

The UPC Pulse

Editorial

Dear Readers,

Education is the foundation upon which dreams are built and futures are shaped. With great enthusiasm and a commitment to academic excellence, Uniglobe Premier College (UPC) proudly welcomes its inaugural batch of Grade XI students in the Science and Management streams for the academic year 2026. This marks the beginning of a new chapter in our journey to provide quality education, foster innovation, and nurture responsible future leaders.

At UPC, we believe that learning extends beyond the classroom. Through academic excellence, co-curricular activities, leadership opportunities, and character development, we strive to inspire every student to discover their potential and achieve their aspirations. As we embark on this exciting journey together, we invite our students, parents, teachers, and well-wishers to be part of a vibrant learning community where knowledge, integrity, and excellence go hand in hand.

Together, let us inspire minds, shape futures, and build a legacy of excellence.

Happy Reading !

-- Rupesh Bahadur Pradhan

Welcome Program Celebrations

"A new beginning reminds us that when dreams meet determination, every journey unfolds with endless possibilities."



Uniglobe Premier College proudly organized its Welcome Programme for the inaugural batch of Grade XI Science and Management students at The Everest Hotel on 11th June, New Baneshwor, Kathmandu. The event was graced by its Chairman, Principal, Management team, Faculty members, Staffs, Parents, and Students, marking the beginning of a new academic journey filled with enthusiasm and aspiration.

The programme commenced with the traditional lamp-lighting ceremony, jointly inaugurated by the Chairman and the Principal, symbolizing the light of knowledge, wisdom, and new beginnings. The celebration continued with vibrant cultural dance performances by the bachelor's level students, creating a lively and welcoming atmosphere for the newcomers. The programme also featured the introduction of the management team and faculty members, providing students with an opportunity to become acquainted with the individuals who will guide and

support them throughout their academic journey. The event concluded on a high note with a group photograph of the College management teams, teachers, staff, and students, capturing the memorable occasion.



Bhanu Jayanti Poetry Writing and Recitation Competition

"Verses, Voices and Heritage"



To commemorate the 213th Birth Anniversary of Adikavi Bhanubhakta Acharya, UPC organized a Poetry Writing and Recitation Competition on 13th July 2026 at the Sagarmatha Hall. The programme was graciously attended by the Chairman, Principal, Management team, Faculty members, Teachers, and Students, who gathered to celebrate the rich heritage of the Nepali language and literature.

The competition provided a wonderful platform for students to express their creativity and appreciation for Nepali literature through their original poems. The participants confidently recited their

poems in Nepali, captivating the audience with their heartfelt expressions, creativity, and eloquent delivery. Their remarkable performances reflected both literary talent and a deep respect for the legacy of Adikavi Bhanubhakta Acharya.

The programme concluded with appreciation for all the participants, whose inspiring presentations made the event truly memorable. The celebration successfully promoted the spirit of creativity, cultural pride, and literary excellence among the students, making Bhanu Jayanti a meaningful and unforgettable occasion at UPC.

Formation of Student Clubs

"Passion, Participation and Progress"

As part of its commitment to providing holistic education, UPC officially established various student clubs to encourage active participation beyond the classroom and to nurture the diverse talents and interests of its students. The clubs aim to promote leadership, creativity, teamwork, communication skills, and social responsibility while providing students with opportunities to engage in meaningful co-curricular and extracurricular activities.

The following clubs were formed during the programme:

- Social Service
- Art & Cultural
- AI & Robotic
- Sports Club
- Literary Club

Each club is guided by dedicated faculty coordinators and student representatives who work together to organize various programs, competitions, awareness campaigns, workshops, and community engagement activities throughout the academic year. These clubs serve as platforms for students to explore their interests, develop their potential, and build essential life skills beyond academics.

We believe that active participation in student clubs enhances confidence, fosters collaboration, and cultivates responsible future leaders. Through these initiatives, the college aims to create a vibrant learning environment where every student is encouraged to learn, lead, and grow.

Leadership, Service and Commitment

Selection of Class Representatives and Badge Distribution Ceremony



To encourage leadership, responsibility, and active student participation, UPC conducted the selection of Class Representatives (CRs) from both the Grade XI Science and Management streams. The selected CRs were entrusted with the responsibility of representing their respective classes, promoting effective communication between students and the college administration, and assisting in various academic and co-curricular activities.

Following the selection process, a Badge

Distribution Ceremony was organized to formally recognize the Class Representatives and Student Club Members. The badges were presented as a symbol of leadership, commitment, and service to the college community. The programme marked the beginning of a culture of responsibility, teamwork, and student leadership to contribute actively towards the growth and success of the institution.

