

# G R L R E P O R T S

ISSUE 4





**SUMMER 2018**

*"Girls can work just as well as boys and at times even better!"*

– Sangita Badhai

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## Ready, Set, Go!

### Games and Sports at KGS

By Pratima Khatri



From 2073/10/10 to 2073/10/16 (2017/1/23 to 2017/1/22) there was a three day game and sport program at Karuna Girls School (KGS). The vice principal developed a plan to organize games and sports and then he worked with the principal to make an official program in our school. When the principal agreed with his plan, then he went to all the teachers for help for this new, special program. Every teacher gave some new game or idea that helped to conduct the program smoothly, and in the end the vice principal had the help and co-operation of all the teachers to manage all the games for the students.

Unfortunately we couldn't finish all the games due to unfavorable weather and limited time, but all the students played very confidently they enjoyed the games a lot and made the games successful.

I asked the principal of KGS why he organized this game and sport program and as a reply he said that there were 15 games and among them students are allowed to choose three games which they liked. Teachers made this rule because they wanted to give the chance to all the students to play or participate. Giving the chance to the students to play in various games and competition helps to stimulate the players' behavioral and physical skills. As we know, games are healthy in all aspects, mentally, socially, and physically, so this helps to achieve better living. It also instills in students a spirit of self confidence, relief, discipline, justice, satisfaction, fair play, and patriotism (when we play with other countries at times we have the feeling of patriotism because at that time we have the sense and feelings that we are playing for our country more than for ourselves.

And that time we play selflessly to win or to increase the pride of our country. In this way games promote the feelings of patriotism). It also provides students with recreation and enjoyment. In total, there were fifteen games: Shot put, cricket, chair race, hot potato, chocolate race, high jump, long jump, spoon race, quiz competition, slow cycle race, sac race, dance competition, Kabbadi, badminton, and jumbling throw.

This was really a very good program organized by the KGS team, as every student got the chance to show their talent. Additionally, they get the motivation to accomplish their dreams. Such types of games and sport programs at schools help the students directly and indirectly to improve their behavior and contribute a good image and personality to the society.



## Advantages of Sports and Games

1. They increase the circulation of blood.
2. They improve respiration and digestion.
3. They help participants to forget all their worries and anxieties.
4. They help participants to prevent diseases relating to the heart, obesity, mental stress, and sleeplessness.
5. They help to divert our mind from wrong activities.
6. They help to keep students healthy, sharp minded and intelligent.



## The KGS Mural Club

By Nandani Jaiswal

The process of sketching a design or a painting on the wall, which explains a story, is known as mural art. It is a kind of art work. The project started at Karuna Girls School on Dec 28, 2016 AD (Push 13/2073) in the music room which is also known as The Lotus Room. The mural project was managed by the two volunteers named Franzi and Natalie. Franzi is from Germany and Natalie is from America. Among 117 students only 15 students were involved in this club. They participated in the morning, afternoon, and/or the evening time too. At first there was a small team of students, and they chose for themselves to be in the mural class. Then these students reviewed all the artwork which was submitted by the students in the school and chose the best art pieces to draw on the wall. After choosing, students sketched some replicate versions on the wall. Now they have finished the design, and are on the last step which is painting.



### Advantages of Joining the Mural Club

1. To beautify the room and school
2. To give the students a creative role which will increase their confidence
3. To increase confidence of student
4. To learn how to work as a team
5. To think creatively and freely
6. To try some new things in painting



If students develop creative art skills, then they can get jobs very easily anywhere in decoration. The things that they have learned from this project they are:

- How to design on paper as well as on a wall
- How to paint and draw on a wall and to choose suitable colors for painting
- How to change one color into another color



## On the Road

### KGS's Educational Tour

By Laxmi Maurya



An educational tour in Nepal is an extracurricular activity organized by educational institutes. It helps students to get knowledge about new places. Karuna Girls School organized a tour to visit India. Teachers as well as students went on Manshir 3rd 2073 (Nov 18-24-2016). Out of 177 students and 10 teachers, only 53 students, seven teachers, one supporter, and one guardian - all together 62 members - went on the excursion. They visited many religious places, such as Banailiya, Banaras, Bindhiyabasini, Ma Ashtabhuji, Saarnath, Vindraban Prem Mandir, Mathura, and Gorakhpur. Besides these places, they also visited the Taj Mahal, Bhulbhulaiya, and Lakhnaur. This was the first time for them to visit one of the wonders of the world, the Taj Mahal. Participants enjoyed themselves very much in all these beautiful places. In fact, they liked them so much, that they did not want to return from

there. At Mayawati Park, all the teachers and students saw animals like giraffes, chimpanzees, hippopotamuses, different species of owls, fishes, ostriches, crocodiles, and white tigers, etc. There were also different games that they played inside of the zoo. I interviewed the vice principal, Sir Sunil Baniya, at KGS about the trip. He opines, "This tour was so nice and successful". He said that he liked the trend of schools taking students for "an educational tour" every year. He also mentioned that the sad thing for them was that they could not take all students in the Taj Mahal due to ticket problems. He said, "The educational tour is important for each and every student". They learn so many things by visiting new sites and by spending time with their teachers and schoolmates there.

