

बिदामा के गर्ने?

SEE सकिए पछिको ३ महिनाको समय दुबै असाध्यै छोटो र असाध्यै लामो लाग्ने गर्छ। आजको युगमा यति धेरै किसिमका जानकारी र सामग्री अनलाइन उपलब्ध हुँदै गर्दा, के गर्ने, कसरी गर्ने भन्ने कुराको निधो लगाउन सजिलो हुँदैन। त्यसैले यहाँहरूलाई यस समयको सकभर सदुपयोग गर्नका लागि, घरमै बसेर अनलाईन, भर्चुअल माध्यमबाट ग्रहण गर्न सकिने केहि सिप, सामग्री तथा अवसरहरू यहाँ राखिएका छन्।

नयाँ सीप सिक्ने

क्र.स.	सीप	थप जानकारी तथा आवेदन
१	प्रोग्रामिङ (Programming)	<p>प्रारम्भिक तहकालागि अनुकूल पाठ्यक्रमहरू (Beginner-friendly Courses)</p> <p>https://merocodingclass.com/coders-ladder-for-kids/</p> <p>https://merocodingclass.com/kids-programming-pathways/</p> <p>https://codingtechnology.com.np/findcollege/Basics%20of%20Programmin%20g</p> <p>कोडिंग (Coding)- https://www.ittrainingnepal.com/coding-for-see-students/ (50% off for SEE appeared students)</p> <p>जाभा (Java)- https://www.labanepal.com/course_catalog/brands/java</p> <p>C & C++- https://broadwayinfosys.com/c-c-plus-plus-programming-training-in-nepal</p> <p>पाइथन (Python)- https://www.ittrainingnepal.com/python-programming-course/</p>
२	ग्राफिक डिजाइनिंग (Graphic Designing) & अन्य	<p>ग्राफिक डिजाइनिंग (Graphic Design)-</p> <p>आधारभूत कुराहरू (Fundamentals): https://glocalafterschool.com/course/fundamentals-of-graphic-design/</p> <p>Canva: https://glocalafterschool.com/course/learn-graphic-designs-foundation-with-canva/</p> <p>Photoshop: https://glocalafterschool.com/course/photoshop-course-for-beginners/</p> <p>Adobe InDesign: https://glocalafterschool.com/course/adobe-indesign-for-beginners/</p> <p>लोगो डिजाइन (Logo Design):</p>

		<p>https://digitalgurkha.com/courses/learn-logo-design-essential-course/</p> <p>भिडियो एडिटिंग (Video Editing)- https://broadwayinfosys.com/video-editing-training-in-nepal</p> <p>Web Design (वेब डिजाइन)- https://broadwayinfosys.com/web-designing-training-in-nepal</p> <p>UI/UX- https://broadwayinfosys.com/ui-ux-design-training-in-nepal</p>
३	कन्टेन्ट सिर्जना (Content Creation) & डिजिटल मार्केटिंग (Digital Marketing)	<p>डिजिटल मार्केटिंग (Digital Marketing)- https://glocalafterschool.com/course/digital-marketing-training/ https://digitalgurkha.com/courses/getting-started-with-digital-marketing/</p> <p>डिजिटल स्टोरीटेलिङ (Digital Storytelling)- https://glocalafterschool.com/course/digital-story-telling-session/</p> <p>SEO- https://glocalafterschool.com/course/on-page-technical-seo/ https://broadwayinfosys.com/seo-basic-training-in-nepal</p>
४	भाषा (Language)	<p>अंग्रेजी (English)- https://englishhub68.com/ https://mero.school/course/basic-to-advance-english-speaking-course-365-days/147 https://www.learnamericanenglishonline.com/ https://www.learn-english-online.org/ https://learnenglish.britishcouncil.org/</p> <p>जापानी (Japanese)- https://mero.school/course/japanese-language-course-n5/42</p> <p>कोरियन (Korean)- https://mero.school/course/korean-language-course-basic-and-advanced-grammar/51</p> <p>जर्मन (German)- https://www.edupark.com.np/german-language-courses/german-courses-online</p>

		४३ वटा भाषाका सिक्का लागी- https://www.duolingo.com/
५	लेखन (Copywriting)	https://glocalafterschool.com/course/content-writing-as-a-lucrative-career/ https://digitalgurkha.com/courses/getting-started-with-content-writing/
६	सफ्ट स्किलहरू (Soft Skills)	<p>नेतृत्व (Leadership)- https://glocalafterschool.com/course/elevate-your-leadership-skills/</p> <p>भावनात्मक बुद्धिमत्ता (Emotional Intelligence)- https://glocalafterschool.com/course/understanding-emotional-intelligence-through-spiritual-perspective/</p> <p>कथा कथन (Storytelling)- https://glocalafterschool.com/course/movers-workshop-on-storytelling-tell-your-own-story/</p> <p>प्रभावकारी सम्प्रेषण (Effective Communication)- https://glocalafterschool.com/course/effective-communication-a-road-to-all-round-success/</p> <p>वक्तृत्व कला (Public Speaking)- https://glocalafterschool.com/course/secrets-to-effective-communication/ https://glocalafterschool.com/course/amplifying-speaking-workshop/</p> <p>कम्प्युटरसम्बन्धि (Computer Basics)- https://broadwayinfosys.com/computer-basics-microsoft-office-package-training-in-nepal</p> <p>व्यक्तिगत वित्तीय व्यवस्थापन (Personal Financial Management)- https://glocalafterschool.com/course/personal-financial-management/</p> <p>प्रस्तुति सम्बन्धी सिप (Presentation Skills)- https://glocalafterschool.com/course/an-art-of-making-awesome-presentation/ https://digitalgurkha.com/courses/fundamental-analysis-of-share-market-a-complete-beginners-guide/</p> <p>माइक्रोसफ्ट प्रशिक्षण (Microsoft Training Courses)- https://www.labanepal.com/course_catalog/brands/microsoft</p> <p>योजना व्यवस्थापन (Project Management)- https://www.nasc.org.np/training/project-management</p> <p>समूह व्यवस्थापन (Team Management) - https://glocalafterschool.com/course/people-management-learn-the-essential-skills-to-manage-people-and-team/</p>