Oath-Taking Ceremony

"A Promise to Lead, A Commitment to Serve."

As part of the Class Representative Selection and Badge Distribution Programme, an inspiring oath-taking ceremony was conducted for the newly selected Class Representatives and student club members. The students took an oath to uphold the values of discipline, integrity, responsibility, teamwork, and dedication in fulfilling their roles as student leaders.



EMIS Training for Faculty Members

"Embracing Technology, Enhancing Education"

As part of its commitment to embracing digital innovation in education, UPC successfully conducted an EMIS (Education Management Information System) Training for its faculty members. The training aimed to familiarize teachers with modern educational technologies and strengthen their ability to manage academic activities efficiently through a digital platform.

During the training session, teachers actively participated in learning the various features of the EMIS, including recording student's attendance, uploading study materials and assignments, maintaining academic records,

entering examination marks, monitoring students' progress, and managing other essential educational activities. The programme enabled faculty members to develop the necessary digital skills required to ensure effective classroom management and seamless communication with students. The college remains committed to organizing similar professional development programmes in the future to further strengthen digital competence, promote innovative teaching practices, and continuously enhance the quality of education.

Public Speaking Programme

"When confidence finds its voice, ideas have the power to inspire."



UPC organized a Public Speaking Programme on 2nd August for Grade XI students, providing them with a platform to express their ideas and opinions with confidence. The students participated enthusiastically and demonstrated their communication,

presentation, and critical-thinking skills. The programme encouraged students to overcome hesitation, build confidence, and develop effective public-speaking abilities beyond the classroom.

Parents–Teachers Meeting

"When home and school unite, learning becomes a shared journey."

UPC successfully organized its Parents–Teachers Meeting (PTM) on 1st August, (Saturday) at Anupama Foodland with the active participation of parents and guardians of the Grade XI Science and Management students. The programme served as an excellent platform to strengthen the partnership between the college and parents in supporting students' academic and personal growth.

The programme commenced with the introduction of the Chairman, Principal, Management team, and faculty members

their children's education and overall development. The college administration and faculty members addressed their concerns and assured them of the institution's continuous commitment to providing quality education and a supportive learning environment.

The meeting was conducted in a well-organized and formal manner, fostering open communication and mutual understanding between the college and the parents. UPC sincerely extends its heartfelt gratitude to all the parents and guardians who participated enthusiastically, shared their valuable advice,



to the parents and guardians. During the interactive session, parents shared their valuable suggestions, raised their queries, and exchanged constructive ideas regarding

and expressed their trust and support. Their overwhelming presence and encouragement made the programme a meaningful and successful event.

GURU PURNIMA

"Gurur Adir Anadir Cha, Guruh Param Daivatam;
Guror Parataram Nasti, Tasmai Shri Gurave Namah."



Guru Purnima was celebrated with warmth and reverence at the college premises, creating a beautiful moment to honour the teachers who illuminate the path of knowledge and wisdom. The celebration was a heartfelt expression of gratitude towards the Gurus whose guidance, patience, and encouragement continue to shape young minds and inspire them to move towards a brighter future.

The occasion reminded us that a teacher is not merely a source of knowledge, but a guiding light who helps students discover their potential, overcome challenges, and

believe in themselves. The celebration at the futsal ground brought together the spirit of learning, respect, and togetherness, making the day a memorable tribute to the invaluable role of teachers in every student's journey.



First Unit Test and Result Distribution

"Every assessment is not a measure of where we stand, but a step towards where we aspire to be."

The First Unit Test for the Grade XI Science and Management students was conducted from 27 July 2026 (Monday) to 3rd August 2026 (Monday) marking the first academic assessment of the session. The examination was organized in a disciplined and systematic manner, allowing students to evaluate their understanding of the lessons covered during the initial weeks of the academic year.

The results were declared and distributed on 7 August 2026 (Friday) Students received their result sheets along with constructive feedback from their teachers, helping

them identify their strengths and areas for improvement. The result distribution programme also encouraged students to remain focused, work consistently, and strive for academic excellence in the upcoming assessments.

The successful completion of the First Unit Test reflected the college's commitment to maintaining high academic standards and promoting a culture of continuous learning and improvement.

Futsal Tournament

"Passion, Power and Performance: Inter-House Futsal Competition"



UPC successfully organized an Inter-House Futsal Competition on 6th and 7th August 2026 A.D. at the College Futsal Ground. The tournament witnessed enthusiastic participation from both boys and girls of Grade XI Science and Management, who demonstrated remarkable sportsmanship, teamwork, and competitive spirit throughout the event.