I also interviewed some students of KGS. They viewed the educational tour as appreciable and good. They felt excited

while boating and captured a lot of photos in the Yamuna River and Raj Ghaat. There was a wonderful cave (Gufa) in Mathura that they visited. They learned a quote- "I lost my heart in Vindraban" from a T- shirt. It was bought by Baliraj sir (Social subject teacher at KGS). Everyone was repeating this quote. According to the students, the funniest part of the tour was when a baby monkey took Sunil Sir's cap and ran away from him in the Vindraban. He felt so sad and other teachers and students were laughing at him. Then he brought a sweet and gave it to the baby monkey. It took the sweet and returned his cap! He became happy.





All teachers were guiding and caring for the students as parents. The tour was joyful for them. They ate food together and captured photos. At night someone captured the photos of others while sleeping. They had fun in the morning by looking at their photos.

They enjoyed a lot on the way but they also had to face many obstacles due to a lack of well-managed plans. Our school was charged Rs. 7000 extra while exchanging Nepali currency into I.C. and they hadn't fixed where and when to cook, where to stay

at night, or any information about tickets in different places. They solved the problems together bravely and they made the tour successful.

All in all, students saw the Educational Tour as a good opportunity to be co-operative with friends and teachers, and to share their feelings and nurture (care for) a mutual understanding amongst themselves. One can get knowledge and experiences. Educational tours develops confidence in students to visit unknown places. It also gives

students and teachers a little break from their studies. By preventing them from getting bored with school, the educational tour left them with open and refreshed minds.



## My Teacher and I

By Laxmi Maurya



My name is Laxmi Maurya. I am 15 years old. I passed class five from Modern Galaxy English Boarding School, and after that I was admitted in the 7th grade at Karuna Girl's School in 2070 BS (2015). It is located in Mahilwar, Lumbini. Now I am studying in 10th standard. My favorite subject is English but I am also interested in science. My preference is to write something by imagination rather than to study some story. My aim is to be a Computer Engineer in my near future. I like my school as well as the teachers very much. At first, I was very new in this school. I was not so bright or good in my studies. I couldn't do the right pronunciation of difficult words and had no idea how to speak English, which is very popular in the present world. But I wanted to try everything. I couldn't dare stand in front of all the teachers and students to speak my opinion, and therefore couldn't give my best. Once I obtained a good mark in the "Grammar Competition" held by our English subject teacher, Sunil sir. He taught all the students grammatical items related with their course and gave a test. I got first prize for my hard work so, I desired to share my few words in front of all my teachers and schoolmates and they gave me the chance to speak. For a while I was just standing there. I couldn't speak even a single word and started to cry. I didn't even know what my weakness was. Sunil sir and an elder

sister named Sargam Pokharel helped me to stop crying. I was feeling so bad at the moment that I couldn't speak. They held me and then we sang a song together for entertainment. My teachers knew my weakness and that's why they supported me. Later, they chose me as a vice captain of the school and I completed my duty nicely. After one year I got the chance to be a captain. I direct the students in prayer by standing in front of them. Being a captain develops spiritual values in me such as bravery, patience, mutual understanding, and cooperation. Now I can speak English which was formerly very difficult for me. I don't know why they chose me as a captain but what they did has been very great for me. I heartily praise them. They changed my life from darkness to brightness. To me they are great. All my teachers are scholarly, cooperative, harmonious, patient, helpful and kind-hearted too. They teach us in interesting, emotional, as well as effective ways. They use multimedia, which is practical for our better understanding. I am able to do many things because of them. They even taught me to laugh in difficult situations and adjust myself with friends and family. Among 10 teachers, Sunil Baniya (the vice principal and an English teacher) is my favorite teacher for many reasons. I was taught to believe in my hard work, to be confident, to never give up trying, correct pronunciation,

and to speak English fluently and accurately as far as possible. He didn't like to check copies but when I wrote something for myself, I would request his help and he would check it and help me with the necessary corrections. Because of this my writing skills have improved. I have composed three poems on the titles: Try, Is it reality, and Motherland.

