year 2022. This three month was full of happening events and programs with the main purpose of entertaining our students.

As a part of LBEF group, PCPS college also partnered with Coursera for providing various course certificates and we are very proud to announce that we are offering more than 5000 course certificates which will provide not only the theoretical knowledge but help them to gain practical skills and thus make them ready for their career.

Overall, in this quarter, we celebrated our 4th Convocation Ceremony, Annual Day and various other events which has made this quarter cheerful and made the students optimistic for the next quarter.

With the help of proper planning for classes and events, students were able to successfully complete their learning semester even and also enjoy the events and occasions of the college.

I would like to convey my gratitude to all the students and management for their continuous support for the academic as well as non-academic participation. We hope to provide the best education to all our students and wish you all the very best for your future endeavors.

Take Care and Stay Safe

With Warm Regards,
Er. Pankaj Jalan
Chairman
LBEF Group of Institution



FROM THE DESK OF EDITOR

Dear Readers,

On behalf of Patan College for Professional Studies (PCPS), Kathmandu Nepal, I am delighted to welcome you on the issue of this quarter (Volume 4, Issue 2) of our newsletter the 'PCPS Connect.'

Firstly, we are very proud to share that our Respected Chairman Er. Pankaj Jalan Sir received "National ICT Excellence Award 2022" from Honorable Minister Gyanendra Bahadur Karki for his relentless contribution in the field of Information Technology in Nepal.

In this quarter, we have organized and celebrated many events and Guest Lecture Sessions. We started this quarter by honoring our graduated students through PCPS 4th Convocation Program on 2nd April, 2022. With the support of college clubs, students and management team, we organized Sports Week from April 10, 2022 to April 16, 2022.

As a part of employee refreshment, LBEF Group of Institution organized Workplace Wellness Program and all the employees of all five institutions participated and enjoyed the program. Carrying on with the culture of PCPS College, the college celebrated its Annual Day and Cultural Fest on 22nd April, 2022. The college also organized a Residential Orientation Program 2022 on Jun 9 for newly enrolled students of summer batch and also organized an Industrial Visit to CG Food Park and DDC for the students.

Stay Safe and Healthy!

Thanking you,
Aslesha Pant
Asst. Program Coordinator BA(Hons) BA



Congratulations!



Hon'ble Chairman Er. Pankaj Jalan

We are immensely proud to announce that our Respected Chairman Er. Pankaj Jalan Sir received "National ICT Excellence Award 2022" from Honorable Minister Gyanendra Bahadur Karki for his relentless contribution in the field of Information Technology in Nepal. PCPS College, being a part of LBEF (Lord Buddha Education Foundation) Group of Institutions, would like to congratulate him for the recognition. Being the pioneer IT (Information Technology) college of Nepal and the first international degree provider in Nepal with a history of over 2 decades, we just aim to carry on with our legacy in the field of IT and Business in future also.

EVENTS

4TH GRADUATION CEREMONY 2022

2nd April, 2022



"The Future Looks Bright"

PCPS College, Kupondole, Lalitpur organized the 4th Graduation Day on 2nd April, 2022 for the outgoing batch of BSC Computer Science & Software Engineering & BBA at Aloft Thamel, Kathmandu. PCPS is affiliated to University of Bedfordshire and participated were students and parents in the presence of Chief Guest Prof. Dr. Bhola Thapa, Vice Chancellor of Kathmandu University and the honors were conferred by Dr. Thapa to 88 graduates of B.Sc. Hons. Computer Science and software Engineering & BBA(Hons) program of PCPS College. Also present were the distinguished guests Mr. Rajendra Khetan head of Nepal Britain Chamber of Commerce.

The program started with a procession march by the graduates, later followed by the dignitaries and presented guests,

followed by Lighting of the lamp by the dignitaries and welcome speech by Executive Director LBEF (Lord Buddha Education Foundation) Group of Institution Er. Prakash Kumar Kejriwal. Further on the list was the most significant event – Passing the light of Knowledge. All the graduating students in their graduation dress with tassels on their right received the light of knowledge from the guest. It was a moment that really added charm to the atmosphere with a sense of achievement. Speaking on the occasion PCPS College Dean Er. Ajaya Sharma remembered the three years spent with them wherein he tried to teach, preach & mold them for their better growth. He expected everyone to achieve the pinnacle of success with a positive framework of mind.

The guest speaking on the occasion

said, "Dream Big and Achieve what you desire for." Followed by the speech of the students who cherished the moments and shared their experience, & thanks to their parents, faculties and others who helped them to excel in their respective achievements during the pandemic situation. The Vote of thanks in the form of blessings was given by the Chairman of LBEF Group of Institution Er. Pankaj Jalan welcomed everyone and gave a bird's eye view of the achievements of the students and the laurels that they had brought to the Institution. He emphasized the importance of schooling and the values to carry forward in their life. He also stressed students to equip themselves with adequate skills and knowledge to face the challenges and to excel in their career. Students cherished the moments. Graduation day concluded with lunch & Photo Session.

