

G RL REPORTS

ISSUE 2





SUMMER 2016

"Trying changes the world."

– Laxmi Maurya

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KGS Appoints New Vice Principle

By Sima Bhuj

Sunil Baniya, an English teacher at Karuna Girls School, was promoted to Vice Principal on Friday, 28 Jesth, 2073 (June 3rd, 2016). Sunil Sir has taught us for three years. Now due to his hard work, talent, confidence, politeness and patience, all the teachers chose him as the new Vice Principal. They surprised him. "I still can't believe that I was chosen as Vice Principal because there are so many teachers," he said. In celebration of this news he provided all the students with two different chocolates. Since he became Vice Principal, he has become very responsible. We wish him the very best in his new position.



Former Vice Principal Bhola Gupta (left), and new Vice Principal Sunil Baniya (right).

Student Group 'Anuradha Koirala' Wins Quiz Competition

By Pooja Jaiswal

On Friday 28 Jesth 2073 (June 10, 2016) Karuna Girls School held a quiz competition between four groups of students. Each group had six members:

Among these groups, 'Anuradha Koirala' won first place with 10 points, 'Mother Teresa' second place with 9 points, 'Parijat' third place with 8 points and 'Passang' fourth place with 6 points.



Anuradha Koirala

Class	Name
7 Green	Sanjana Gupta
9	Archana Rijal
6	Rinky Agrahari
7 Red	Laxmi Chaudhary
9	Maya Yadav
6	Prinky Baniya

Parijat House

Class	Name
6	Sima Harijan
8	Phulkumari Chai
7 Green	Saroja Badai
9	Mamata Yadav
8	Sarmila Lodh
6	Sima Harijan

Passang House

Class	Name
7 Yellow	Veera sakyadhita
7 Green	Anisha Bamjan
8	Rima Bhuj
9	Sarita Jaiswal
6	Rinky Baniya
7 Green	Dibya Agrahari

Mother Teresa House

Class	Name
8	Sasikala Yadav
8	Sima Bhuj
9	Shreekanti Maurya
7 Yellow	Sabitri B.K
7	Sarita Maurya
6	Afsana Khatun

The winning team, from left to right: Laxmi Chaudhary, Sanjana Gupta, Tapasia Sakyadhita, Rinky Agrahari, Prinky Baniya

Results are In!

Top Ten Students at Karuna Girls School in the 2015 – 2016 School Year



From left to right: Bira Sakyadhita, Sanjana Gupta, Rima Bujh, Mamta Devi Yadav, Bishnu Khatri, Soni Kurmi, Sima Bhuj, Pooja Jaiswal

Rank	Name	Age	Percentage
1	Bira Sakyadhita (Gauri Gupta)	14	88.75%
2	Rima Bhuj	12	83.00%
3	Sima Bhuj	15	81.16%
4	Malti Lodh	12	81.00%
5	Laxmi Maurya	14	78.88%
6	Bishnu khatri	15	75.94%
7	Pooja Jaiswal	14	75.38%
8	Mamta Devi Yadav	15	75.25%
9	Sanjana Gupta	12	72.37%
10	Sony Kurmi	14	71.75%

Bira Sakyadhita – No. 1

By Sima Bhuj

Bira Sakyadhita is a student of KGS. She was born in Padrra village as the daughter of Parmila Gupta and Ajay Gupta. Now she is living in Peace Grove Institute. She is 14 years old and studies in Class Seven.

Among 100-150 students, she obtained 88 % in the final examination and when she became the top student her parents became very happy and proud of her. I asked her about her success and she said that she listens very carefully in class. When a teacher says something she cannot understand she asks again and again until she understands it. She is curious and talented in every aspect, for example singing, playing etc. She gives wonderful speeches that attract many people around her. She is very cooperative with her friends, family, teachers, and others. She respects seniors and loves her juniors. She loves to play Kabbaddi very much.

When I asked about her motivation, she shared that when she was in class 2 one day, her parents told her to study but she did not want to. So her parents asked her what she wanted to be in the future. She replied “I want to be a doctor”. Her parents told her that if she wanted to be a doctor, she would have to work hard. Her parents inspired her, and since that day she has been working harder and harder to achieve her dream.



Joke

One day a man named Hakku goes to interview and enters into the office. The boss starts to ask him questions.

Boss: What is your name?

Hakku: My name is Hakku.

Boss: Well, I want to test your word power.

Hakku: Ok!

Boss: Tell me the opposite word of good.

Hakku: Bad

Boss: Come.

