

NCHU Ambassador- 2024 Winter Vacation- International Students' Life Experience

Sankar Panthi

A Home away from Home: My Journey in Taiwan and NCHU Bonds

Allow me to introduce myself. I am Sankar Panthi, hailing from the small and beautiful village of Chhtradev 3 in Arghakhanchi, Nepal. I always believed that life was like a big adventure, with twists and turns waiting at every corner. And you know what? I found out it's true. It all started after I finished high school in my village. Eager to learn more and a firm believer in the saying "the future belongs to those who believe in the beauty of their dreams", I packed my bags and set off for Kathmandu, the bustling capital city of Nepal. The streets there were bustling with noise and teeming with crowds but to me, they were like a new kind of classroom. I absorbed every bit of knowledge I could find and began to dream big. Looking back on that pivotal moment in my life, it appears both daring and challenging. Even when life throws its tricky challenges my way, I stand tall, facing them head-on with a heart full of unwavering courage. Confronting difficulties serves as a school of life, propelling me forward. I have noticed that dreams, once envisioned, tend to manifest. Thus, I never abandon the pursuit of turning my dreams into reality.

Then, fate took me on another journey. I landed in Taiwan, at the National Pingtung University of Science and Technology (NPUST), where I completed my bachelor and master's degree with excellent academic grades and extra activities. I learned to work harder and also had a lot of laughs and fun during my stay in Pingtung. It was time to draw a roadmap for the future with pride after receiving the certificate of graduation. Following the completion of my master's degree, I found myself torn between the decision to enter the workforce for a year or pursue further studies. In September 2023, I faced the decision of where to pursue my PhD studies: NPUST or National Chung Hsing University (NCHU). While NPUST felt comforting and familiar like home while NCHU appeared dynamic and ripe with opportunities for personal and academic growth. Opting to challenge myself, I selected NCHU, recognizing that remaining too comfortable can hinder personal growth. Now, I find myself embarking on my first year as a PhD student in the esteemed Medical Biotechnology program at NCHU, renowned as one of Taiwan's top universities. NCHU is located in central Taiwan and has really good academic standards and modern facilities, making it a great place for studying.

What distinguishes NCHU apart as the perfect institution for my doctoral studies is its inclusive and globally oriented environment. Here, students from diverse backgrounds thrive academically, benefiting from a multilingual communication setting that caters to both English and non-English speakers. Moreover, the NCHU staff not only helps with academic needs but also provides strong support and encouragement. This creates a caring environment that helps students develop in various aspects. This supportive backdrop, combined with the expertise of highly qualified academic supervisors, makes NCHU the ideal choice for me. The university's dedication to fostering a collaborative and enriching academic community ensures that students like myself have the resources and guidance necessary to excel in our scholarly pursuits.

NCHU feels like a second home already. The people here are amazing—they have become like family. My classmates and professors have been incredibly supportive and friendly. They have helped me settle in and feel confident in this new chapter of my life. For six years now, I have been deeply involved in Taiwan's lively environment, with more experiences ahead. This journey filled

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with ups and downs, has been possible because of the strong support from my university, friends, and mentors. Choosing NCHU for my Doctoral studies especially with respected professor Ming Hon Hou has been a crucial decision. Even though it's only been six months, the encouragement from labmates and friends has been the highlight of my academic journey. In this new place, friends like Kevin, Isaac, Suza, Sunil, and Kusum have become like family to me. In the lab, mentors like Roshan and Chun have been like older siblings, while fellow countrymen like big brother Rameshwor and sisters Pramila, Bigya, and Prakriti have provided the warmth of family bonds, making my time at NCHU very comfortable. Connecting with international peers has added depth to my experiences. I am thankful for my professor's unwavering support and grateful to the OIA and department staffs who have always been there to help.

Life's journey has led me to this special moment and special university, and I am filled with joy. Ready for whatever comes next, I have got amazing friends and mentors beside me. Who knows what adventures are in store? One thing is certain: I am all set to face them with a big smile. The knowledge and experience I have gained here at NCHU, along with what I will continue to acquire in the future, will undoubtedly assist me in overcoming future challenges. As the saying goes, "Whatever is happening is happening well; whatever happens will be for good". This saying gives me confidence in facing challenges.

Reflecting on my time at National Chung Hsing University, I am filled with gratitude for the transformative experiences and invaluable lessons that have shaped my journey. NCHU has not only equipped me with the knowledge and skills necessary to excel in my field but has also instilled in me a profound sense of purpose and global citizenship. As I prepare to embark on the next phase of my academic and professional endeavors, I carry with me cherished memories and enduring friendships forged amidst the hallowed halls of NCHU.

