

# G RL REPORTS

ISSUE 5





**WINTER 2019**

***“Parents always teach their daughters how to dress but they don’t teach their sons how to respect girls.”***

**– Pratima Khatri**

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# KGS Picnics in Butwal

By Pooja Jaiswal



On Friday 2074-09-05 (2017-10-20), Karuna Girls School organized a picnic in Butwal at Phulbari and Banbatika. 80 Students out of 200 went to the picnic, and six teachers out of nine accompanied them there. The teachers were Sunil sir, Birendar sir, Bibek sir, Dablu sir, Muktinarayan sir and Bhauju, our school helper. Our vice principle Sunil Baniya was responsible for planning the picnic.

Before going to the picnic, we collected RS.350 from each student for the breakfast, lunch and other expenses. At 8 o'clock in the morning we came to school and began to prepare for the picnic. Our principle, Dr. Sankar Gautam, instructed us about trip discipline. We were told not to make noise. We all got on the bus and drove towards Butwal. The students and teachers had a song competition in the bus. We saw beautiful scenery and many mountains. After some time, we reached Butwal and went to Banbatika for the picnic. We cooked delicious food like meat, vegetables, rice, papad, tea and jam.

We went to see the Butwal zoo with our teachers and some of our senior friends stayed at Banbatika with Bhauju to help cook the food. We saw many different types of animals and birds in the zoo, some of which we hadn't seen before. There were snakes, tigers, owls, ducks, peacocks, monkeys, ostriches, bears, foxes and more. We enjoyed taking some pictures at the zoo. We played some games there with our friends and teachers. After some time, we came back to KGS. It was almost 8pm. Our ride back from Banbatika went very well. When we came back from Butwal we were very happy. Then we left Karuna and went back to our own homes.



## My Favorite Game: Badminton

By Pooja Jaiswal

I love badminton and so do many other people all over the world. It was first invented in the 16<sup>th</sup> century, and it is played on a big court between 2 teams of 1 or 2 players. It is played with a volleyball net, rackets and a shuttle. Players hit the shuttle back and forth with their badminton rackets, over the net. It is the most popular in Indonesia (internet research).

To play well, players must be active and strong. Badminton helps with mental and physical development. Books develop our mind but games develop bodies, instincts, reflexes and self-discipline.

I saw badminton for the first time when I was 12 years old. My neighbors and their friends were playing. It seemed complicated and I did not know how to play, but I was very excited to try. One day my friends told me to just try - I was so glad. When I held the badminton racket for the first time it seemed so easy to play. I thought I could play better than them, but when I tried it was very difficult! My hands shook, and I could not

hold the racket well. Sometimes the racket would fall from my hand or I would miss the shuttle and I would become angry with myself. I thought "why can't I play the way all my friends are playing?" I almost gave up playing badminton but my friends encouraged me to keep trying. Because of them, I thought "why I should give up? I will try until I succeed." I failed and I failed but eventually I could play. I became happier than I could have imagined at that time, and to this day I am very grateful for the friends who encouraged me to try.

If you want to play badminton, here are my tips:

- Collect three materials: 2 badminton rackets and a shuttle.
- Hit the shuttle with the badminton racket and follow through (the other player should return the shuttle in the same way).
- Knock the shuttle onto the opponent's field to get a point.
- Follow the instructions of your team members.
- Keep your eye on the shuttle.
- Keep moving. Stay away from the field's main line. Immediately throw the shuttle once you have it. Don't look here and there.
- Do not touch the net with the Badminton racket or the shuttle.
- Do not let the shuttle fall on your side of the field.
- Now, go have fun playing badminton!



# Friendship

By Sanjana Gupta



True friendship is hard to find. In life people find only a few but when people find them, they always know their friend by sight and heart alone. When people find a true friend, their soul grows a little bit bigger and people feel blessed from knowing their friend.

Friends want love, affection, and respect from each other. A good friend helps their friend through hardship and in troublesome times. They always keep good relations with each other. Sometimes, they fight with each other but they always come back again.

A friendship can be formed between any two people; rich and poor, girls or boys, men or women. Friendship is necessary for all the people of this world. We need to be friendly and work in harmony with each other. This will help us solve the problems that we face. So, hold your true friends close and don't let them go, because a true friend comes once in a lifetime.

About my friendship:

My best friend's name is Dibya Agrahari. She is very friendly, faithful and helpful. She understands others' feeling and helps them in difficult situations. She is also very close to my friends in class. She shares her ideas with me as well as others too. We both do homework and enjoy it together. When we go to visit new places, we share our experiences in those new places. We share our lunch together. Our friendship is so deep.

## The Importance of Friendship

- Develops unity
- Develops peace, love and compassion
- Maintains harmony and mutual relationships
- Helps to get support and cooperation when in need
- Develops emotional attachments
- Helps to show sympathy to each other
- Creates peaceful and cooperative environments



## Girl Reports in Bhairahawa

By Rima Bhuj



On Monday, 2074/5/5, /2017-08-21 the students of Karuna Girls School's (KGS) Journalism club went to Bhairahawa to meet 3 professional journalists named Madhav Neupane, Rabindra Gupta and Sarina Maraecnee. There, Sunil Sir (the KGS vice principal) as well as Manu Dai, and Anna (volunteers from Germany) went with them. Sunil sir made arrangements at Shyams Mistan hotel by booking a room.

First of all, we introduced ourselves and explained what we were doing in journalism club. Then we interviewed the journalists and they replied with some questions for us, which we also answered. We asked them questions like:

1. What was your aim before becoming a journalist?
2. What are your goals for the future?
3. Do you want to share your experience with us?
4. Who inspires you?