Hakku: Go!

Boss: Fast!

Hakku: Slow.

Boss: Algy.

Hakku: Hochi.

Boss: Shut up!

Hakku: Keep talking!

Boss: Ok, now stop all this.

Hakku: Ok, now start all this.

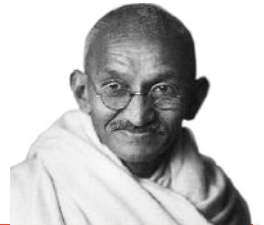
Boss: Oh! God!

Hakku: Oh! Devil!

Boss: You are rejected!

Hakku: I am selected!

..... and he becomes happy 😊



Quote

*“Keep your thoughts positive, because your thoughts become your word.
Keep your words positive, because your words become your behavior.
Keep your behavior positive, because your behavior becomes your habit.
Keep your habits positive, because your habits become your values.
Keep your values positive, because your values become your destiny.”*
– Mahatma Gandhi

Word Jumble

OETRMVIMENN

TSELHCO

ELPAP

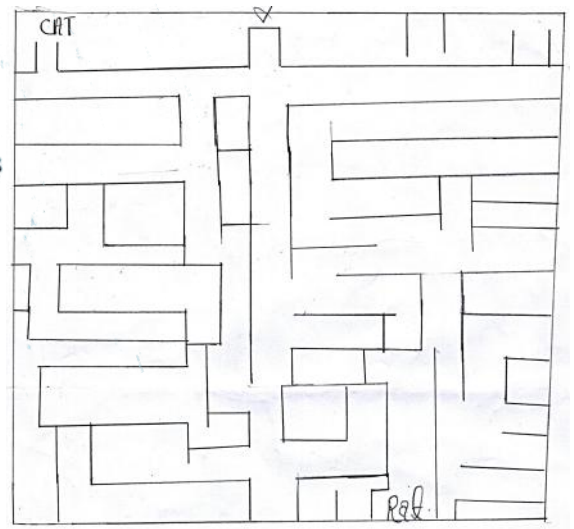
ETRLTE

TRMKEA

Maze



Kalpana B.K.



Poetry

Is It Reality?

By Laxmi Maurya

Truth develops power.

Helpfulness develops
personality.

Understanding develops
knowledge.

Progress brings change.

Mistakes bring
improvement.

Cooperation brings
friendship.

Meditation increases
peace.

Thinking increases ideas.

Love increases attraction.

Decisions reveal the path.

Behavior reveals
character.

Courtesy reveals emotion.

Dressing up makes
beautiful.

Talent makes fragrance.

Multicolor makes colorful.

Labor changes luck.

Kindness changes envy.

Trying changes the world.



बुद्धको बुद्धत्व

By Indu Miss

बुद्धले बशदत्व पाएको ठाउँ
अबुद्धहरुको निस्फीक मोल मोलाई भइरहेछ ।
बुद्धको च्याखे थापेर,
भिडहरुले दोकान चलाएको देख्छ ।
बुद्ध पूर्णिमाको रातपनि, निष्पट अन्धारो लाग्छ ।
बुद्धकै सावाँको व्याज खानेहरुले यहाँ
तराजुमा माँसु जोखेको देख्दा,
विचरा बुद्ध कतैबाट खितका छोडेर हास्दा हुन ।
के गछौं त ?
के गछौं त बुद्ध तिमिले पो बुद्धत्व पायौं
फगत बसैले राता बस्न भीरदैमा
बुद्धत्व प्राप्त गर्न सक्दैन ।
विचरा यहाँको भिडलाई बुद्ध भनेको मात्र एक
आँखा चिम्लेको मूर्ति लाग्छ ।
त्यसैले यहाँ बजारका कुना कुनामा
तिम्रै आँखा चिम्लेकोमूर्तिको मोल मोलाई भइरहेछ
पहेला] गेरु बस्त्र लगाएर कपाल मुण्डन गर्नेहरु यहाँ
रवि रहन्जेल ऋषिमुनि
भूयाउकरीको गोधुली भजन संगौ सीसीमुनी
नितान्त मेरा निष्पट नयनहरुले नियालेकै हुन
बुद्धत्वको नाममा शान्त राम नाम जप्रेहरुले
रोड पति देखि करोडपति बनेका छन् ।
तीम्लेपो त्यागेउत बुद्ध सुख सयल र माया
तर बुद्धत्व प्राप्त गर्छु भन्ने कस्ले
त्यागेका छु चैन र माया
अफसोच ! बुद्ध पछि लाखौ बुद्धको भीडमा
एउटै बुद्ध मात्र जनमेपनि
सार्थकता पाओस त्यो अभियानले
तर बुद्धको नाममा बुद्धत्व र नेपालीत्व वेचेर
विश्व भ्रमण गर्नेहरुलाई
एउटै सामुहिक प्रश्न उठन सक्छ अब
के तिम्रो नेपाली हो ?
खोइ तिम्रो नेपालीत्व ?
भन बुद्धत्व के हो ?

