

G RL REPORTS

ISSUE 6





SUMMER ISSUE 2019

“Girls must get support from their parents for their best performance”

– Sanjana Gupta

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The morning assembly

By Mamta Yadav

There are so many schools in Lumbini, but Karuna Girls School (KGS) is a special school among them. In every school, students do the National Anthem and Physical Training (PT) in the morning assembly, but KGS has a special assembly. It starts at 9:50 AM in the morning. KGS divides all its students into four groups (also called houses), in the name of four very famous women. They are Mother Teresa, Pasang Lamu Sherpa, Anuradha Koirala, and Parijat. Each house has three captains (one captain and two vice captains). They help the other students make queues nicely in the assembly. There are also two captains for the whole school who lead students in all the assembly activities. Students do PT which helps them to be active and to warm-up their bodies. KGS is now providing education from grade one to twelve, and two students from each class have to deliver a short speech in either English or Nepali. Those who have delivered the speech in English one day, have to deliver their speech in Nepali the next day, and vice versa.

In the KGS assembly, teachers ask two general knowledge (GK) questions every day. The students get candy from the teacher if they give the right answer. It helps them to improve their knowledge about the world. Thus, unlike at other schools, KGS does activities in the morning assembly to help us to increase our mental and physical power, and our confidence.



Students gathering and doing PT in the morning assembly

Fruit Election

By Rima Bhuj

On 2075/9/15 (2018/12/30) fruit election took place at KGS. It is the first time happened 'Fruit election' in the KGS. Out of 105 students, 21 liked to have lychee, 20 liked to have mango. But 18 students liked to have both banana and apple. Remaining students liked to have orange (8), grapes (7), pineapple (4), pomegranate (4), guava (2), strawberry (7) and papaya (1).

Hence the result is that the most liked fruit at KGS is lychee.

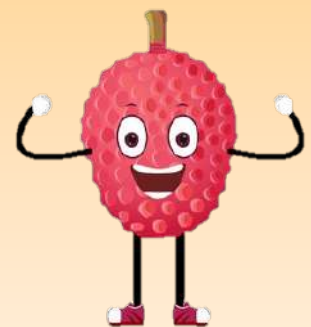


Image credit: Appuseries

Student Feature: Sima Harija

By Gauri Gupta

Sima Harijan is sixteen years old and studies in grade nine. She has three siblings, two small brothers and one big brother. Her mother's name is Gita Harijan and her father's name is Ramshankar Harijan. Her parents are farmers and they really want to give proper education to their children. They work the whole day and collect some money to send their children to school. They don't have their own field, that's why they work on others' lands as Adhiya (working in others field and returning half of the crops to the land owner). She is very curious to learn something new.

Her goal is to become a nurse.

She always helps others in need and would love to be famous in the world. As I interviewed her, she mentioned that she never wants to leave this school. The rules and regulations of this school are very authentic and nice. The main reason is that it is the only girls' school in this area. The teachers of this school are very kind and hard working. KGS also provides different kinds of facilities like painting, music, dance, proper study and extra activities, that's why she feels like the most luckiest person in the world as she gets the chance to study here. She loves to take part in different extra-curricular activities.

She is one of the confident students that never feels like she can't do any tasks or work like boys. She can do everything that the boys can. Sometimes, due to her over confidence, she also gets trapped in problems. When she wants some good suggestions about her study, she always asks with her teachers, friends and even with me too. Her feelings and words always touch my heart. She always respects seniors and loves juniors. As her

parents economic condition is not good, our school has been providing her with a scholarship. She is such a talented and brilliant student that KGS has nominated her for a scholarship this year too.

She is really a very energetic and hard working student. I hope if she will get chance in her life to move further for her study, she will grab the opportunity and move ahead without stopping.



Sima Harijan with her whole family



Sima Harijan with her friends

Sima Harijan with Mamta Yadav



Some of Sima's Favorite Things

Actor: Akshay kumar

Color: blue

Actress: Katrina Kaiff

Fruit: pomegranate

Song: Bhakti song

Movie: Dangal

Dumpling: momo

Dance: Hindi

Friend: Kabita Yadav

Musical instrument: guitar

KGS Exam Performance

By Sanjana Gupta

The performance of Karuna Girls School students is quite good compared to other private schools and government schools. Some students give their best performance, but there are some students who can't give their best performance in exams.