5. What type of problems have you faced?
6. Do your parents support you?

Some answered that they have faced many problems in the way of their success, such as conservative thinking,, transportation; some were from undeveloped areas etc..., but in the end, their hard work helped them to achieve their success.

After that we had a small lunch of *Pakaudas* and tea and when we came back to the ground floor, Mannu Dai gave us some sweets (Rabdi and Chena)and we all went to visit the Siddhartha F.M radio station. We went there and saw the office and the Siddhartha tower, which at almost 180 feet tall is Paschimanchal's tallest tower.

We were going to visit the Namche bazaar but it was getting too late so instead of going there, we visited Gautam Buddha Sandesh, where newspapers are printed. Sunil sir waved for the second school

van to stop at Gautam Buddha Sandesh but the driver didn't stop because he thought that we were waving bye-bye to them. As a result, the students in the second van did not get a chance to visit Gautam Buddha Sandesh. The students in the first van saw the printing equipment but we did not get to see the newspapers get printed.

After that we returned back to school and we had a small meeting in the library of KGS with Mannu dai and Anna sister to help them understand what we had talked about with the journalists. It was our 2<sup>nd</sup> experience interviewing professional journalists.



## Word Jumble

Solve the jumbled words for a prize!

TARKEM

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TERGA

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SENDE

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TENSERP

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DDRANTS

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OOLDDHHC I

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CNTENSEE

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GINSER

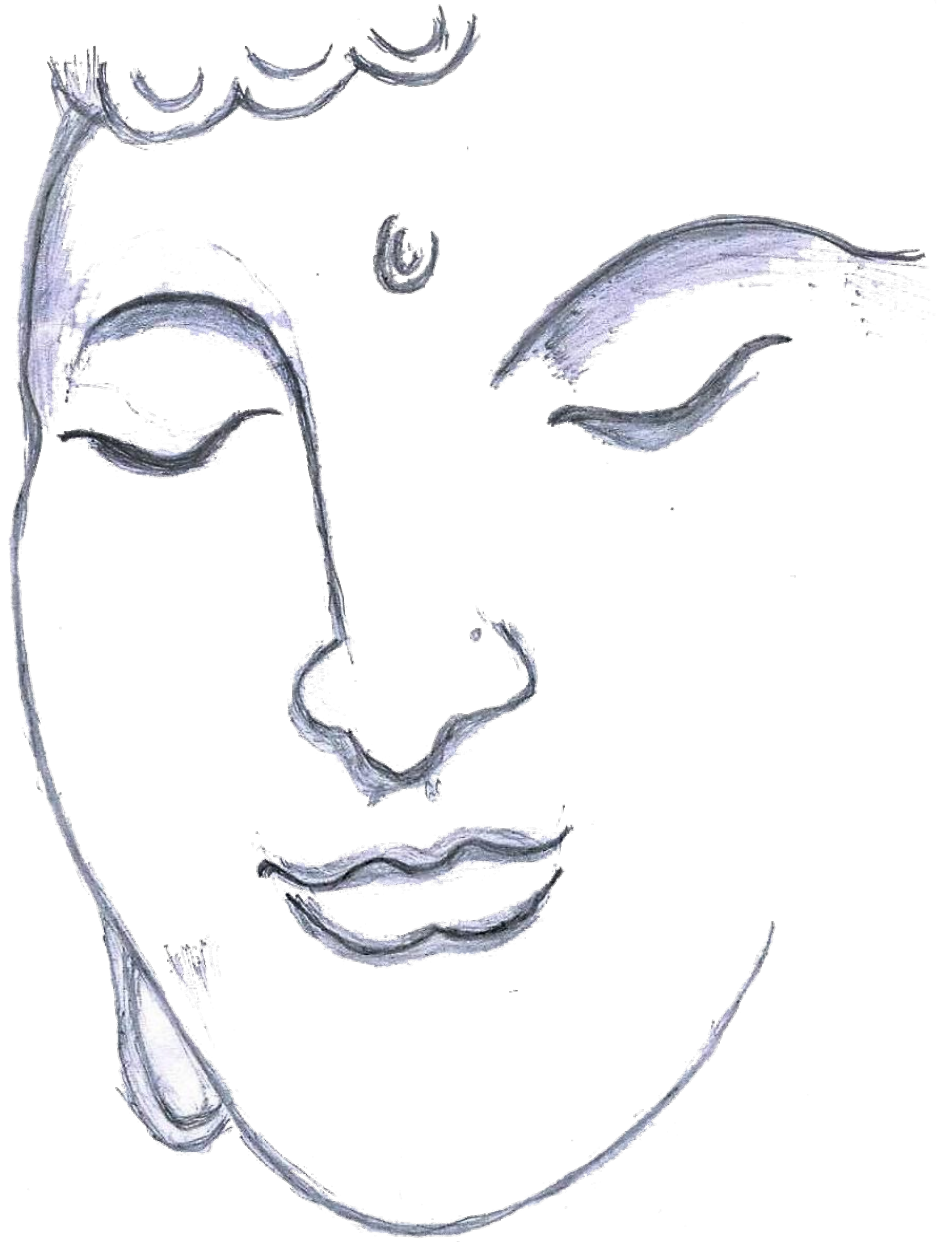
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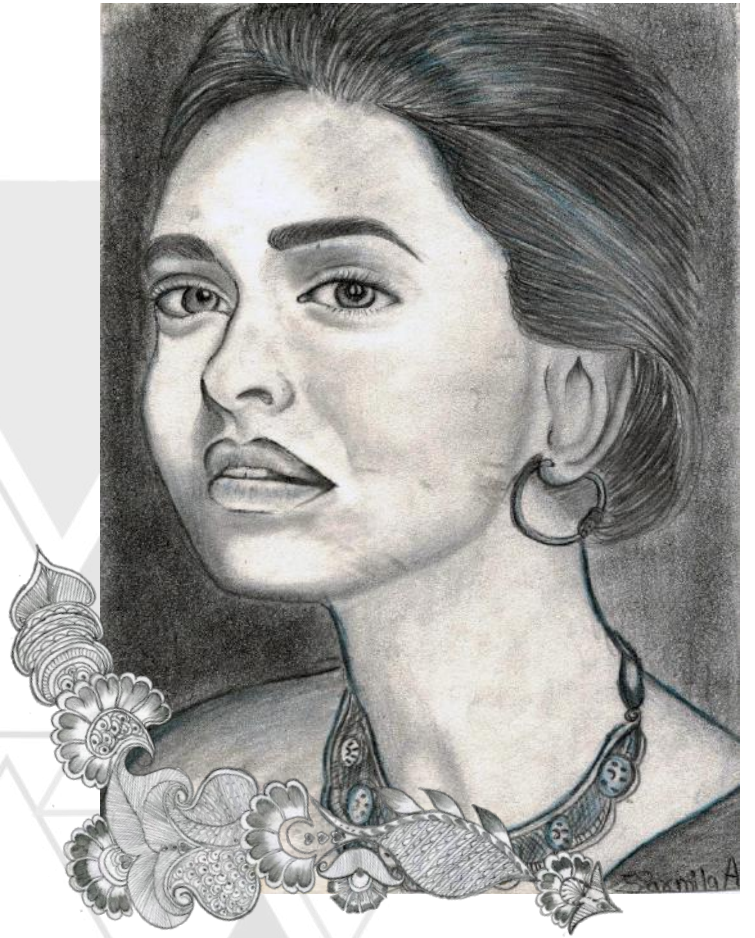
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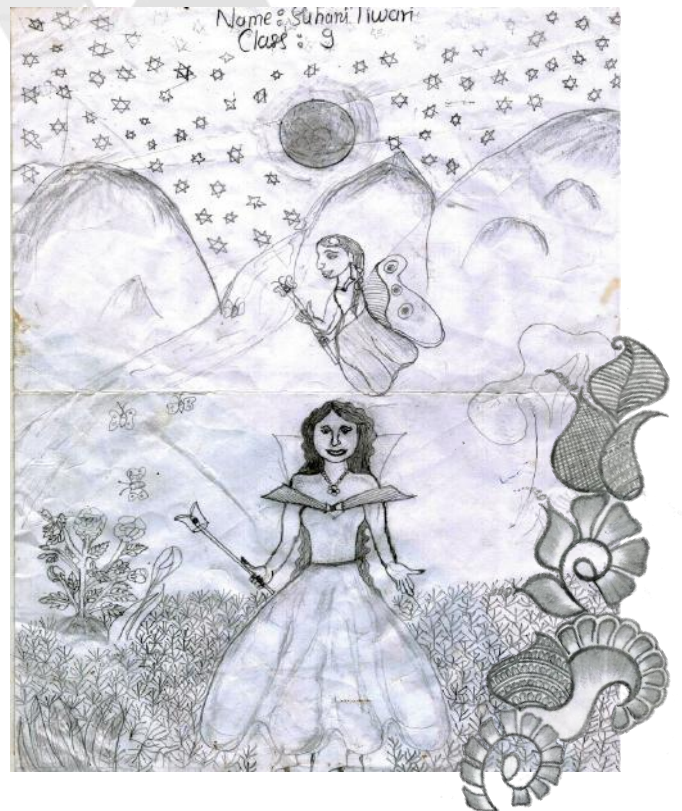
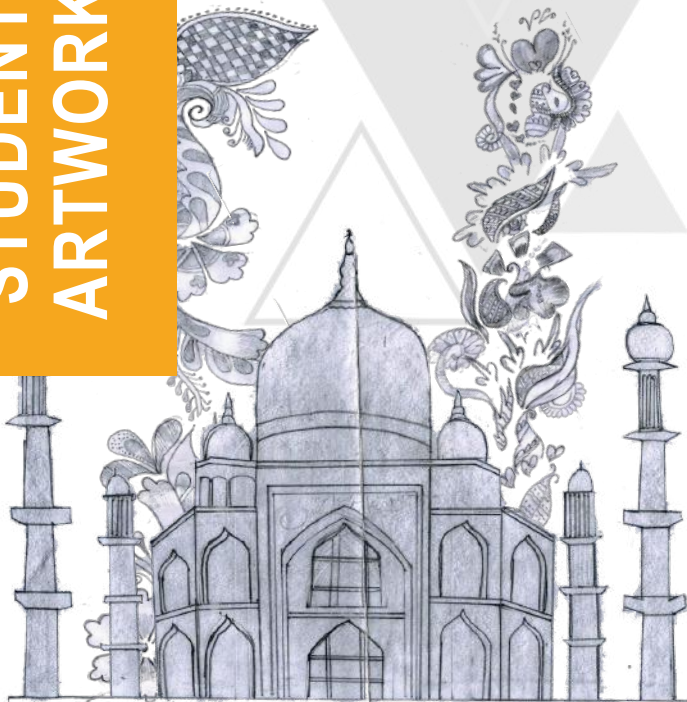
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STUDENT  
ARTWORK



# Joke

In Biology practical exam:

**Teacher:** Is panchi k tange dekh k batao ki iska naam kya hai?

**Student:** tange dekh k kaise batao be?

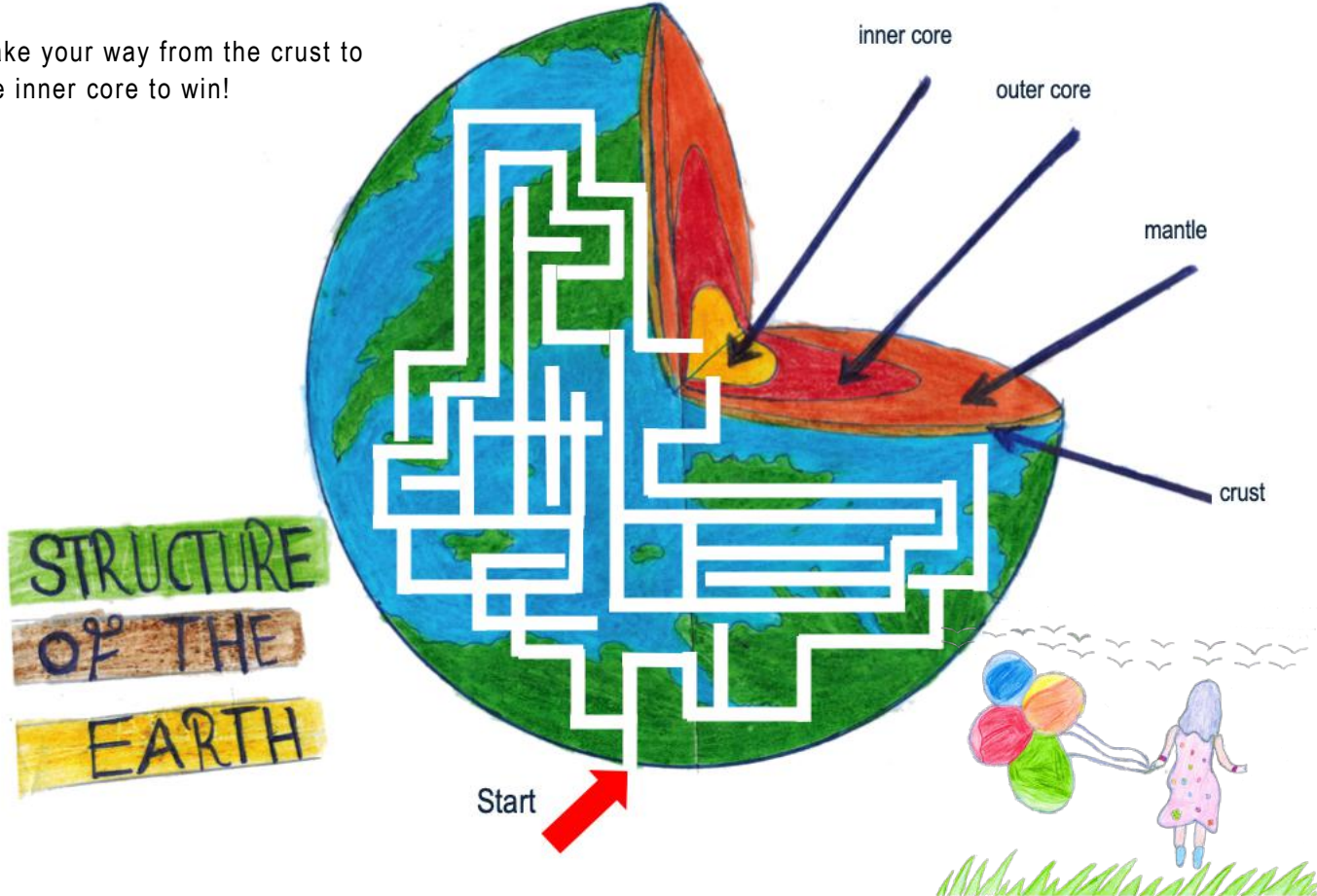
**Teacher:** nalayak! Tumhe zero milta hai apna naam batao!!!