In conclusion, my time at National Chung Hsing University has been truly remarkable. From its stunning campus to its numerous opportunities for academic and personal growth, NCHU has provided me with an exceptional educational experience. As I prepare to move forward, I am filled with gratitude for the nurturing environment and countless opportunities that NCHU has offered. With its commitment to sustainability, state-of-the-art facilities, and dedication to student development, NCHU stands as a beacon of educational excellence. Its emphasis on English proficiency, cultural immersion, and global citizenship further enriches the student experience, preparing us for success in an interconnected world. NCHU is not just a university; it's a transformative journey for those seeking academic excellence and personal growth.

National Chung Hsing University (NCHU) offers the perfect blend of academic excellence and opportunity. Nestled amidst serene landscapes, NCHU provides a holistic educational experience that transcends traditional boundaries. Beyond its picturesque campus and vibrant student life, NCHU stands out for its unwavering commitment to sustainability and state-of-the-art facilities, offering scholarships to deserving students, ensuring that financial constraints don't hinder their educational aspirations. With scholarships by your side, you can unlock a world of possibilities and pave the way for a brighter future at NCHU. From engaging in groundbreaking research opportunities to immersing yourself in Taiwanese culture, NCHU promises a transformative experience where dreams take flight. Embrace the opportunity to embark on your extraordinary

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educational adventure at NCHU. Apply now and seize the opportunity to shape your future with NCHU by your side.

मेरो नाम संकर पन्थी हो । अर्घाखाँची जिल्लाको क्षेत्रदेव गाउँपालिकाको बलकोटमा जन्मी, अभावबाट ग्रसित नेपाली ग्रामीण परिवेशमा हुर्किरहंदा माध्यमिक तहको अध्यन गाउँमा नै पुरा गरि सपनाको झोला बोकी उच्च शिक्षा हासिल गर्न म राजधानी सहर काठमाडौँ छिरेको थिएँ ।

जीन्दगीको यो मोडबाट पछाडी फर्केर हेर्दा मेरो जीवन भोगाई आफैलाई साहसिक र चुनौतिपूर्ण लाग्छ । समय सँगै पछी लागेर आउने अनेक अडचन झेलदै, चुनौतीलाई सिकाइको खुड्किलो मान्दै अगाडी बढी रहें ; देखेका सपना नै पुरा हुन्छन् त्यसैले मैले सपना देख्न भने कहिल्यै छोडिन ।

भाग्यले नै भनौ मलाई पूर्ण क्षात्रवृत्तिमा ताईवानमा कृषि विषयमा स्नातक अध्यन गर्न पाउने अवसर मिल्यो । मेरो ताईवान बसाइका सुनौला ६ वर्षमा मैले अझै बढी मेहनत गर्न सिकेँ साथै हाँसखेल र रमाइलो पनि धेरै नै भयो । नेसनल पिड्-दोड् विज्ञान प्रविधि विश्वविद्यालयबाट स्नातक र स्नातकोत्तर उत्तीर्ण गरेको प्रमाणपत्र पाउँदा गौरवले छाती फुलाउँदै भविष्यको मार्गचित्र कोर्न तिर लाग्ने समय पनि आयो । त्यसै ताक अर्को निर्णायक समयको बल मेरो कोर्टमा आएको थियो । म एक वर्ष रोजगारी गर्ने कि अध्यनलाई निरन्तरता दिने भनेर दोधारमा थिएँ । विद्यावारिधी अध्यन गर्न मैले आवेदन दिएका दुवै विश्वविद्यालयले नै मलाई क्षात्रवृत्ति प्रदान गर्ने भए । दुई मध्ये कुन छात्रे कठिन भैरहेको थियो । आफूलाई हरेक आयामबाट निपूर्ण बनाउन आरामको कुकुनबाट बाहिर निस्कनु पर्छ भन्ने मान्यता ममा पहिले देखि नै थियो । त्यहि मान्यतालाई आत्मसात गर्दै नेसनल चड्-सिड् विश्वविद्यालयबाट पि.एच. डी. अध्यनलाई निरन्तरता दिने निर्णयमा पुगेँ ।