The preliminary matches were held on Thursday, while the grand final was successfully conducted on Friday, attracting enthusiastic support from students, teachers, and staff members. The competition was organized under the close supervision of the faculty members and the ECA team, ensuring a well-managed, disciplined, and enjoyable sporting environment. Throughout

the tournament, the participants displayed excellent football skills, coordination, determination, and fair play, making the event both exciting and memorable.



Academic Workshops for Grade XI Students

"When curiosity meets knowledge and ideas meet experience, learning becomes a journey of discovery."

As part of its commitment to promoting quality education and experiential learning, UPC organized a series of academic workshops for the Grade XI Science and Management students. The workshops were designed to complement classroom learning by providing students with practical insights, interactive activities, and opportunities to deepen their understanding of various academic concepts.

The sessions encouraged active participation, critical thinking, problem-solving, and

collaborative learning through engaging discussions and hands-on activities. Students enthusiastically participated in the workshops, making the sessions highly interactive and productive. The programme also provided an excellent platform for students to broaden their knowledge, enhance their analytical abilities, and develop confidence in applying what they learn in the classroom.

Making Waves: Swimming Carnival 1.0



UPC organized a Swimming Carnival at Dhanwantari Swimming Pool, Kalopul, Kathmandu, on 9th August 2026, providing students with an opportunity to participate in swimming activities while enjoying an active and refreshing experience beyond the classroom. The students participated in the carnival with great enthusiasm and excitement, demonstrating keen interest and a positive attitude throughout the event. Their active involvement made the carnival energetic and enjoyable while encouraging them to develop confidence, discipline, coordination, teamwork, and physical fitness. The carnival provided students with valuable

exposure to swimming as an important life skill and sporting activity. It also encouraged them to explore their abilities beyond academics and develop a healthy and active lifestyle. Under proper guidance and supervision, the students participated enthusiastically in the activities and made the day a memorable and enjoyable experience.



Book Talks and Essay Competition

"Read to discover, think to understand, and write to inspire."

The ECA/CCA Department successfully organised a Book Talk and Essay Competition to encourage students' creativity, reading habits, and critical thinking skills. The Book Talk session provided students with an opportunity to share their ideas, reviews, and reflections on different books, enhancing their confidence and communication skills. Similarly, the Essay Competition motivated students to express their thoughts through effective writing and explore various contemporary issues with originality and creativity. The event witnessed enthusiastic participation from students. The winners of the competitions were Rashmi Simkhada and Pranisha Thokra,

who demonstrated outstanding creativity, expression, and dedication. The department congratulates the winners and appreciates all participants for their active involvement.



Students' Articles

Why Does My Brain Do That? A Student's Guide to Psychology

Ever opened your book with full determination to study, only to find yourself scrolling through your phone five minutes later? Ever walked into an exam thinking you know everything and then suddenly your brain decides to take a vacation?

If yes, congratulations—you are experiencing psychology.

Psychology is the scientific study of the mind and behaviour. But for students, it is much more than a definition in a textbook. It is happening around us all the time in classrooms, friendships, exams, group projects, and even those 2 a.m. overthinking sessions.

Take procrastination, for example. You know you have an assignment due tomorrow, but suddenly your room desperately needs cleaning, your playlist needs organising, and that one random video on your feed looks very important. Why do we do this? Our motivation, habits, attention, emotions, and environment can all influence our behaviour.

By
Samragyee Pant
Class 11, Science (P2)

POEM

Just Me

I don't have a perfect plan,
I'm only doing what I can;
Some days I win, some days I fail,
But I keep walking on my trail.
The sky reminds me to dream high,
Like birds that freely cross the sky.
The wind tells me, "Don't be afraid,"
Every effort is never wasted.
Books may teach me many things,
But life gives lessons every day.
Every smile and every tear
Help me grow from year to year.
I hope one day I'll make a change,
Even if it's small and strange.
Until that day I'll do my best,
And leave the future to the rest.

By
Oasis Khadka
Class 11, Science (P1)

PLEASE COME !!

A-15 year old boy in a small town in maryland satdown at his computer after getting home from school one day. He turned it on logged into AIM and was then surprised to receive an IM from a classmates of his,who had been absent that day

It consisted of two words;"please come" confused,the boy sent a reply,asking why he'd been absent that day. After two more messages and fifteen minutes with no response,he decided to get on his bike and head over to his classmates house.It was a short ride,only about five minutes away.

When he got to the house,he found the door was unlocked. Inside,partially dried blood was splattered over the walls and floors,and an unreconizable figure was crumpled against the for the wall.It was missing an arm and a leg,and bloody streaks on the floor lead away from the body and into the kitchen. The boy slammed the door closed,and immediately called 911 on his cell phone.