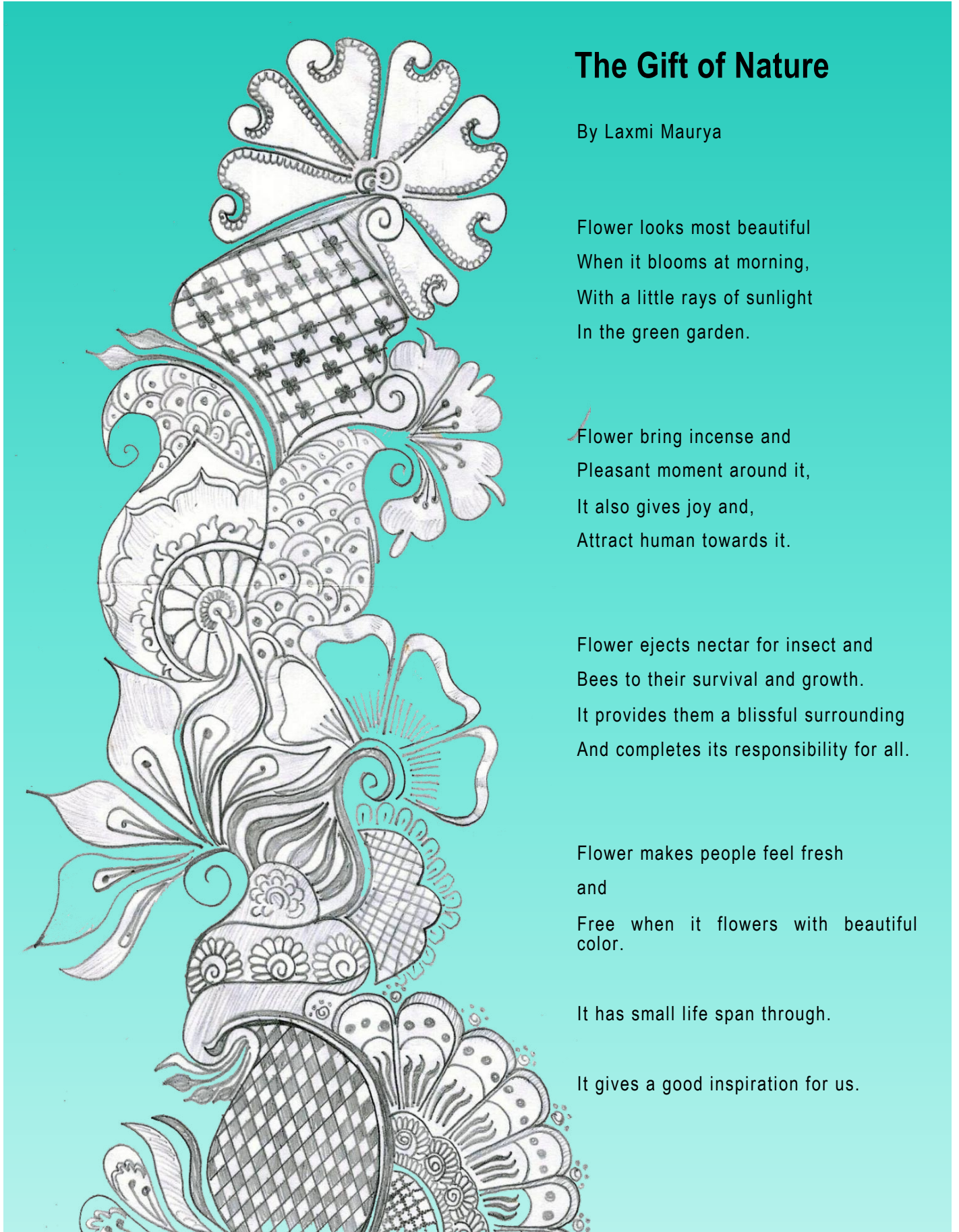
**Student:** ye le meri tange dekh k likh le



# Maze

Make your way from the crust to the inner core to win!





## The Gift of Nature

By Laxmi Maurya

Flower looks most beautiful  
When it blooms at morning,  
With a little rays of sunlight  
In the green garden.

Flower bring incense and  
Pleasant moment around it,  
It also gives joy and,  
Attract human towards it.

Flower ejects nectar for insect and  
Bees to their survival and growth.  
It provides them a blissful surrounding  
And completes its responsibility for all.

Flower makes people feel fresh  
and

Free when it flowers with beautiful  
color.

It has small life span through.

It gives a good inspiration for us.

# Lumbini as a Tourist Destination

By Sima Bhuj



A tourist is a person who travels from one place to another for pleasure. There are two kinds of tourists: international and domestic. A tourist who travels from one part to another part of the same country is a domestic tourist. A tourist who travels from one country to another country is an international tourist. Most people who visit Nepal come to see our many natural resources and heritage sites, to establish a business, attend conference, visit for the holidays, or study the culture and ways of life in different places.

People come to Lumbini because it is the birth place of Gautam Buddha. It is a place where people can relieve their tension and feel relaxed and happy. They also come here for

meditation. People want to see the historical art and the Ashoka pillar which proves that Gautam Buddha was born in Lumbini. Last year, 1.5 million people visited Lumbini.

I interviewed a traveler and volunteer from abroad to learn more about why people come and visit Lumbini. Here is what I found:

Ezekiel (Zeke) Maben is an international tourist from New Jersey, which is in the United States of America. He came to Nepal on the 20<sup>th</sup> of November, 2017. He is staying at the Bodhi institute for 6 months. Zeke has visited many places in the world, including Canada, Italy, the UK, and Ireland. He likes to visit different countries and is eager to know the lifestyle of people as well as their cultural and traditional values. He does some tourists activities here in Nepal, but his main purpose is to visit Lumbini and teach journalism and audio recording to the KGS students.

Zeke has visited other places in Nepal, like Kathmandu and Pokhara, but he has spent most of his time in Lumbini. Zeke has found many differences between Lumbini and New Jersey. Here he has seen rivers, crane sanctuaries, temples, traditional buildings, historical art and architecture and beautiful gardens of flowers and trees. He finds Lumbini to be a peaceful place.

Zeke has internet, a bathroom and water facilities here in Lumbini. On the other hand he has faced some problems too. He does not have a soft bed or hot water to bathe with in the

winter. Zeke feels that waste management is the main problem for the tourist development. Still, he has found that people in Lumbini are more cooperative and kind than people in New Jersey and has loved travelling here.

To attract more tourists to Lumbini the Nepali government should do the following things:

- Provide training to the hotel employees.
- Manage the waste and garbage of Lumbini in a proper way.
- Develop more sites for tourism in Lumbini.
- Provide good local facilities including communication systems, transportation and hotels.
- Safe guard our natural resources and historical places.
- Motivate local people to learn different languages in order to help tourists as guides.
- Provide guarantees for tourist security.

If we do this, more tourists will come to Lumbini.



Zeke Maben

## We Too

### An Inside Look into the Struggles of Girls in Nepal

By Pratima Khatri



Although my brother and I were born into the same family, we are treated differently. My brother has many more privileges than me. After finishing his homework, my brother is allowed to go play outside, but when I finish my work, my mother says I am growing, so I should know how to cook and do household chores.