My teachers have always encouraged me in my studies and for my betterment. Currently, I can sing beautiful songs, and read and write nicely. My teachers act and treat me as if they were friends, parents, and well-wishers. They share their feelings and experiences with us in order to let us learn better and to make us bold. To conclude, I opine that teachers are a source of knowledge and encouragement. They are also the backbone of the students. Teachers are the second parents who teach us to read and write. I think a good teacher is efficient, educated, talented, and has a positive attitude, good character, and harmonious relationships with students and other teachers. Students can't learn to read and write without them. Teachers play a very important role in students' bright futures and careers. They show them the right path in life. A teacher is the person who can change a student's life by teaching good things and giving knowledge. So students should praise them as gods.

## Saraswati Puja

By Pooja Jaiswal

Saraswati Puja, also known as **Shripanchami**, is a Hindu festival. It falls on Magh 1st (January 15th, 2016). On the day of Saraswati Puja Students and teachers worship a photo or image of the goddess Saraswati. She wears a white sari. The white color is the symbol of purity. She sits on a swan and puts her feet on a white lotus. She holds one musical instrument that is called the sitar. Saraswati puja is celebrated in every school because they believe in the Goddess Saraswati as the Goddess of knowledge and wisdom. One day before Saraswati puja, students clean the place where they worship the Goddess. Our Karuna Girls School (KGS) organized Saraswati Puja on Wednesday, 2073-10-19. In the library, our teachers had divided all the students into four house groups. They are Anuradha Koirala, Mother Teresa, Pasang Lhamu Sherpa, and Parijat groups - these names have given to the houses because these are the women who have done great works for their family, society, and nation. The teachers informed the students to pay 50 rupees to their class teacher the day before Saraswati puja. That money was used for decoration and distribution for Prasad and delicious foods.

On the day of Saraswati puja we entered in the library and our teachers divided us into four groups. They gave us some responsibilities, like Mother Teresa got the responsibility to cook food, Parijat had to manage the benches, Pasang Lhamu Sherpa had to decorate

the stage, and Anuradha Koirala had to serve food. On the day of Saraswati Puja, students woke up early in the morning at 6 o'clock, they took a bath and they got ready to go to school by taking some flowers and dhupi to worship the Goddess. Students who had secured first position, second position and third position in the games got prizes. When they finished the prize distribution program, they went to have food because students were hungry. Our Bhauju (helper of the school) had already cooked delicious foods like puri, curry, and achar (pickle).

After that there was the next program, which was a dancing and singing program in the library, and one by one students went in front and performed. They danced, sang songs, told some jokes etc. This festival has an educational value. Students learn the value of cooperation and gain self-confidence. Saraswati puja was begun from many years ago. Mainly we celebrate it once a year. This is a Nepali festival and tradition too. Saraswati is the god of knowledge, music and art. She shows us that for the attainment of any important goal we need both knowledge and focus. Due to this people believe in Saraswati and they love her.



## Farewell Vanessa!

By Nandani Jaiswal

Farewell is a combination of fare and well. Fare comes from the old English word faran, which means "to journey". It is also a fancy expression to say goodbye to someone. It is an expression of good wishes at a party if someone is leaving their job after being there a long time. So his/ her co-workers might throw him/her a farewell party ([www.google.com](http://www.google.com)).

As we know, everything in life is in two steps: start and stop, fast and slow. It is our nature when we transition from one state to the next to experience stress. If we are enjoying with someone and loving them, then we have to prepare for the next step when they leave, to make this step less stressful in their life. So a farewell is important to celebrate.

Karuna Girls School (KGS) organized farewell program for Vanessa Martinez on January/ 24/AD Poush 10/2074 BS. Teachers and students celebrated the farewell party very nicely in the library. A farewell program was celebrated in K.G.S for Vanessa Martinez because she was one of the volunteers from America and she contributed to KGS by starting a music club and a journalism club. She spent a lot of time in those clubs and taught students without any charge. It was really necessary to celebrate, because that day was to be her last day to celebrate something with us and the teachers too. Also that day was a good opportunity to remember all the most wonderful days which she had spent at KGS. It is a great function that is remembered all throughout

one's life as one of the best memories of her at KGS. On that day, students and teachers gave her a proper good bye and wished her great success for her career.

She told us not to look back while standing at the threshold of this school, just look forward and go ahead to see the world. Success will be on your way, just keep something in your mind that will be always right in your action and never forget that the truth always wins. Use your ideas to make others happy and never surrender to any bad situation. Belief in yourself. Students and teachers need to support each other in the school equally. It is your belief, courage, patience, and hard work which will surely lead you ahead and give you a bright future.

### Feelings of Vanessa Sister While Departing KGS

Leaving Lumbini was bittersweet. I had spent a long time away from my friends and my family in the United States, but I had also developed so many new and beautiful relationships in Lumbini that I was sad to leave. Living and working in Lumbini was a life-changing experience for me, so many students taught me about compassion, love, and perseverance. Even though I was leaving, I knew I would carry these lessons and so many beautiful memories with me forever. So I was sad to go, but happy that my time in Nepal had been so meaningful and special, and blessed by so many wonderful people. KGS Girls - I am thinking of you always, and praying that you are safe, and learning, and happy.