The main reason behind the weak performance is the lack of empowerment and motivation to the girls from parents. Some girls are not allowed to have tutoring and other extra classes for their good and best performance. As they are girls, they have more work at their home from morning to evening and because of this, they don't get time to study.

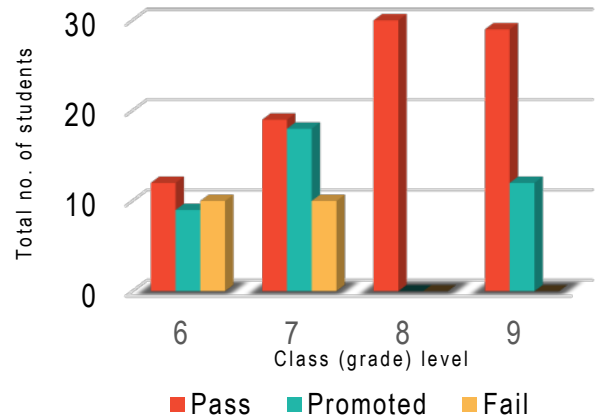
The thought of their parents is, girls are only for working at home but not for study.

That's why parents don't encourage their daughters to study.

As I have taken an interview with one of my friends, Rubi Yadav, she mentioned that she has lots of work at home from morning to evening - that's why she doesn't get time to study. So, in my view, girls must get support from their parents for their best performance. On the other hand, some students have bad performance due to their own carelessness. So, to improve their study they must follow these pointers:

- Listen to teachers closely in the class room.
- Do home work regularly
- Speak in English with friends and teachers.
- Read books at home at least for one or two hours.
- Memorize answers
- Take tuition or extra classes in weak subjects.
- Make it a habit to do exercise in the morning and evening.
- Study other extra books, reference books too.
- Discuss your problems in a group.
- Be in class regularly

All the above points will help students to have good or better performance in the next examination. See our results by class in the next column.



Grammar Tests

By Mamta Yadav



In Karuna Girls School, students have to take grammar tests time and again. This test is given by vice principal and English teacher Sunil Baniya.

Before giving the test, he teaches grammar items like voice (active and passive), transformation (negative and affirmative, yes/no questions and wh-questions), narration (direct and indirect speech), question tags, etc. He provides some prizes to the students who get 1st, 2nd and 3rd position in the test. He does so in order to improve the students' English grammar, and to inspire other students to participate in the test. One of the good things in the grammar test is that all the students have to compete with their friends and they have to give the name with whom they are going to compete. If they cannot beat their friend, they have to give one Choco-Fun.

If I talk about myself, I was very weak in grammar and even I used to say "I hate grammar". However, being the participant of the grammar tests I have learned many of the grammar items taught by Sunil Sir. Now I say "I like grammar" and I enjoy solving the grammar questions.

I've learned that as a whole, grammar is very important for speaking any language correctly. Grammar is a set of rules that describes how words and group of words can be arranged to form sentences in a particular language. It makes the sentence nice and sounds good while speaking.

Picnic fun at Global Peace Park

By Sanjana Gupta and Rima Barai

Breaking the daily school schedule on the 5th of Poush (20th Dec-2018), KGS students arrived at the famous park in Butwal at 9:15 in the morning. They arrived on their own school bus, having lots of excitement in their hearts. There were songs and sounds of fun inside, and beautiful and awesome scenery could be seen on the outside of the bus. The teachers and the students, as if they were best friends, shared fast food with each other. Happiness and gleam on their faces showed as if they were going to achieve something that would make the journey memorable and thrilling forever.

We entered in Milan Park with our luggage and many other things for preparing breakfast and lunch. Our teachers selected and paid for a beautiful cottage at the top of the hill where we could all stay. No sooner had we reached there, than one of our teachers connected a speaker and played the best songs of the year. Some of us who love to dance started dancing there, while others started to sing the songs together with the music.

Some teachers and students prepared breakfast for all of us within an hour. We had bread, jam, boiled eggs, tea and some fruits. One of our teachers, who came quite late riding on his bike, was served with everything except boiled egg. It was already finished and it is one of his favorite dishes, but he didn't mind it.