My mother never lets me choose how to spend my time. She always says to me "What will others say if they see you playing outside?" In our society if a girl is seen playing outside she is called lazy and shameless. No one ever says this about boys. Why are girls treated so differently? Why do we have to stop enjoying ourselves and start doing household work when the boys can play and do what they want? I am not the only girl with this problem, every girl I know has the same experience.

I am from a society where parents believe more in the rules than they believe in their own children. In my society the character of a girl is determined

according to the inches of her clothes, without knowing her ideas, views, and thoughts. Society always sees the negative aspects of a girl. If a girl laughs then she is called shameless, if she talks about what she doesn't want to do then she is called mouthy, if a girl confidently stands for something people will say she is acting like a boy and make fun of her work.

Parents always teach their daughters how to dress but they don't teach their sons how to respect girls. In every Nepali family, girls are told to walk like this, eat like that, laugh like this, sit like that, talk like this, but nobody tells boys how to act. Why do they only limit girls like this? Aren't we able to think for ourselves just like boys?

Regardless of their age, girls are dominated throughout our society. In a newly married couple, if a husband dies early people look down on the wife. They say she was unlucky and sinful. If a husband is drinking than the wife is also blamed, people say that she is not able to handle a husband. Even if a

girl doesn't marry, society will call her bad. In Nepal, especially the Terai region in the south, many girls have to marry in childhood, even if they don't want to. If a girl raises her voice against the marriage then society is not going to accept her as a good girl. Because of parental pressures and fear of societal condemnation girls have to marry or be disrespected.

Our society doesn't give us the freedom to live, and even after we die people don't stop their backbiting. If a girl commits suicide people blame her and call her weak. Most girls who commit suicide do so because of serious systemic problems, like a callous family or untreated depression, but people only blame the girls. No one is interested in getting to the root cause of her suicide, but everyone is interested in blame. People spread nasty rumors like "maybe she had an affair" or "maybe she was cheated on or fought with someone."

Suicide is a major problem for girls in our society. There are many reasons why girls are

compelled to kill themselves. Often, these can be found and prevented, but parents and other authority figures aren't interested in listening to their daughters. Many girls have a hard time sharing anything with their parents. Adolescence is a hard time for girls, as we grow up, we may develop problems with our friends, and school brings even more problems. If a girl cannot share her problems with her parents and community, she feels like she is alone and there is no one who understands her. This can lead some girls to become depressed, but even then, people do not care or notice. Due to all these problems some girls are compelled to kill themselves, but our society is more interested in spreading rumors than it is with dealing with these problems. Even in their death, women are blamed for their own problems.

Not only is our society unsafe for girls, but people use that fact to control us. Many parents don't allow their daughters to go anywhere alone because of perceived dangers. But statistics show that girls are as likely to be raped and abused by a person they know as they are by a stranger. Even worse, if a girl is abused and tells her parents, some parents force her to keep that a secret and shut her mouth because of their fear of losing honor in the society. Often, abusers threaten girls to keep them quiet. Due to this fear, many girls do not tell anyone about this abuse and become depressed from their isolation.

Girls know that our society is not going to say or do anything to the boys who abuse girls, instead they will blame the victim, saying things like "she knows girls should not walk alone." Because of widespread abuse, parents fear allowing their girls to go outside, but the men and boys who commit these monstrous crimes are allowed to

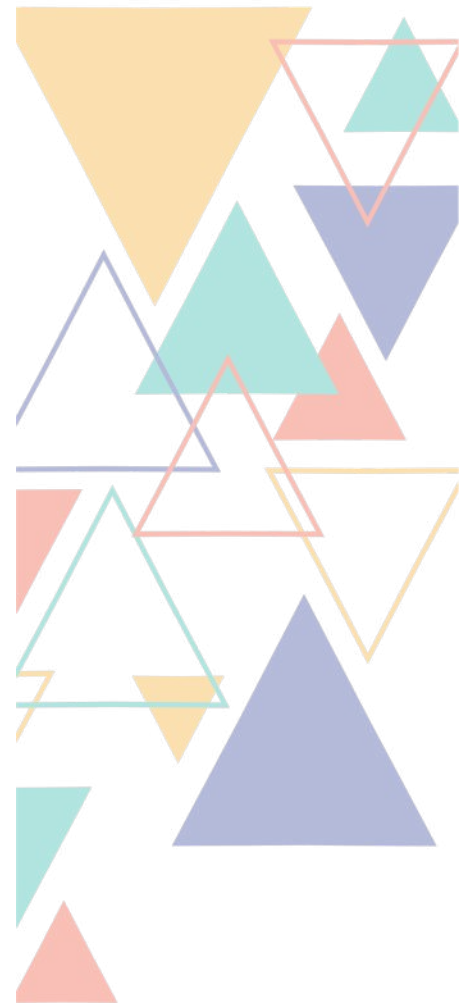
walk free. I am also afraid to walk alone in my society. There are so many ways that a girl can be harmed. We have heard on the news awful stories about girls attacked with acid, just because they wouldn't do what boys wanted. In my society, if I talk nicely with boys then I will be called a prostitute, and if I don't talk nicely with boys then they will insult me or attack me with acid. What is a girl to do in this situation? Girls are told not to mess up the reputation of their family by their activities, but boys are never told not to harm the reputations of their families or other girls' families. Shouldn't we girls have the right to live our lives in society safely and respectfully?

Daughter, sister, wife and mother, the names we are called change but our domination never does. From birth to death, girls have to live a dominated life. Still, they never complain to anyone about this. They do all their duties responsibly. As a daughter, we serve our parents and family, as a wife we care for our husbands and their family members, and as mother we give all our love and support to our children. It is women who create the happiness in the family. We give men the chance to become fathers, brothers and uncles. We give beautiful life to the world. This world runs because of women, without us there would be nothing. She is the one whose glory can't be finished by explaining in any words. There isn't such a world that can be compared to the glory of a girl.