Toilet Management

By Laxmi Maurya & Mamta Yadav



हाम्रो दैनिक आवश्यकता जस्तै शौचालय व्यवस्थापन पनि एउटा महत्वपूर्ण आवश्यकता हो । शौचालय व्यवस्थापनले हामी स्वस्थ र निरोगी जीवन बाँच्न सक्छौ । मानव प्राणी मात्र होइन हाम्रो वरिपरि रहेका जीवजन्तु, पशुपन्क्षी, वनस्पति स्वस्थ रूपले बाँच्न सक्दछन् । यदि हामी र हाम्रा वरिपरिका जीवित प्राणीहरू निरोगी छन भने वातावरण आफैमा स्वस्थ हुन्छ । शौचालय व्यवस्थापन बाट यी कुराहरूको फाइदा छन । त्यसैले हामीले आफु भित्र चेतना जगाउनु पर्छ । आफु मात्र होइन आफना छरछिमेकीहरू, साथीसहपाठीहरू र नातेदारहरूलाई पनि यी सबै कुराको सुझाव र जानकारी गराउनुपर्छ । सबै मानिसमा चेतना आएपछि सबैले आ आफना घरमा शौचालय व्यवस्थापन गर्न सक्छन् र स्वस्थ जीवन बाँच्छन् । स्वस्थ सम्बन्धि हाम्रो समाजमा एउटा उखान चरितार्थ नै छ । यदि कसैले धन गुमायो भने

उसले केही गुमाएको छैन तर यदि कोही स्वास्थ्य छैन भने उसले सबै कुरा हराएको छ । त्यसैले सबै मानिस स्वास्थ्य बन्न चाहन्छन् र त्यसको लागि शौचालय व्यवस्थापन अति नै आवश्यक छ । शौचालय निर्माण पछि त्यहाँ एक्यबउ, धवतभच, तयर्षभत पष्ट, तयर्षभत अभिबलभच० आदि वस्तु अनिवार्य छ । यसलाई प्रयोगमा ल्याएपछि सफा राख्नुपर्छ । प्रत्येकदिन शौचालय सफा गर्नुपर्छ । शौचालय सफा र स्वच्छ राखेमा वरिपरि पनि लामखुट्टे, भिँगा, सर्प विभिन्न प्रकारका किराफटयांगा बास गर्दैनन । अनि हामीलाई रोग लाग्छ भने डर हुदैन । २१ औ शताब्दिमा आइपुग्दा पनि अहिले सम्म हाम्रो देश नेपालमा सबै क्षेत्रमा राम्ररी शौचालय व्यवस्थापन छैन । सहर र बजार क्षेत्रमा सरकारी शौचालयको व्यवस्था पनि छैन । केही मानिसहरूको आर्थिक अवस्था कमजोर भएको हुनाले आ आफना घरमा निजी शौचालयको निर्माण गर्न सकेका छैनन । मान्छेहरूले दिसापिसाव गर्न बाटोको छेउमा र खेतमा जान्छन् । त्यी क्रियाकलापले गर्दा दिनप्रतिदिन हाम्रो वातावरण प्रदुषित बन्दै गएको छ । मानिसहरू अनेकौ रोगहरूले ग्रसित हुन पुगेका छन् । मानव मात्र होइन वरिपरिका जीवजन्तु र वनस्पतिमा पनि खराब असर परेको छ । केही वर्ष देखि नेपाल सरकारले शौचालय