नयाँ ठाउँ , नयाँ मान्छे , नयाँ परिवेश , चुनौतिपूर्ण भएतापनि मेरो शैक्षिक एवं व्यक्तिगत रुपमा सर्वाङ्गिण विकासको लागि भने अवस्य पनि सहयोगी हुने छ । अहिले एनसीएचयूमा मैले रोजेको क्लिनिकल बायोटेक्नोलोजी पढ्न पाउँदा निकै नै उत्साहित पनि छु । प्राध्यापक, सहपाठी साथै साथीभाइहरुको सहयोगी व्यवहारले एनसीएचयू मेरो दोस्रो घर जस्तै भएको छ । यहाँ भेटिने अन्य मानिसहरु पनि एकदमै मित्रवत छन् । यहाँको पारिवारिक वातावरणले म मा अझै धेरै उर्जा र आत्मविश्वास थपिदिएको छ । केभिन, आइजेक, सुनिल, कुसुम यो बिरानो ठाउँमा परिवार जस्तै भएका छन् । प्रयोगशालाका सिनियर मेन्टरहरु रोशन र चुन पनि दाजु-जत्तिकै छन् । रामेश्वर दाजु, प्रमिला, विज्ञा र प्रकृति दिदीहरुले पारिवारिको अभाव खड्किन दिनुभएको छैन । मेरो रिसर्च एडभाइजरबाट पाएको निसर्त सहयोग पनि मेरो लागि उत्प्रेरणा बनेको छ । ओआइए र मेरो विभागका कर्मचारीको साथ र सहयोग पनि अपरिहार्य छ । मेरो यो शैक्षिक यात्रामा साथ दिने साथीहरु सँगै नैतिक सहयोग गर्ने मनहरुप्रति सधै हृदय देखि नै आभारी छु ।

जीवन यात्राको यो कोशेढुंगामा खुशीसाथ उभिइरहंदा भविष्यमा आउने हरेक चुनौतिको सामना गर्न परिवार, प्रियजन, र सहिदयी साथीहरुको साथ र मायाले टेवा पुर्याईरहने छ भन्ने विश्वास छ । मैले यहाँ आर्जन गरेको ज्ञानले भविष्यका अडचनहरु चिर्न अवस्य पनि सहयोग गर्ने छ । जे भैरहेको छ राम्रै भइरहेको छ, जे हुन्छ त्यो पनि राम्रैको लागि हुनेछ । यो आत्मविश्वास कहिल्यै कमजोर हुने छैन ।

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| Photos | Brief Introduction (maximum of 100 words per photo) |
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The illustration depicts my English teacher's polite and thorough instruction on various aspects of English conversation, grammar, and IELTS exam preparation. This opportunity is invaluable for enhancing English proficiency at no cost. Engaging in English conversation practice facilitates cultural exchange and idea-sharing, while targeted preparation for exams like IELTS, TOEFL, and TOEIC ensures



Glimpses from the Annual OIA Dinner Party. Delicious culinary delights and great conversations- two essential ingredients that made our Annual OIA Dinner Party a night to remember.

OIA डिनर पार्टीका झलकहरू... स्वादिष्ट खाना र उत्कृष्ट कुराकानी- दुई आवश्यक सामग्री जसले हाम्रो वार्षिक OIA डिनर पार्टीलाई सम्झन लायक बनायो।



Embracing School Spirit: A Snapshot of Celebrating Our Anniversary Together.

हाम्रो वार्षिकोत्सव सँगै मनाएको। नेपाली पोशाकमा हाम्रो विद्यालयको वार्षिकोत्सव मनाउँदै।



Gathering together to celebrate Teachers' Day with our labmates was like capturing a bundle of warmth and friendship. It was a day filled with thanks, laughter, and recognition for the guidance that shapes our scientific journey.

हाम्रा ल्याबमेटहरूसँग गुरु दिवस मनाउन सँगै भेला भएको। यो हाम्रो वैज्ञानिक

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| | <p>यात्रालाई आकार दिने मार्गदर्शनको लागि धन्यवाद, हाँसो र मान्यताले भरिएको दिन थियो।</p> |
|  | <p>Taking a leisurely evening walk to discover the hidden beauty of NCHU. Each step leads us through enchanting landscapes, turning our campus into a magical retreat.</p> <p>NCHU को लुकेको सुन्दरता पत्ता लगाउन आरामदायी साँझको पैदल यात्रा गर्दै। प्रत्येक चरणले हामीलाई मनमोहक परिदृश्यहरू मार्फत लैजान्छ।</p> |
|  | <p>Taking a break from the lab to relish some moments-sharing a delightful dinner with my labmates. It's the ideal way to unwind, exchange stories, and build the strong bond that turns our lab into a second home.</p> <p>ल्याब बाट विश्राम लिएर केही पलहरू रमाइलो गर्दै - मेरा ल्याबमेटहरूसँग रमाइलो डिनर गर्दै। यो हाम्रो ल्याबलाई दोस्रो घरमा परिणत गर्ने बलियो बन्धनलाई खोल्ने, कथाहरू आदानप्रदान गर्ने र बलियो बन्धन निर्माण गर्ने उत्तम तरिका हो।</p> |