Graduation Ceremony- 2022





ANNUAL PICNIC

3rd April, 2022

The workplace environment, colleagues, and the quality of work are greatly affected by how you take care of your health and well-being. Being a better version of yourself leads to better work output, which is most likely to inspire others.

As a part of employee refreshment, LBEF Group of Institution organized Workplace Wellness Program for the employees of all five institutions which are: LBEF College, PCPS College, Akshar Vidya Mandir, Guru the Pathfinder, ISS (International School of Skills) Nepal on 3rd April, 2022 participated. The purpose of this refreshment was to introduce employees to one another as a part of the LBEF family and also for mental health refreshment and well-being.



SPORTS WEEK 2022

10th April, 2022



*"OVERPOWER.OVERTAKE.
OVERCOME."*

Like every year, this year also the PCPS College has organized Sports week with grand excellence. From 10th April 2022 to 16th April 2022, PCPS college was in full on sportsman spirit. Several indoor games like carrom, chess, Table tennis

were on the list of scheduled sports.

The Sports Club president Mr. Omark Dangol and vice-president Mr. Raphy Shrestha conducted all the games. As every student of the college participated in the sports, Students were very much excited after all this was the time to enjoy beyond studies. Several indoor

and outdoor games were held in the event. The indoor games such as Carom, Chess, Table Tennis, FIFA 21, PUBG were held within the premises of PCPS college, whereas, Valorant and CS-GO were held in Bootcamp, Nepal. Outdoor games such as Basketball, Tug of War were held within the premises of PCPS college. Similarly, Futsal & Crikshal was held in Ball Park Sports Events & Academy Imadol, Badminton in Imadol Badminton and Sports Club, Rajkulo Tol. The students were divided into teams. All the students started to compete and the battle of winning and losing was set up. The sports club instructed and provided game details to all the players. The futsal match was one of the most interesting ones, in fact all the cheerleaders and players enjoyed it a lot. Staff, faculty, and non-players joined the players to support them. Eventually, every game was organized properly by the sports club of PCPS. Every student, participants, staff, and faculty enjoyed the sports week and everyone returned with a heart full of memories.

ANNUAL DAY & CULTURAL FEST

22nd April, 2022

PCPS College organized its Annual Day & Cultural fest on Friday, 22nd April 2022 with Fun, laughter & entertainment. It is a matter of pride that the college is renowned for its excellent academic and extracurricular standards. PCPS is committed to educate, enrich & excel in imparting quality education. As a part of the cultural programs, the PCPS college has organized dance & song performances by the students, faculties, and staff. The event was graced by the presence of Er. Pankaj Jalan, the Chairman of LBEF (Lord Buddha Education Foundation) Group of Institution. His remarkable speech motivated the students and the team of PCPS college.

Students & faculty members' felicitations were for their academic/nonacademic achievements and sports. Awards and merits certificates were given jointly by Dean Er. Ajaya Sharma & COO Mr. Sunanda Regmi.

With a theme of ethnicity, all the staff and students came wearing ethnic



clothes resembling their cultures. Following different cultures, religion and ethnicity, all of the attendees of the program provided a message of Unity in Diversity.

Food stalls were installed by PCPS students with mouthwatering delicious delicacies. Photoshoot with creative props also became a 'not-to-miss' act

which made the event livelier.

Later, the stage was electrified by the students' rocking performances like dancing, singing, skits etc. Cherry on top was the Food Challenge which raised the temperature of the event with the spicy ramen eating challenge. It was a memorable and wonderful experience for the PCPSians.

MISS NEPAL ACTIVATION PROGRAM

26th April, 2022



Beauty today demands us to work both inside and out. It is not only how you look or appear; it is much more than that. Your knowledge, skills, confidence, inner peace, and happiness accumulate to make one a beautiful human being. A Big Thanks to Miss Nepal The Hidden Treasure for

standing by such a noble value and sharing the same to students through The College Activation program. PCPS in association with THE HIDDEN TREASURE has given an opportunity to students to empower, facilitate progress and represent the country on a global stage by keeping the

opportunity door open for the students, faculty & staff as well to highlight their hidden talents. Girls had the experience of being evaluated by their physical appearance. Too often, young college girls' misbeliefs about their own attractiveness influence their self-worth. By attending the activation program, the misbelief of young girls certainly has changed. Students gained a new perspective on defining beauty from this interactive program & got the chance to win astonishing prizes and participate in exciting games and interact with former Miss Nepal.

We were thrilled with the presence of Miss Nepal Coordinator Neelam Chand, Miss Supranational Shimal Kanaujia and Miss Nepal Earth Supriya Shrestha. It was a wonderful experience and insightful session for the PCPS students.

PICTURE COLLAGE







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