## Word Jumble

Can you figure out these jumbled words? The first student to get them all wins a prize!

ATIONCOLUATGRN

\_\_\_\_\_

OOAEC DTRIN

\_\_\_\_\_

ZII OONNAARGT

\_\_\_\_\_

TENU DST

\_\_\_\_\_

ROODTC

\_\_\_\_\_

NMAAUTHKD

\_\_\_\_\_

LEEGGVATB

\_\_\_\_\_

SUIRFT

\_\_\_\_\_

OEENMIVTRN

\_\_\_\_\_

OAPYHRGIB

\_\_\_\_\_



## Question

By Nandani Jaiswal

**How to kill an ant? Ask in an Examination for 15 marks**

**Student's answer:** Mix chilly power with sugar and keep it outside the ant's hole.

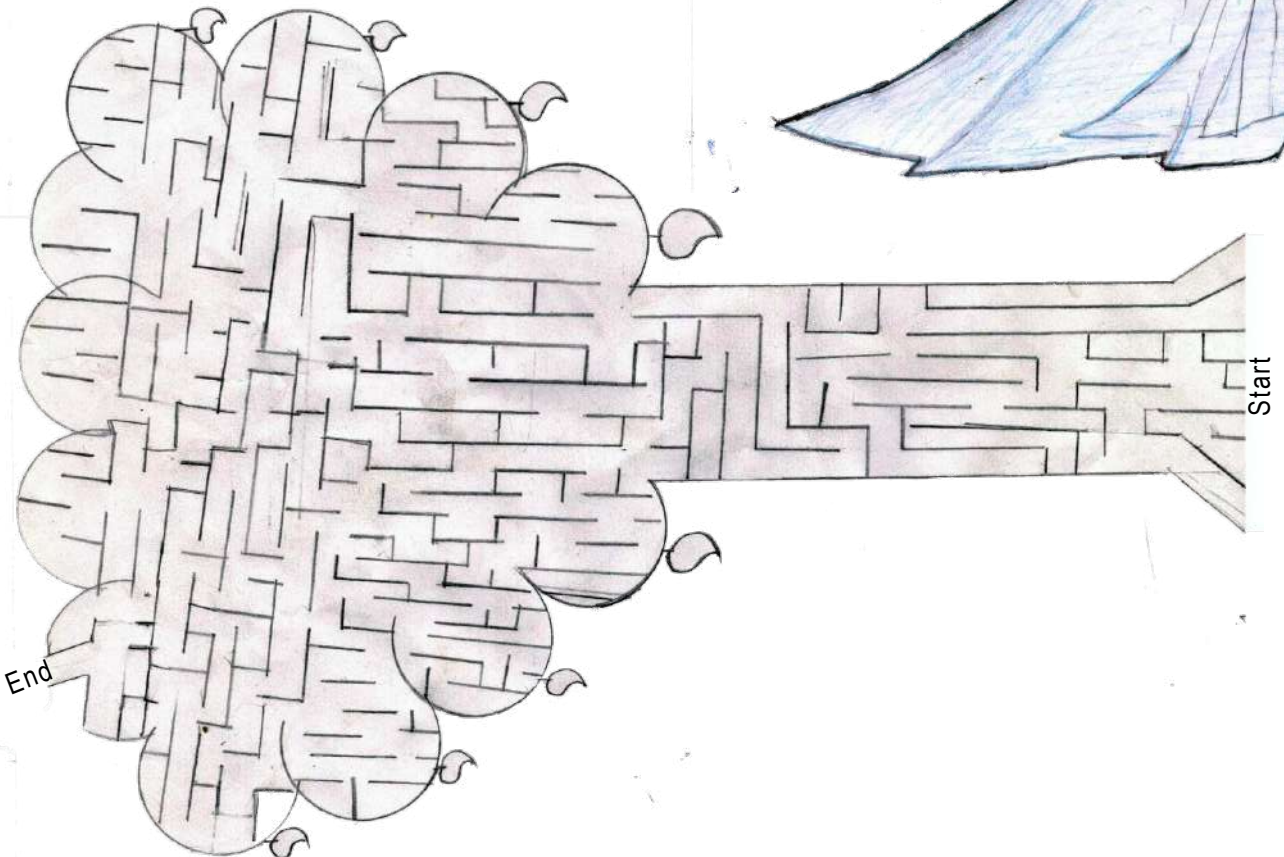
After eating, Ant will search for some water near a water tank.

Push ant into it. Now ant will go to dry itself near fire.