व्यवस्थापनलाई महत्वपूर्ण ठानी अनिवार्य सबैको घरमा व्यवस्थित हुनैपर्छ भनेको छ । सरकारले केही मानिसहरूको समूह गा.वि.स. मा पठाएर शौचालय निर्माण गर्न लगाएको छ । त्यी मानिसहरूलाई सरकार आफनो तर्फबाट तलब प्रदान गराएको छ । ती मानिसहरू प्रत्येकघरमा गएर शौचालय निर्माण गर्नुहोस भन्ने सुझाव दिएका छन नमान्नेलाई सजाय पनि छ । एक मान्छेलाई दिसा गर्न बाटोको छेउमा गएको देख्यो भने गा.वि.स. मा आएर बताउँछ भने बताएको मान्छेलाई धन्यवाद स्वरुप रु ५०० दिइन्छ र दिसा गर्न भएको मान्छेलाई रु १००० जरिवाना तिर्नु पर्नेछ । अर्को नियम जसको घरमा शौचालय निर्माण भएको छैन सरकारले उसको पसल, बाइक कुनै व्यापारका लागि आवश्यक पर्ने लाइसेन्सको स्वीकृति दिन मान्दैन । अन्त्यमा हामी आफना पाठकवर्गलाई यो भन्न चाहन्छौ कि आफ्नै शौचालयको व्यवस्थापन गरी स्वस्थ बन्नु र आफना वरिपरि वसिरहेको छरछिमेकीहरूलाई समेत यसको वारेमा सुझाव प्रदान गरीदिनुहुने छ भन्ने आशा व्यक्त गर्दछौ ।

Beating the Heat

By Pratima Khatri



In extreme heat, we may suffer from different types of physical effects, such as heat rashes, some people may faint, heat stroke, nose bleeds, and so on. People who can't tolerate high temperatures may even die.



For tips on how to beat the heat, I asked teachers and students about how they stay safe during this difficult season. They gave the following suggestions:

- Use an umbrella and cap while walking outside.
- Drink as much cold water as possible throughout the day.
- Eat leafy greens.
- Don't walk outside between 10 am and 4 pm.
- Plant trees for shade.
- Use sun protection cream.
- Wear light and cotton clothing.

In our country Nepal, the heat lasts from the month of Chaitra (March) to the month of Kartik (October). We know that the heat is increasing day by day globally, and among the three regions of Nepal, especially the Terai is affected by extreme heat.

The effects of the heat are also increasing day by day, and many people are suffering very much these days. The extreme heat makes our lives very difficult. We can't stay inside our homes without fans or air conditioning, and we can't do anything outside in the sun. Especially for the farmers it is very hard to work in the fields during this season.

Month	Highest Temperature
March	36.5 C / 97.70 F
April	43.2 C / 109.76 F
May	42.1 C / 107.78 F
June	37.1 C / 98.78 F
July	35.7 C / 96.26 F

Paddy Planting 1-2-3

By Amita Sakyadhita

It is the season of paddy planting in the Terai region of Nepal. This is a time when family and farmers come together to work in the fields and then enjoy sharing delicious food on the last day of planting. To accurately present the process of paddy planting from beginning to end, I interviewed Bhola Chaudhary, an experienced local farmer. This is what I learned:



1. First of all, the farmers plough and fertilize their fields, removing all unnecessary plants. Then they cover the field with approximately one foot of water and plough, leaving that field to rest. After that, they put all the seeds from last year's harvest in the sunlight to dry. After one month they put seeds in a sack according to the field, and then they tighten that sack and put it under the hand (water) pump to keep it moist. After 2 days they remove the sack from under the water pump and take out all the seeds. Then they put all the seeds in the shade and cover them with the help of straw. The next morning when they remove the straw from the seeds and they see that all the seeds have germinated, they spread all the seeds in the soil.

2. After 25 days of growth, it becomes ready for re-planting in a second field, and again they plough and spread chemical fertilizer and insecticide and transfer the rice plants there. While planting the paddy, all the women sing songs happily and enjoy themselves. On the last day of planting all the women throw mud at each other, and at night they celebrate by cooking delicious food and by eating and sharing with each other.

3. After one month they spread chemical fertilizer two or three times in the second field and irrigate four or five times. When the crop becomes mature in the month of Kartik (October/November), they harvest the plants, and then place them in the sunlight. When dry, they separate the rice grains from the plant for food and store them in huge clay containers for the planting next year.



The Buddha Jyanti in Nepal

Quick Info

By Pooja Naiswal

The Buddha Jyanti is a festival that celebrates the three important

events of Buddha's life: his birth, his enlightenment, and his passing away. It falls on the full moon day in the month of Baisakh (usually April or May).

On this day many people come to visit Lumbini to worship the Buddha and offer candles and *diyo* (oil lamps). Buddhist people (venerable monks and nuns) chant the whole day and night, and many people and organizations provide water, sweets, and fruit for the people who come to visit.