We all were very delighted there. The students of many other schools were also there to have a nice picnic, as it is one

of the very famous and beautiful parks in Butwal at present. We were allowed to visit the park and have fun being together. We bought ice-cream, noodles, Chocó-fun, etc. and ate them together.

It was a really phenomenal park with lots of spectacular scenery.

It is surrounded by mountains. Beautiful trees and flowers are there. Different sounds of birds can be heard. We all looked very different, because we were not in our school uniform but in different colorful and fancy dresses.



At one point, we saw two of our teachers coming towards us. We guessed the food might be ready and we were right. Our teachers are very-very good. They are co-operative, helpful, and very kind and caring. We all went with them and gave them the sweet chocolate we had bought.

When we reached the cottage after visiting the park for two and a half hours, we came to know that our ever smiling teacher Birendra sir had forgotten to bring cheese and later he went with math teacher, Muktinarayan sir, to buy it there in Butwal. We'd like to thank to our teachers, school assistant and our elder sisters for cooking food for all of us. There was food for both vegetarians and non-vegetarians. It smelled very nice. The music continued to play.

We sat in a circle and were served very delicious food. Some of my friends had their food sitting with our vegetarian teachers, Sunil sir and Sumitra miss. Later, we served the food to our other teachers, elder sisters and other friends.

As soon as we had eaten the food, we were ready to visit our targeted destination: The Global Peace Park. This is related with the OM-Shanti-Religion. There is a very big white-colored gate. As its name suggests Peace Park, while entering we were told to maintain silence inside. There are many small and beautiful gardens. There are many varieties of amazing flowering trees. It looks naturally beautiful. There were some people doing meditation and there were many statues of religious people. The most important part of Global Peace Park is 'The Kailash Parbat' - the Himalaya at the top of the mountain and the statues of Lord Shiva, Shiva Linga (the holy symbol of Lord Shiva that is

considered sacred by the devotees of Him) and Nandi (His vehicle: a bull). It looks like a real Himalaya where our God lives. We put Tika on our forehead and bowed our head to God. There is also a beautiful pool in the park near to 'The Kailash Parbat'. Many small trees have been given a nice shapes such as cow, elephant, man, goat, bird etc. We all loved the lawn there. We liked the park very much.

We all captured many beautiful views and parts of the parks. We took a lot of selfies there with friends and teachers as well. We also took group photos for our sweet memories.

We enjoyed a lot by dancing together in a party song at Milan Park. We were very happy to have such an amazing picnic after a long period of time i.e. almost a year. The sun was about to set and at 6:30 pm, we returned back to KGS having lots of fun on the way, too.



Sit Quick: Musical Chairs Competiton

By Rima Barai

Musical chairs is an interesting game. It is generally played on Friday after the interval at every school according to their academic sport calendar. Students enjoy the music and they perform their best to win the game. The audience present on the ground also enjoys itself by listening to the music and watching the game. It attracts many students towards it.

In this game, the chairs are set up in a circle. A teacher plays music as players walk around the circle. When the music turns

on, then the teacher takes two or three chairs at a time. When the music stops then the players should sit in the rest of the chairs. Every time music stops then, students must try to sit on a chair. The players who didn't get chair to sit in, they will be out of the game.

On Friday, January 4th 2019 (2075 -10 -4) Karuna Girls school organized a musical chair competition as an extracurricular activity. We needed a chair for each participant. 40 students took part in the game. Teachers



divided the students in two teams as group A and B, which included 20 students in each team. The winners of group A and B again competed to be the final winners. The names of 1st, 2nd and 3rd winners are Punam Lodh from grade 10th, Prinky Baniya from grade 8th, and Sima Harijan from grade 8th respectively. Everyone enjoys this game. It makes players energetic and pleases the audience.

Chapate

By Pratima Khatri



Chatpate is spicy fast food which is mostly liked by Nepali girls (more than boys). It doesn't take much time to prepare. We can prepare it with ingredients that are easily available at our home.