When it reaches fire, put a Bomb into the fire then admit wounded ant in ICU.

Remove oxygen mask from its mouth and kill the ant.

**Moral:** Don't play with students they can do anything for 15 marks.



Pooja Kumari Arya



STUDENT  
ARTWORK

**THE GRASSHOPPER AND THE ANTS**

Here is the story of ant and grasshopper. In this story grasshopper is just singing and he is not caring about food but the ant is doing hard work to dig the field because in that field ant had sown maize.

enjoying

keeping maize

hungry

asking maize from ant.

This is when the grasshopper becomes hungry. He asked corn from the ant. Ant said, why should I give this corn. I have work had in winter to get this corn but at that time you are doing fun.

This conclude that adolescents spend time idling and having fun with their friends. They spend less time for studies and when the examinations begin, they find themselves in the grasshopper situation. So, we should do



STUDENT  
ARTWORK



## Go Green, Go Clean!

### Lumbini Cleanliness Campaign

By Rima Bhuj

Following the slogan “Go Green, Go Clean”, Karuna Girls School (KGS) started the cleanliness campaign in Lumbini on the date of 2073/9/29 (Friday, January 13, 2017). The main organizer of this program was Metteya Sakyaputta Gurujee.

KGS started the cleanliness program at 10:30 am. All the students of Karuna Girl’s School participated in this program. From Lumbini gate no: 3, students started cleaning with the help of their teachers. They cleaned plastics and leaves with the help of brooms and their hands too. They cleaned a little far from Santi Deep (Peace candle glowing itself).

After cleaning, Gurujee asked about students’ feelings and every student shared how they felt after cleaning. Then he said a few words about cleanliness and we were hungry so we returned back to school. The brother of Gurujee, Aki, distributed some biscuits to every student and we enjoyed them at school.

This type of work makes our environment clean and peaceful too. It is a tourist destination so many people come to visit Lumbini, therefore, we should keep it neat and clean. This also protects us from different diseases and makes our community green and beautiful. It’s a great honor for us to clean Lumbini (the birth place of Lord Buddha), a place of peace and harmony.



## The Situation of Girls in Lumbini

By Sangita Badhai



I interviewed two people and on the basis of their views I wrote this article.

According to American lady named Natalie Hernandez:

The girls in Lumbini play a major role in their society. Despite the hard work girls do every day, they are not acknowledged. Girls in Lumbini don't have chances to go to school beyond class five and don't have the chance to become professionals.

Society treats girls as people who don't have much to say in life. Girls are mistreated because they get married between the ages of 16 and 19 and most likely will not be able to further their education. Their lives are to cook, clean, and work in the fields.

Any daughter is proud to be from a family that motivates her to become educated. When a family allows their daughter to

go to school, that shows that the family cares for the future of the family. They care for the development of the daughter. Many people often forget the strength that girls hold. They believe that girls are not capable of doing equal work. But we know this is not true! Girls can work just as well as boys and at times even better!

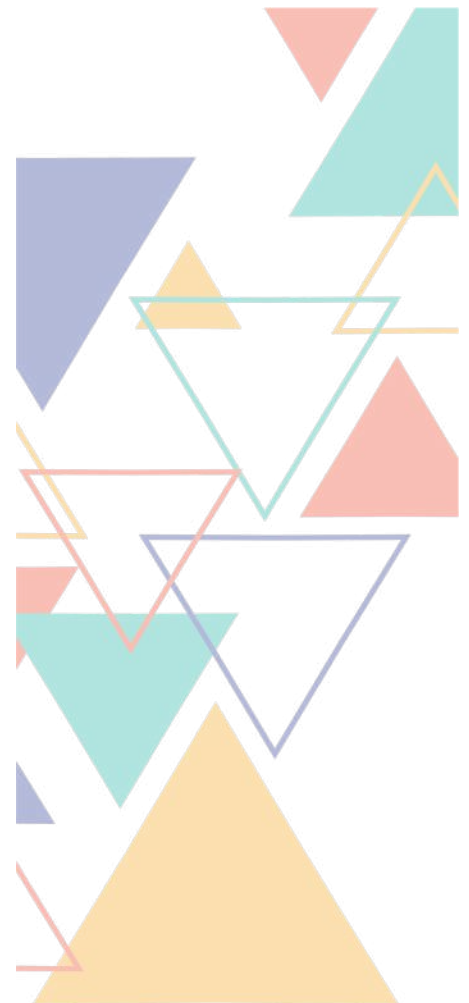
According to principal of KGS, Shankar Gautam:

The girls who are living in the village area are not getting the good opportunity for schooling. That's why they are behind in the case of education and due to which they can't take good decisions. They can't fight with family and society for their rights. They can't even express their feelings openly in front of parents. They don't get their all rights due to bad customs, traditions, thoughts, and the narrow concepts of the people. Domination of girls starts from their birth. The girls are unequally treated by the family and society.