Overpopulation

Causes and Effects

By Rima Bhuj

Population growth is a long term problem for the world. On October 30th, 2011, the world population reached seven billion, while in Nepal, the population reached 26,494,504. According to the census of 2011, Nepal's population was 23,151,423. That is a 14.4% increase in just ten years. The population is rapidly increasing day by day. To control it, first of all people should be aware and educated about the causes and effects of population growth.

In Nepal, many of the causes of overpopulation are social: early marriage, conception just after marriage, short birth spacing, a preference for sons, and perceptions of high infant mortality rates, are all causes of overpopulation. When children get married at a young age, for example, they give birth to more babies. Therefore, the needs of the family increase, and when needs increase then a greater number of people contribute to growing pollution, which decreases the quality of life and also results in an increase of different types of diseases.

Superstition is also a cause of population growth because people believe that children are a gift from God, and therefore believe that they shouldn't stop bringing them into world. They also think that the more hands there are to work, the bigger the income.

Globally and nationally here in Nepal, human beings depend on natural resources to fulfill their needs. If the population increases, then natural resources are used by many people, which then decreases the natural resources.

By developing an awareness of these causes and effects, we should control our population growth. This is not possible by only one person. All people, as well as the government of the country, should join their hands together to successfully control population by doing awareness programs and fairs about population growth. Only then will there be a good relationship between people and nature.



A Brave Woman

Dr. Arlene Blum

By Nandani Jaiswal



Dr. Blum was born on March 1st 1945 in Devenport, Iowa USA. She earned her BA at the University of California and her PhD from Berkeley. She is a biophysical chemist and an author. She has also been a trailblazer in women's mountaineering.

Dr. Blum attempted to summit Mt Everest at a time when girls were not allowed to do the things that boys did. Everyone thought that girls were not strong enough and too emotional. So mountaineering men wouldn't give girls a chance. But Arlene Blum accepted this challenge, and decided to show them that women can also climb the tallest and most dangerous mountains. Dr. Blum led the first women's team up Mt. McKinley. She climbed Mt. Everest during the daytime and wrote scientific articles at night. She made the first traverse of the Great Himalayan range of Bhutan, Nepal, and India with her baby daughter on her back. She also led the first American, all

women ascent of Annapurna I, considered one of the most difficult mountains in the world. The book she wrote about this experience, *Annapurna: A Woman's Place*, was declared by National Geographic as one of the "hundred best adventure books of all time."

As a scientist, Dr. Blum discovered 2 cancer-causing chemicals used as flame retardants on children's sleepwear. She will continue her research to improve the regulation of other dangerous

chemicals used in clothes and furniture, and help to protect our environment and our health.

Dr. Blum worked hard in her life, and made so many contributions to children's health, women, and country. She was the National Women's History Project's selection as one of the 100 "Women Taking the Lead to Save Our Planet." She was also awarded the Gold Medal from the Society of Women Geographers, and was named as one of the 100 most inspiring women by the UK Guardian.



Who We Are



We are journalism students of Karuna Girls School (KGS), and future journalists of Nepal. We are 14 – 16 years old. In our previous newspaper you may have seen that we had 12 student members, but now we are only 8. Out of the original 12 members, one has gotten married, and others have left this project because of transportation problems or because their parents are not allowing them to continue. We have faced so many challenges like weather, transportation, examinations, home responsibilities, parental disapproval, child marriage, no internet, and no Wi-Fi, due to which we have faced many problems. Despite this, we are trying to do our best for this project. As you know, girls in Nepal are not allowed to go anywhere alone outside from their home. Although we are still girls, we are trying to show people that we can also work in every sector as boys do and surely we will succeed!

Our Objectives

- Encourage and improve female literacy
- Empower rural girls to question and inquire
- Encourage girls to speak out about what they see in their communities
- Inspire girls by featuring stories about successful women around the world
- Create a supportive community for learning and cooperation
- Improve computer literacy
- Provide a safe space for questions relevant to the lives of girls and women
- Develop organizational and decision making skills
- Build confidence
- Develop leadership skills

In this issue you will find articles exploring the lives of girls who participate in the journalism club at KGS. We begin with an update on KGS, showcasing our new Vice Principle and the official top ten students of the 2015-2016 school year. Then, our journalists provide us with some tips to beat the heat, a how-to on paddy planting, and an exploration of overpopulation. You will also find jokes, games, poetry, tips on toilet management, and a showcase of Dr. Arlene Blum to finish off our second edition on an inspiring note.

To learn more about Girl Reports, visit
www.girlreports.org

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