To prepare spicy and tasty chatpate, the following things are needed: Fried pasty gram (chickpeas), Noodles, Chili, Tomato, Peas, Salt, Lemon juice or sour juice, Masala (spices used in cooking), Onion, Dalmot (a kind of food made of pulse seeds, first wet and then fried to be eaten), Coriander leaf, and Pop rice.

We mix all of the above per our desire. All these things should be in proper amount otherwise chatpate will be tasteless. It will just take 20 or 30 minutes to prepare it,

and we can prepare it anytime.

In KGS, chatpate is prepared by students every Friday in the classes after the study time.

It is mostly prepared on Friday because every Friday KGS organizes some program after the interval.

Due to that, students have more interval time to have lunch than other days. Some students plan to bring each of those ingredients separately on Friday and mix all of them. To prepare chatpate, all the students work together. For example, some students cut the onion, tomato and chili, some students prepare sour or lemon juice, and some students open the pop-rice

and noodles from the packet.

After finishing all this work, they mix those ingredients nicely in one big pot and add necessary things like salt, to make it ready for eating.

Once chatpate is prepared it looks beautiful and makes our mouths water. Then all students share that chatpate with each other and start to eat together happily and enjoy that spicy food. According to students, making chatpate in the class together, after the study time helps to strengthen the relationship among friends. It gives friends the chance to cooperate and helps to increase the feeling of belonging to a group. So, it has become something of a tradition at Karuna Girls School.

Lumbini's First Bird

By Rima Barai

On Nov 25, 2018, a bird festival was celebrated in Lumbini for the first time. Venerable Metteyya Sakyaputta organized this program. The main purpose for celebrating the bird festival was to welcome migratory birds and to preserve them in the birthplace of Lord Gautam Buddha, who once saved a crane. Today, the number of cranes is decreasing so, people of Lumbini are protecting them. The slogan of the bird festival was "Protect Sarus Crane for Peace."

The program was held at Santi-deep, Girl Reports joined as journalists and volunteers as well. Attendees took many pictures and learned about the different kinds of birds found in our Lumbini area. Volunteers served water to the people and students who were present there.

A drawing competition was held at that time and students had to draw a beautiful crane. Many school students came and participated in the drawing competition. They drew beautiful pairs of cranes. Sunil Harijan from Metta Gurukul School got first position with Rs 7000. Similarly, Rakesh Harijan from Shree Madhubani Madhyamik Vidyalaya got second position with Rs 5000, and Sagar Kahar from Metta Gurukul School got third position with Rs 3000.



Sunil receiving first prize



In the future there will be more conservation areas to protect birds and many rare birds of the world can be protected here. If such kinds of program will be organized every year in Lumbini, it might be in the interest of donors to help to organize this program in a nice way.



Thousands treated, hundreds operated

By Gauri Gupta

On 4th December 2018 (2075-08-18), the Thai temple organized an eye camp in memory of the king of the Thailand, Bhumiwal Adulladej. Many people from different places were informed by volunteers a week before the event, and they came to be treated and checked by eye specialists at no cost.

To learn more about the history of the eye camp I interviewed Ven. Phrasri bodhivides (Supot guru jee) with the help of a translator, Rajan Khadka. They started this camp in 2010 and got involved with Tilganga hospital in 2015. Tilganga hospital is one of the most famous eye hospitals in Nepal. Supot guru jee talked about his personal experience getting good treatment in this hospital from Dr. Sanduk Ruit, and decided a good hospital was needed to give the best service to the local villagers. Before doing the camp, they did a survey and found there were many people suffering of eye problems in this area. During the first camp, they treated 20,000 people and operated 3,164. At that time, the villagers, volunteers and doctors were very happy.

They ran others camps too but focus more on the eye camp because "Gautam Buddha opened his eyes here", said Supot guru jee. He also added that they (the monks) are living on the land of local people, that's why they give them more priority. The villagers should know the deeds done by Thai temple, which is very important news. The people of this area care for the birth place of Gautam Buddha and that's why the Thai temple is serving them.



Group photos of all the volunteers team with Supot Gurujee

Like a garland of different flowers, there are different kinds of people with different views and ideas. So the thought of the eye camp is to bring them closer and also to achieve pannya (good karma) by doing social works.