This society gives more importance to the boys. Boys have the right to perform social rites and take their important decisions themselves, but girls are deprived of education and employment opportunities. They stay at home for cooking foods, washing clothes, working in the field and caring for all the family members. They don't have the freedom of doing jobs in political sectors, offices, or schools etc. They don't have the freedom of cutting their hair short, wearing pants, shirts and T-shirts as boys. They aren't allowed to go outside alone. They must take one member of the family while

going outside. They are not allowed to eat foods till all the family members finish eating. Parents and people of the society think that the girls need security but not the boys. They send their son to boarding school or a well facilitated school, but they send their daughter to a government school.

To combat this, the Nepali government, NGOs and INGOs have come forward to empower girls and give them an equal opportunity in educational sectors, the business sector, and the political sector etc.



## Holi Celebration

By Sima Bhuj



Holi is a Hindu festival that brings the arrival of spring. It is a festival of the victory of good over evils. It is commemorated on Falgun (between February and March).

Fagu is another name for Holi. Fagu means the sacred red color. It is celebrated on two days: one day in the mountainous and hilly regions, and another day in the Terai (plains) region. During this festival, village people collect some dry wood, straw, dry logs, etc... from different houses and put them together and they burn it at night. This is known as Samat in the local language. In the morning, they take the ashes home and they put the ashes at the door or on the windows. People also put tika of those ashes on their forehead and relatives heads' too. During this festival, people from different families and relatives get together and celebrate this occasion with lots of fun and enjoyments. People smear colors on their forehead, face and head, and they throw water balloons full of color on their

face or body. Hence it is known as the festival of color. People forget all their worries and anxieties on the day of Holi. It is a funny and enjoyable festival. It brings people of different castes together, and helps them forget all bad relationships. People repair ruptured relationships, laugh and play with colors, as all people, relatives, and friends get together happily. People bring different kinds of colors, water balloons (lolas), and pichkari (an instrument to play at Holi) from the shop, where shopkeepers put huge amounts of thing especially for Holi. Relatives come together and cook some delicious food like ghoghya (mixture of almonds, sugar, and coconut), kheer (mixture of rice sugar, almond, and milk), and gulgula (flour coconut, sugar) and they cook meat at night.

When I asked the principal of KGS, Sankar Gautama, about the myth of Holi, I learned that there is a tradition behind the celebration of Holi. Holi comes from the name of a demon called Holika. Holika and

Hiranyakashya were sister and brother. Hiranyakashya had a son called Prahlad. He was an atheist king. He made a plan to kill his son because his son was a great devotee of Lord Vishnu. To kill Prahlad he asked help from his sister, Holika. Holika had received a blessing from Lord Brahma to be saved from fire, so she planned to kill him with fire. Holika took Prahlad and jumped in a fire, but Holika was burnt and Prahlad was saved because Brahma's blessing was meant to be used for a good purpose. Thus, Holi is said to be celebrated after the death of Holika.

Holi is very beneficial for us. It helps us to manage ruptured relationships. We also can meet new peoples. We also can get knowledge about Holi.

All in all, Holi is a time for fun. It is the time when all forgot worldly anxieties and enjoy their life nicely!

## Earthquake Victims

By Pratima Khatri

According to the book of class eight, an earthquake is a sudden shaking of the earth's crust due to the movement of tectonic plates or other causes beneath the earth's surface. On 2072 Baisakh 12 (April 25, 2015) there was a dangerous earthquake in Nepal. It occurred on a Saturday at 11:56 with the magnitude of 7.8 on the Richter scale. 9000 people were killed and 22,000 were injured. This unexpected disaster destroyed World Heritage Sites and many people became homeless, orphaned, or poor. Many countries helped victims at the time of the earthquake and gave free medical care. The earthquakes brought many problems in our country. Centuries-old buildings were destroyed, for example World Heritage Sites in Kathmandu Valley like Patan, Durbar square, Kathmandu Durbar square, Bhaktapur Durbar square, Boudhanath Stupa, and Swayambhunath Stupa. Roads and ancient buildings collapsed and cracked. Many countries had help to the victims of the earthquakes. Some countries distributed food to the victims; while the government of our country has said that they will provide some money to the homeless people (single women, pregnant, new mothers, the disabled, etc.).