When the police arrived,they found three corpses,as well as track leading away from the house from the back door.The forensics report concluded that the entire family,the boy's classmate and his parents,had been killed sometime the previous night.

By
Gurans Bist
Class 11, Management (B)

Womens Rights and Humanitarian Crises Education Bans:

Reports regarding to Afghanistan, forgoing against gender equality.

Women and girls faced increasing level of gender based violence whether it's at home or public. Female were deprived of almost all their fundamental rights. They have been facing discrimination since 10 years. (1996-2001). They had to strictly follow the rules that Taliban required for women must be accompanied by male as in small things as well. In March, UNAMA reported that the Taliban had prevented women from attending prayers in mosques during Ramadan in Badghis and Herat provinces. The women were arrested by Taliban's due to violating its restrictive dress code. Taliban releasing rules for women female to wear burqa, (A clothe where all the part of skin, face is covered). Keeping them hidden from the world and themselves.

By
Kritiza Limbu
Class 11, Science (B3)



Full of ups and down’s
You never know what got
wrong.
Life, full of hope but
sometimes you choose not to see it.
Life, full of beautiful choices
but somehow you end up
choosing wrong one.
Life, full of happiness yet
you see only bitterness
when sad.
Life, full of love but
you see only hatred
when broken down.
Life, full of judgement yet
you choose to do
the same.
Maybe life is different
for all.

By
Rashmi Simkhada
Class 11, Management (C)

The Voice of the Heart

In the temples bells
In the mosque’s call to prayer
In the church’s hymn
I heard the same calling.
I saw light in the Hindu god
Dignity in the Sikh symbol
Humility in Islam’s prostration
Patience in the Christian cross.
Perhaps God does not care about
these names.
Perhaps he only hears the voice of
the heart.
The language of love.
Perhaps color, language, religion
These are all just paths.
Different,
Yet the destination is one.

By
Samragyee Pant
Class 11, Science (P2)

A Dream to Follow

Everyone has a dream in life that they
want to achieve. I also have a dream
in my heart—a dream to make a better
future for myself. I know that the path
toward my dream may not always be
clear or easy, but I am ready to move
forward without fear.
There may be times when I fail, but
I will not give up. Every mistake can
teach me something new and help me
become better. I believe that if I keep
trying and learning, I can slowly turn
my dreams into reality.
My family is also an important part
of my journey. Their love and support
give me strength every day and help me
find the right way. I want to make them
proud and become the person I wish
to be.
The future may bring many different
paths and challenges. I may not know
exactly where I will go, but I will
continue moving forward with hope
and determination. I will keep working
toward my goals and allow my dreams
to grow. I believe that with courage,
hard work, and the support of my
family, I can create the future I dream
of.

By **Ujjwal Jha**
Class 11, Science (P2)

**Why Calisthenics Is Actually Cool
for Students Like Us**

Let’s be honest — most of us don’t have time
(or money) for the gym. Between classes,
homework, and scrolling on our phones,
fitness often gets left behind. But what if you
could get stronger and healthier without any
equipment? That’s where calisthenics comes in.
Calisthenics is basically working out using
just your own body weight. Think push-ups,
squats, planks, pull-ups, and lunges. No fancy
machines, no heavy weights — just you and
a bit of space. You can do it in your room,
on the terrace, or even in the school ground.
The best part? It’s free and super flexible.
You don’t need a membership or special
clothes. Even 15–20 minutes a day can
make a difference. Many students start with
simple moves like knee push-ups or wall
push-ups and slowly get better. Over time,
you’ll notice stronger arms, better posture,
and more energy — which is honestly
helpful when you’re studying late at night.
Calisthenics also helps with stress. After a
long day of classes or exams, doing a few
sets of squats or holding a plank can clear
your head. It’s not just about looking fit; it’s
about feeling stronger and more confident.
You don’t have to become a professional
athlete. Just start small. Do what you can, stay
consistent, and you’ll slowly see progress.
And the coolest part? You’ll be building real
strength using nothing but your own body.

By,
Brabim Pradhananga
Class 11, Management (B)

The Things I Cannot Choose

I stand where countless pathways meet,
Each one calling out my name,
I want to choose, I want to move,
But every choice feels just the same.
My dreams are scattered everywhere,
Too many things I want to do,
I try to find what matters most,
But every answer feels unsure.
They tell me, “Know your priority”,
As if it’s simple to decide,
But how can I choose just one small road
When so many dreams live inside?
So I keep waiting for a sign,
A little light to lead me through,
Hoping someday I’ll understand
Which path was always meant to be true.
Until that day, I’ll take it slow,
And let myself not know it all;
Perhaps the right choice isn’t found
Perhaps I’ll find it as I walk.