During the eye camp held on the 4th December 2018, 3,626 people were treated and 734 were operated. For the cost needed to run the eye camp, Thai Temple has its own fund, the 'Vijit pong pun Fund'. All the doctors and volunteers paid their own charge while treating and serving to the villagers.



Thai doctor operating a village patient.

A group of all the doctors and some volunteers after the camp



This time, their total cost was 68, 04,423 (\$USD) which was used to give hospitality to the villagers, doctors and volunteers. There were 2 Nepalese doctors, 6 Thai doctors, 5 Thai nurses, 1 doctor from Singapore, 24 Thai volunteers, 7 Kathmandu volunteers and around 40 volunteers from Metta Family in Lumbini.

KGS is part of the Metta Family of schools. So, I asked Ven. Supot Guru jee about his relationship with Metta Family. He explained that Ven. Metteyya Guru jee (a founder of the school) was a very hard worker and leader of his team since he was small. The deeds done by Metteyya guru jee impressed Supot guru jee, and he wants to help him.



Metta volunteers help a villager onto the bed.



Nepalese doctors operate on villager.

Metta Family's volunteers work very hard to give new life to the people and always lend their helping hands towards others. The volunteers said, "We are very happy to help the villagers and we feel like they are our family members." The volunteers also added that they will become happier if our country Nepal will help on such activities. The chief of Metta Family is Bhola Prasad Gupta. He organized all the activities of the camp and informed all the members of the Metta Family.

The Thai eye camp is one of the new life-giving events for Lumbini's local villagers. It also motivates other people to take part in such activities. Many doctors, volunteers and villagers get the chance to make warm relationships with each other.

Padman Changes Women's Lives: A Movie Review

By Gauri Gupta

Title of the movie: Padman

Director: R. Balakrishna

Producer: Twinkle Khanna

Starring: Akshay Kumar, Radhika Apte, Sonam Kapoor, Amitabh Bachchan, Biju Menon, Swini Khara, Mrinmayee Godbole, Riva Bubber, Chittaranjan Giri, etc.

Genre: Social, Drama, and Comedy

Duration: 2 hours and 20 minutes

Language: Hindi

Release date: 9 February, 2018



While Hollywood releases movies such as Superman, Ironman, and Spiderman, Bollywood has released Padman. 'Padman' is based on the book 'The Legend of Laxmi Prasad', which is inspired by Arunachalan Muruganatham's life. He played a great role in our society.

The film depicts Indian and Nepalese social perspectives on Menstruation. It beautifully presents the issues of the many difficulties faced by women. The plot develops with the beginning of Gayatri's (Radhika Apte) lack of menstrual hygiene, which is a major cause of infection and death among many women. When Laxmi (Akshay

Kumar) sees his wife using unhygienic cloths during menstruation, he brings a pack of pads for her as a gift. She doesn't accept his gift because it was embarrassing and so costly. So, he decided to look carefully at the pad to see what it actually required to be made. Laxmi spends the rest of the movie addressing these problems and its taboos. It teaches us to invent something new and be an example for society. Laxmi improved his society with his new invention by using local materials to produce pads, and helped change the lives of many women.

It's a must watch movie. Don't miss it!

Joke

Waiter: Good Morning sir! How can I help you?

Customer: I would like to have supper.

Waiter: Sure, could you please wait a minutes?

Customer: Ok

Waiter: You may have it.

Customer: Thanks!

Customer: Umm..... There is a frog in the supper.

Waiter: Sorry Sir , flies are on vacation!