We girls just want to live our lives as freely and as happily as boys. Girls and boys are creatures of the same nature and we all have the same desires, but only boys are allowed to fulfill those desires. It is time for us to create a world where girls can enjoy their lives too.

To do that we all need to work together as a society. The first steps can be taken by the family by providing more support for girls and removing conservative thinking from the home. We must create more opportunities for girls and keep the ideas of girls as equals in life and work at the front of every mind. Boys should be taught to treat other girls as their own sister and respect them. The concept that girls can work with boys shoulder to shoulder should be developed within us.

Women are the ones who sacrifice all dreams and desires just to fulfill dreams and desires of others. So they should be in a higher position in the case of respect and honor. Women should be treated as they deserve by all of us.



## Maghi Sankranti

By Chandni Chaudhary

Maghi is the Tharu “New Year” and the most important traditional festival. It is celebrated on the first of Magh so, it is called Maghi Mankranti. Maghi Sankranti is not only the greatest festival of the Tharu year but it is also the best time of their year economically. It is celebrated by the tradition of kulway (god name). Tharu people wake up for the Maghi festival at 6 in the morning. They are not allowed to bathe in their own home on this day, so instead they go to important religious rivers and ponds. This custom dates back to ancient times. Then the Tharu prostrate themselves to their elder and other well respected individuals.

Tharus celebrate Maghi as their new year because they are devoted to nature. In Hinduism, people worship God statues but in our community “Kul God” is found in the soil of the Tharu home. In Lumbini also people worship soil which is kept in Mayadevi temple. On Maghi, women go to their mother’s home to celebrate. People give something as a gift to their married daughters in the form of Mas of grains, vegetables and rice which they cook on that day. Mas of grains includes the pulse seeds of different varieties which is ground into two parts and cooked in liquid form to be eaten with rice or roti or chapatti as protein substance. They give blessings for a long life and happy married life to their daughters. This is known as Misrawu. On the day of Maghi festival all the people work hard in the fields.

We celebrate Maghi by cooking delicious food like khichadi which is made of rice, mas of grains and other things too. Meat, fish, snail, dhikari and sweets. This food is known as our cultural food. We do folk dances too, namely Sakhiya naach Jhamta naach, Gopi naach, Latthi naach and Maura naach. We also sing folk songs. On Maghi, people perform dramas of their culture. We wear ornaments and our traditional cultural clothes. Women wear the Lehenga, choli and Sari, while Dhoti, Kurta are worn by men.

Due to the festivals of Maghi we preserve our culture. It reminds all the Tharus that they are the children of the Terai and of the special connection to nature as an original people of Nepal. It is the gift of our forefathers so we should preserve it, so that the next generation can see it.

We celebrate Maghi festival happily and joyfully together. It strengthens the relationships among Tharu people and enlarges the brotherhood which helps to lead our community towards peace and harmony.



## Construction of Roads and Temples at KTM

By Rima Bhuj



After Nepal's frightening earthquakes in 2015, Kathmandu was one of the most affected districts. Many people died, roads were cracked, and many temples and buildings were damaged. Even now, the lives of many people in Kathmandu are still very difficult and dangerous. Because of the bad roads and damaged buildings and temples, the rate of road accidents increased rapidly and traffic is also increasing there. It is very hard for people to transport things from one place to another.

In Kathmandu, the roads and temples damaged in the earthquakes are slowly being reconstructed. Different countries are helping with these and other infrastructure projects. Still, it is very difficult for the people to go to worship in the temples, and the roads are often so bad that the people can neither go easily nor come back. The life of the people has become difficult there. As a whole, these construction projects are very important for reducing accidents and traffic problems. The development of roads and temples will also help to increase the beauty economic condition, and the development of Kathmandu and the whole country of Nepal.





# Venerable Bodhi Sakyadhita

## Bodhi Mom and Us

By Gauri Gupta



Guruma Bodhi Sakyadhita (Bodhi mom) is the president of the Canadian Engaged Buddhist Association and an ordained Buddhist nun. She has been practicing Buddhism since 2003. She is active in social work, and is the primary sponsor for Karuna Girls School and the Peace Grove Institute – a Buddhist nunnery. We call her Bodhi Mom because she is the Dharma Mother of our institution.

She was born to a family in Edmonton, Canada as Lory Forster. Her parents were Donald Forster and Sheila June Forster. She has two siblings, one brother and one sister. As a child, she was a baseball player and leader of her team. She also loved animals and wanted to do something for them, that's why she became an environmental scientist for the Canadian government.

Ever since Bodhi was young she

has dedicated herself to helping all living beings. She had a lovely childhood with wonderful parents, and she is happy with her growing families. She has faced many challenges in her life, but she has always been very dedicated to her ideas. Venerable Metteyya Sakyaputta met with her when she came to do her Vipassana retreat in Nepal and they became close friends.

Bodhi has volunteered, studied and practiced Buddhism in several countries, including intensive meditation and spiritual pilgrimages. She has also carried out a comparative study of the history of different lineages of Buddhism under the guidance of Ven. Metteyya Sakyaputta. Bodhi mom is living in Canada now and helping her own country and others. She has taught us so many things about how to lead our lives with love, compassion and patience.

### My meetings with Bodhi mom

When I first met with Bodhi mom I was very happy, and a little scared too. Before she came to visit us, I had only heard about her and was so keen to meet with her. "She is very strong," said all the sisters and Gurumas. That was the reason behind the fear, but when I saw her she was very beautiful and I loved the way she hugged me.