The government of Nepal and other volunteers provided temporary emergency shelter for the earthquake affected people. Those victims whose houses were damaged have received some money (Rs. 200,000) (\$1957.71 USD) to repair their houses; however, most of the earthquake victims are still in temporary emergency shelters because they don't have the land to build new houses. They have passed two whole years in temporary emergency shelters and have faced so many problems, like in the rainy season when they even couldn't sleep at night because the rain would go inside their home. Not only that, in the cold season they couldn't live comfortably because that temporary emergency shelter couldn't protect them from the cold and victims don't have warm clothes or blankets. Whenever the wind blows strongly, it spoils the shelters, because temporary shelters aren't strong enough to face or defend from strong winds.

Earthquake victims really faced many problems and continue to face problems to this day. Will they have to face the same problems again in the coming years?

When will our government see the problems of earthquake victims and when they will be provided permanent houses?



## Girls Trafficking in Nepal

By Sangita Badhai

There are lots of miseries for women in Nepal from which they suffer. One of the most critical problems is girls trafficking.

Girls trafficking is a process of selling and buying girls for money in other countries. Uneducated girls are usually the victims. There are some reasons for girls trafficking, including poverty, lack of education, unemployment etc. People from rural areas who are uneducated and weak in economic issues, send their daughters with traffickers in order to earn money, believing in their words. Later they are sent in different countries for different purposes like prostitution, or exploitation in companies, restaurants, and bars, etc. In the case of prostitution, girls are used until they suffer from dangerous diseases and become weak or

nearly die. After that they are sent to their respective countries without any fees and they are not accepted by their family, relatives, or society.

In order to prevent girls trafficking we must educate people, provide employment, and bring awareness to this issue. The focus needs to be on girls in rural areas of Nepal. First, we must provide proper education so that girls can decide and think for themselves what is good or bad for them. Next we must bring awareness to the mothers. The parents should know that they need to provide the opportunity to their daughters to be independent, confident and strong to face and solve life's challenges. Lastly, the parents should also know that they shouldn't trust or believe when strangers say they

will provide their daughters with some job abroad.

In conclusion, the situation of girls nowadays is a little bit changed but as a whole, many challenges have not been eliminated yet. Programs and organizations have been started to bring awareness and prevention to girls trafficking, however the government should still be involved and take responsibility. Girls trafficking is not just the problem of a family but the problem of the country. Because of girls trafficking, Nepali society will continue to be a male dominated society. It is up to the men and women of this country to believe that girls trafficking should be abolished, and that it should be something of the past.



## Vanessa Martinez

### An Anthropologist

By Mamta Yadav

Vanessa Martinez was born on the 3<sup>rd</sup> of September 1984 in Tampa, Florida, USA. Her father is Pedro Martinez and her mother is Patricia Martinez. She is the only child of her parents. After completing her high school diploma in Visual Art, her Bachelor's degree in German and French literature, and a Master's degree in applied anthropology, she came to Nepal in 2014.

She came to The Peace Grove Institute (nunnery) in Lumbini, Mahilwar. Karuna Girls School is very near to that Nunnery, so sometimes she used to come to KGS and teach some new things, like making funny faces and playing with the students. After half a year, she noticed some students who had a curiosity to learn new things, so she chose 13 talented students among 177 for a new journalism club at KGS. She was inspired to start this project by the students. She also started a music program. In her country, schools have journalism and music programs, so, she started these projects at KGS as well. She also took the journalism students to Kathmandu in order to travel and see new sites. Sites are important to visit and also KTM is the capital city of our Nepal, so, educated professionals are working there, and it is good place to go and meet with successful people in their fields, like journalists.

She returned to her country in January 2017. It had been a long time since she had seen

her family members, so she went there to care for them. She is very brave, kind, as well as helpful.

Vanessa now works at the University of Tampa, recruiting international graduate students. She travels to many different countries around the world to help students study in her home town.

Her goals are to help the needy without any charge, and to enjoy life!



## Dr. Maya Saves Small Baby

By Rima Bhuj and Sangita Badhai



Dr. Maya is the first female neurologist (doctor of brain) of Nepal. She lives in Kathmandu. She works in Nepal Medical Hospital which is one of the second oldest hospitals in Nepal. She is such a hard working woman. Her main profession is to do surgery.

Recently, she did one of the most appreciable, respectable, honorable and wonderful works in her life. She saved the life of a small baby who was thrown by her cruel father. The name of the baby is Sonrisa. The meaning of Sonrisa in Spanish is smile. When the baby was one year old then her mother left her daughter with her drunken father. One day her father came back from drinking alcohol. Suddenly, he went upstairs and he threw his baby from the top

of the roof. Due to the grace of God she didn't lose her life but she became unconscious. Dr. Maya heard that unbelievable event which happened to the baby. She went and took that baby in the hospital. She and her other staffs treated her without taking any charge from her father. She tried to take an action against the father but unfortunately, he ran away from his home. Later on, she tried to find him but she wasn't able to.

Dr. Maya with her staffs took care of the baby and they loved her very much. After six months, the health of the baby improved. The baby had forgotten how to laugh due to that accident but slowly and gradually she learnt to laugh again.