Garden Maze

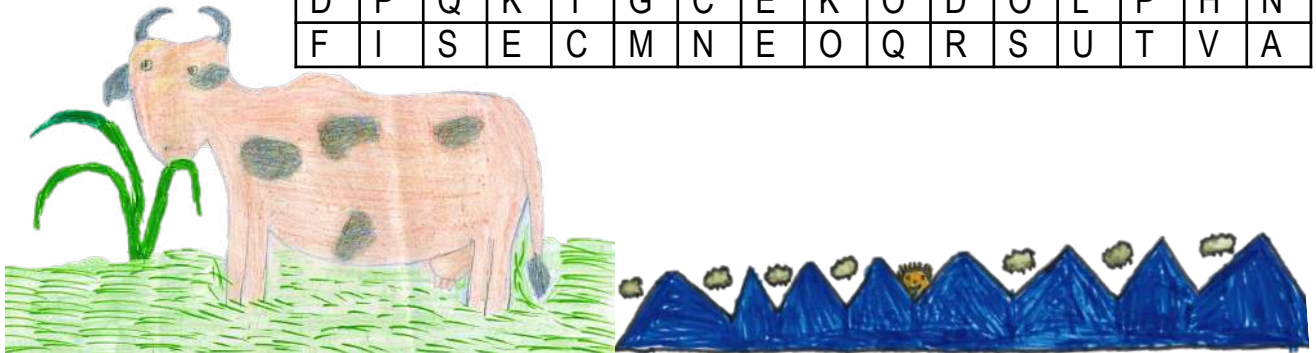


Word Find

Find Five Fruits and Five Animals



A	C	D	Y	E	Q	Q	X	H	I	P	D	W	N	M	V
D	E	O	G	E	P	Q	O	Z	O	O	P	R	S	T	U
A	B	F	C	H	J	X	P	Y	Z	U	R	Q	P	Z	K
Z	S	U	B	O	I	L	U	Y	X	A	S	O	G	I	A
K	S	R	A	R	N	O	R	P	L	X	M	S	W	T	N
C	U	T	P	O	G	U	P	I	C	E	Z	I	N	I	G
B	A	N	A	N	A	B	T	O	G	Z	N	A	O	G	A
L	U	T	U	S	Q	C	U	R	Q	C	H	H	A	E	R
G	Y	X	O	L	H	O	A	P	Z	P	K	I	C	R	O
P	V	N	M	I	Q	N	Q	Y	E	A	Y	A	E	E	O
Q	I	U	N	Q	A	N	J	L	I	P	C	A	C	R	M
D	P	Q	K	T	G	C	E	K	O	D	O	L	P	H	N
F	I	S	E	C	M	N	E	O	Q	R	S	U	T	V	A



Animal Names

1. _____
2. _____
3. _____
4. _____
5. _____

Fruit Names

1. _____
2. _____
3. _____
4. _____
5. _____

Word Jumble

LACITIRC

EETNRAAGU

ENTSRINMTU

TIGUAR

LATINONRAGTUC

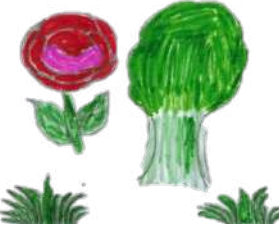
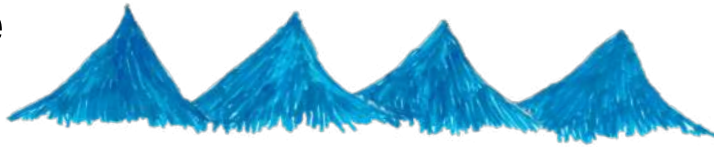
KSY

TEARUFE

ENDRIF

LEZPUZ

LEONERMATW



Missing Letters

1. _X_E_L_N_
2. C_A_S_A_E
3. U_I_E_S_T_
4. C_O_O_U_
5. L_B_A_Y
6. J__E_L__Y
7. P_PA_A
8. P_E_EN_A_I_N
9. C_NF_R_N_E
10. S_U_M_T_

Mehndi Design

By Pooja Jaiwal



Photo credit: StyleCraze.com



Photo credit: Beauty Mantra, youtube.com

Mehndi design is an art. It is made using a paste of mehndi powder (a powerful medicinal herb and water). It was first started in the Muslim community, and it has continued to be very popular among them. Today, there are many famous mehndi designers around the world.

In Nepal, mehndi is applied by people especially during wedding ceremonies, but it is also applied in the month of Sarawan (July). Nowadays, people are even celebrating mehndi ceremony before weddings. Mehndi has some good effects and some bad effects too. Sometimes, mehndi causes headaches, fever, and itching due to inflammation of the skin. However mehndi can also prevent too much stress because it cools the body and keep the nerves from becoming tense.