When she came to visit, we had made *Rangoli* for her using wheat, food coloring and rice. We made them in the shape of lotus flowers and her favorite animal, the elephant. She was happy to see this and it made us happy too. When I talked with her for the first time I felt like I was the luckiest person in the world. When I was talking with her my fear escaped out from my heart. I realized how easy and interesting it was to share my feelings with others and to listen to others' feelings.

When Bodhi Mom was staying with us I came to take water to her room. While I sat there, she asked me about my goals. I replied "I want to become a doctor." She seemed happy and asked me "Why do you want to be a doctor?" I said to her, "When I was small my father asked me what I wanted to become when I grew up. I replied that I didn't know. When he heard that he said I could become a doctor like him. Since that day I wanted to become a doctor." Bodhi mom and I talked for half an hour. My happiness had no bounds.

Bodhi Mom has given me courage and strength towards achieving my goal by saying that she was happy with my performance in school. She has also helped me to live in peace and has helped all the nuns live together with love and compassion. From Bodhi Mom I have learned the lessons of courage, and that people great and small can find happiness through each other.



## The Advantages of Being a Peaceful Person

By Rima Barai

Peace is the absence of violence. Being peaceful helps people to live successful lives. A peaceful life is better than a violent life. Our country is a peaceful place because of our past leaders like Gautam Buddha. He taught that a peaceful life is necessary for our personal development and the development of our country. He was against conflict. He always helped others and made good relationships with people and animals. He taught about meditation so people could concentrate their mind on being peaceful. He never spoke rudely about other people. Gautam Buddha shared his knowledge with us so we could bring peace to everyone. To be a peaceful person like Gautam Buddha we should do the following things:

- Meditate in morning time
- Speak politely with others
- Make good relationships with others
- Keep from devoting our energy to fighting

If peaceful people follow the above points, then they will receive the following advantages:

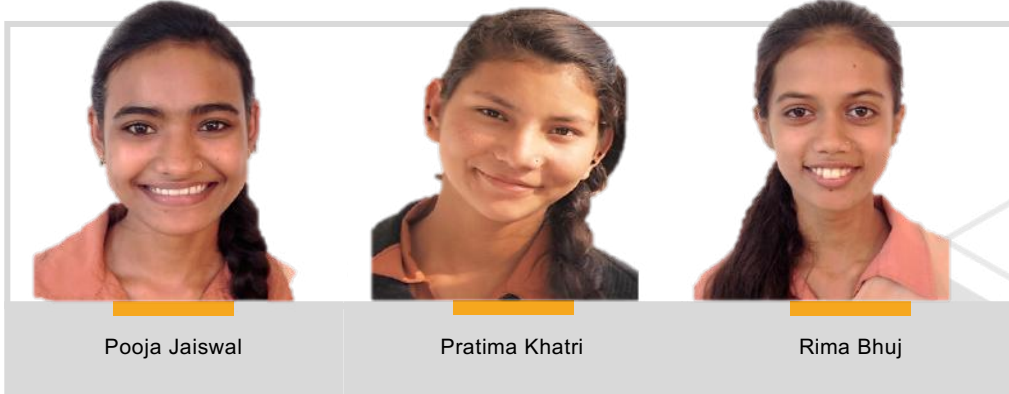
- happier and longer lives
- more energy
- more friends
- more inspiration to work
- hard and achieve goals

But if we fight with others then our minds always will be in fear. Violent people suffer from many disadvantages such as:

- Spending all their time fighting
- Loss of energy from fighting
- Inability to make friends

If we destroy all our terrible weapons and to put an end to greed and to the fear of war, we can save our natural and cultural beauty. Our country is famous as a peaceful zone, and we should be peaceful with each other so that we can teach this to the rest the world.

## Who We Are



Pooja Jaiswal

Pratima Khatri

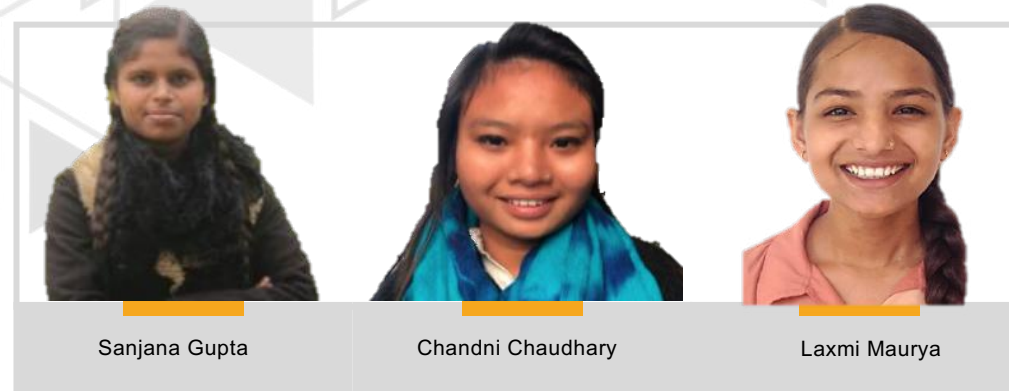
Rima Bhuj



Sima Bhuj

Gauri Gupta

Rima Barai



Sanjana Gupta

Chandni Chaudhary

Laxmi Maurya

This issue of Girl Reports includes articles on the travels of the KGS students, and their favorite games, people, and holidays. They candidly discuss tourism in Lumbini and what it's like to be a woman in Nepal. This edition also introduces some new young women to the team as the KGS journalism club grows.

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

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