By
Stacy Singh
Class 11, Science (P2)

**The Voice of
a Martyr**

*I gave my life for my dear land,
So we could live with peace at hand.*

Freedom means we all are one,

Under the moon and shining sun.

Love each other every day,

Help the weak in every way.

Do what is right, be kind and true,

Build a better world for me and you.

When our flag waves in the sky,

Remember those who come to die.

Their dreams still live every heart,

So let us all do our part.

I don’t want fears or war again,

I want joy instead of pain.

Keep our country safe and free,

That is my dream of you and me

By

Name: Dwaipayan Khanal
Class 11 Science (P3)

Life is Beautiful

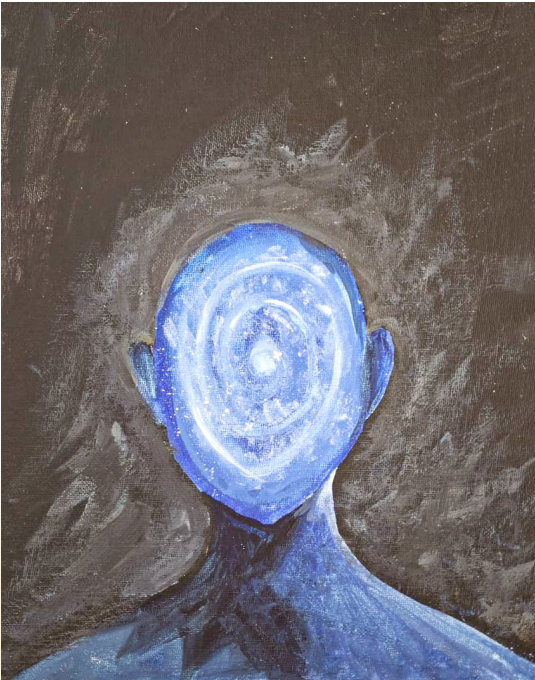
**“Life is not measured by the number
of breaths we take, but by the moments
that take our breath away.” - Unknown**

Life is indeed beautiful. One day, one week,
one hour, one minute, and even a second,
once gone is something that can never be
printed again. Life is an opportunity to create a
masterpiece of thoughts, stories, relationships,
or happiness. Rather than wasting time trying
to imitate others, we need to be thankful for
what we’re given. Adversity is something that
is everpresent, embrace it alongside one’s own
struggles, face challenges courageously, and in
turn, relish every moment; life truly is a gift.
Life is about finding beauty in the ordinary. If
you can’t do great things, make the small ones
great, and that is how aesthetics can be found
in the ordinary. Referring to small things that
matter a lot like laughter of your loved ones,
the joy overflowing to the brim after solving
along prolonged difficult problems, and also
the soothing sound of raindrops falling onto
the ground. “Life is beautiful” is more than
just a phrase, it’s a perspective to see life
that encourages us to find beauty in it. Life is
comparable to a magnet if you focus on the
positive; it draws more positivity into your
life. But if you’re always thinking negatively,
you’ll attract that energy too.

By
Nimble pokhrel
Class 11, Management (C)

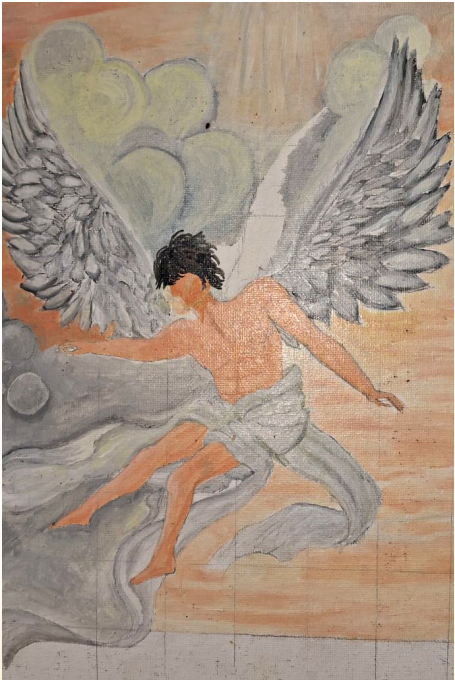
The Magic of Art

*Echoes of
Identity*



By
Bidisha Das
Class11, Science(B3)

*Where Dreams
Take Flight*



By
Kritiza limbu
Class 11, Science (B3)

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