At present, she is staying with Dr. Maya at her home. They are

living together happily. Nowadays, she goes school too. She puts her all the demands to Dr. Maya and she fulfills her demands easily. She treats her as her own daughter and still Dr. Maya hasn't got married yet.



# Girl Reports in Kathmandu

By Pratima Khatri

On Wednesday 2073/9/6 (12/21/2016) in Kathmandu, at Park Village Hotel, there was a presentation, and a questioning and answering program by the journalists of “The Journalism Club” at KGS, also known as Girl Reports. Volunteer Vanessa Martinez, who established this Club, took us to Kathmandu for this special program, to give a presentation on our journalism club, followed by a question and answer session. There were fifteen people in attendance, among them four were Nepalese international journalists (three women and one man), the Girl Reports Team (7 members), two chief members of our team (Vanessa and Sunil sir), and two other guests.

The Presentation was about us and the improvements that we found in ourselves after being members of the Journalism Club. Every member of our team chose a different topic, like the ‘Situation of girls in Lumbini’, the ‘Agenda for today’s program’, ‘Journalism and its importance’, ‘Skills and who we are’, and more. We each presented ourselves one by one, and presented our own topics. The presentation was started by Sima Bhuj and finished by Sangita Badhai. After finishing the presentation, we started our questioning and answering program. At the time of the questioning and answering program, Dr. Maya Bhattachan also joined us. When we started to ask the female journalists questions, immediately one of them named Yam said, “No, first I will ask some question to you all.” And she asked us some questions like “Why have you chosen this Journalism Club?”, and “How did you convince your

parents to let you come here to Kathmandu?” We answered her questions one by one.

We also asked them many questions and the other people who were present there, too. Our formal meeting was just for an hour but this questioning and answering program proceeded for three hours. Attendees also shared their personal and professional experiences and the difficulties that they have faced being journalists.

The main purpose of that meeting with professionals and other new people was to show them the presentation that we had prepared. Vanessa wanted us to get experience, to be knowledgeable, and to be able to do everything without fear. So, she took us to Kathmandu, where we learned many things from the motivational experiences and creative thinking of those who attended our presentation. They also gave some suggestions to us as a motivation. They are as follows:

1. To develop our writing skills
2. To be more curious about what is happening in the society and in the country
3. To focus on our studies
4. To be creative and daring

It was our first presentation, but it turned out to be a wonderful. Before giving the presentation, we were all very much worried, but the presentation went very well. There are no words to explain the success we had. After giving the presentation, we all felt as if there was nothing that could stop us, that we could

do anything. We were very inspired by their life stories. After finishing the presentation and listening to the motivational life stories of successful journalists, I have learned one very important thing that no one in the world can be successful without working hard and facing problems. Every successful woman or man has a unique life story. More often than not, it is full of pain, problems and tension.





## Who We Are



Mamta Yadav

Sangita Badhai

Pooja Jaiswal

Pratima Khatri

Rima Bhuj

Nandani Jaiswal

Sima Bhuj

Laxmi Maurya

## 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

## A Word From Vanessa Sister

Hello to everyone in the KGS community! It has been one year and a half since I left Nepal, and I still think of my time there every day. It took some time for me to settle back into my life here in Florida. I had to find a new job, then a new home, and I've had to learn many new things. I travelled often for my job in my first year, so it was difficult to organize everything at home and do extra work, since I was so often away. Fortunately I am blessed with a happy and healthy family and wonderful friends here at home. We just celebrated my grandfather's 95th birthday!

Now that I will have a little more time, I will be putting some new energy into Girl Reports! As you can see, Girl Reports already looks a little different. This is because we will be shifting to a magazine look. It will be a quarterly publication – that means we will produce four issues every year: Summer, Fall, Winter, and Spring. Soon, the project will also have a website, and people all around the world will be able to read about KGS and Lumbini, and what the students and teachers are doing there. I am so proud of the Journalism Club and Sunil Sir for all of their hard work and perseverance. I would also like to give a special thank you to Principal Shankar Gautam Sir for his continued patience and support of all the after school clubs at KGS.

I hope that soon I will be able to see all of your beautiful smiles again, share some chia, curry, pickle, papad, and of course some good stories! I hope and pray that you are all well and happy, and that you are continuing to work hard toward your goals and dreams.

MISS YOU ALL,

Vanessa

In this issue of Girl Reports you will find out more about the lives of young Nepalese women, including the holidays they celebrate, the people who inspire them, and the challenges they face daily. The articles featured range from fun and games to constructive advice on how to alleviate the suffering of women in Nepal.

To learn more about Girl Reports, visit  
[www.girlreports.org](http://www.girlreports.org)

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