७	अन्य (Others)	<p>कौसी खेति (Terrace Farming)- https://digitalgurkha.com/courses/kaushi-kheti-for-nepalese-homes/</p> <p>स्वास्थ्य तथा खुशी (Health and Happiness)- https://glocalafterschool.com/course/online-health-and-happiness-workshop/</p> <p>शेयर बजार विश्लेषण (Share Market Analysis)- https://digitalgurkha.com/courses/fundamental-analysis-of-share-market-a-complete-beginners-guide/</p> <p>बिक्री सम्बन्धी (Selling)- https://glocalafterschool.com/course/an-art-of-selling/</p>

वृत्ति र बौद्धिक विकास गर्ने

क्र.स.	डाटाबेस/पाठ्यक्रम	विवरण	थप जानकारी तथा आवेदन
किताब तथा अन्य साहित्यिक स्रोत			
१	इ-पुस्तकालय (OLE Nepal's E-pustakalaya)	विशेषगरी नेपाली किताबहरु उपलब्ध।	https://www.pustakalaya.org/ne/community/literatures-and-arts/#cat-1
२	त्रिभुवन विश्वविद्यालय केन्द्रिय पुस्तकालय (TUCL eLibrary)	नेपालका लागि सान्दर्भिक रहेका विभिन्न लेख तथा रचनाहरु उपलब्ध।	https://elibrary.tucl.edu.np/
३	Digital South Asia Library	दक्षिण एसियाली परिवेशका लागि सान्दर्भिक विभिन्न सामाग्रीहरुको संग्रह।	https://dsal.uchicago.edu/index.html
४	Digital Book Index	विभिन्न किताब, रचना तथा अनुसन्धानात्मक लेखलहरु उपलब्ध।	http://www.digitalbookindex.org/search_keyword
५	Google Books		https://books.google.com/
६	Open Library		https://openlibrary.org/
७	Universal Digital Library		http://ulib.isri.cmu.edu/
८	Global Search		https://unog.primo.exlibrisgroup.com/discovery/search?vid=41UNOG_INST:UNOG
छोटो अवधिका पाठ्यक्रमहरु (CTEVT)			
१	कृषि (Agriculture)	३९०-५५० घण्टा	उपलब्ध पाठ्यक्रमहरु: http://ctevt.org.np/curriculum/short-term
२	इन्जिनियरिङ (Engineering)	२२०-१९६९ घण्टा	
३	स्वास्थ्य (Health)	३९०-४९० घण्टा	
४	हस्तकला (Handicraft)	८३० घण्टा	
५	पर्यटन/आतिथ्य (Tourism/Hospitality)	२६०-१६९६ घण्टा	
६	सचिवालय/व्यवस्थापन (Secretarial/Management)	४०-१५०० घण्टा	
७	शिक्षा / शिक्षाशास्त्र (Education/Pedagogy)	३९०-७८० घण्टा	

अन्य अनलाइन उपलब्ध सामग्रीका लागि

१	Khan Academy	विद्यालयमा पढाइने विषय लगायत अन्य विषय तथा सिप सम्बन्धित पाठ्यक्रम तथा सामग्री उपलब्ध।	https://www.khanacademy.org/
२	EdX		https://www.edx.org/
३	Coursera		https://www.coursera.org/
४	Udemy		https://www.udemy.com/
५	Crash Course		https://thecrashcourse.com/

स्वयंसेवा र युवा समूहमा संलग्न हुने

क्र.स	संस्था	कार्यक्षेत्र/सिद्धान्त	थप जानकारी तथा आवेदन
१	Amnesty International (एम्नेस्टी इन्टरनेसनल)	मानवअधिकार सुरक्षा	https://amnestynepal.org/membership
२	Rotaract (रोटर्याक्ट)	विविधता, ग्यान, सिप, नेतृत्व, अखण्डता, सेवा आदि	https://rotaract3292.org/
		टेक, साहित्य, इतिहास, साइक्लिंग, शेयर बजार आदि जस्ता विषयमा रुची राख्नु हुन्छ भने रोटार्याक्टको कुनै फेल्लोशिपमा आबद्ध हुनुहोस।	https://rotaract3292.org/rotaract-fellowship-groups/#
३	SMART Club	वक्तृत्व कला, युवा संलग्नता	https://www.facebook.com/smartclub/
४	Debate Network Nepal		https://debate.net.np/volunteer-or-intern/
५	नेपाल युवा संस्था सञ्जाल (Association of Youth Organizations Nepal) (AYON)	युवा संलग्नता तथा सहभागिता	https://ayon.org/register
६	राष्ट्रिय युवा गैर सरकारी संस्था महासंघ (National Federation of Youth NGO Nepal) (NFYN)		जानकारी- https://www.nfyn.org.np/ स्वयंसेवक आवेदन- https://docs.google.com/forms/d/e/1FAIpQLSfHsJFcoPtxMDC--NPJJ8VaAPXwMUdZkGj854cuUWaFMTZGGA/viewform