During a mehndi ceremony, family members and other relatives celebrate at night, enjoying with music, food, and a lot of fun. The mehndi ceremony for the groom and bridegroom takes place separately at their homes. The person who is an expert in applying mehndi is called to apply it on the palms and feet of the bride and the bridegroom, and other relatives who are interested too. He is paid some gift or money for his hard work. A few drops of lemon and water are added on the hand to help it in darkening the color of mehndi on the hand, and it is designed with a cone filled with mehndi. During the mehndi ceremony, a bride wears a yellow sari. The families also decorate their houses on that day.

It is tradition to write the name of the groom on the bride's palms. In some parts of Nepal, there is also a small ritual after the wedding, during which the groom is made to search for his name, which is usually smartly written so as not to be easily visible.

Mehndi has become a popular tradition, and these days, it is a fashion to apply mehndi anytime people like.

Typical Day of Nepali Women

By Pratima Khatri



Photo credit above: USAID KISAN II Project/Winrock International
Photo credit below: ©Copyright Gary S. Chapman 2012

As it is well known, the early riser and late sleeper is none other than a woman. Her day starts before the sun rises in the morning and ends in the late night after feeding the family and finishing all the leftover household chores. She is the one who works the whole day without any pay. After sixty years, a father retires from his job but a mother never does.

She gets up early in the morning and after freshening up, she prepares tea for the whole family and serves them. She cleans the utensils and engages in preparing food. She helps everyone get ready who goes to school and office and sends them to their respective places after feeding them. After that, she cleans house, utensils and other remaining works like washing, ironing, and managing all things in their proper place. Those who are employed, they go to their jobs and they work there for eight hours only. Those who are unemployed they go to the field for cultivation. Before the arrival of

children and family members from the schools and offices, she comes home and prepares snacks for them (employed women do this after returning from the job). Again, she starts to prepare dinner and feeds all members of the family. She starts to clean utensils, kitchen, and again does remaining works. Employed women don't get time in the morning time so she does most of her work at night like washing, ironing the clothes and managing the things in the house. After everyone is asleep, she finishes her work and gets into bed late at night.

The works of women as a house wife aren't considered as work in our society. It is considered as a common thing that every Nepali woman has to do. In Nepal, almost every woman does all these things, whether she is employed or unemployed. Those who want to be employed or want to get engaged in other activities, have to finish household chores first in most cases. Household chores are considered as a primary

responsibility for them.

The life of women or girls in Nepal is not easy. Though it seems simple, as we go deeper to understand the situation of women, the miserable stories open one by one endlessly.

Women have been behind since ancient times. As we know, women are socially, physically and traditionally dominated, and household chores play an important role in their slow progress.

Today's daughter is tomorrow's mother, similarly, today's girls are tomorrow's women. Girls are treated differently than boys from childhood because parents teach their daughters how to cook, how to do household chores, and to be a good housewife in the future. This practice directly and indirectly affects girls' lives. They can't give as much time for studying and other extra activities as boys do, because of the household chores.

To overcome these problems, gender inequality should be eradicated. The family's and boys' participation in household chores should be increased. Division of work for male and female should be equal. Finally, equal opportunities should be given to both men and women then only can the development of the nation take place speedily.



Constitution

By Rima Bhuj

After 104 years of autocratic rule by the Ranas, democracy was established in the year Falgun 2007 B.S. From 2007 to 2072, many constitutions were formed and were dissolved. No constitution was able to run for even a year. There was instability in the constitution due to the following reasons:

1. Self-centered political parties
2. Conflict within political parties
3. Conflict among political parties
4. Direct rule of kings

After the great earthquake in 2072 (2015), Nepal endured a huge loss of lives and properties. It made the government concentrate and speed up the process of drafting the new constitution.

As a result, the constitution of Nepal was promulgated on third Ashwin 2072 BS by then president Dr. Ram Baran Yadav, on the Chairmanship of Khadka Prasad Sarma Oli.

This constitution has some provisions for equality and equity developed in all the sectors. They are:

1. Guarantee of the end of discrimination based on region, class, gender, caste, and language
2. Separation of power, checks and balances system adopted
3. Nepal accepted as a multi-cultural, multi-religious and multi-lingual country
4. Guarantee of federalism and democratic republicanism

Though the new constitution of Nepal was implemented on 3rd



Photo credit: Nirajan Kathayat(YJI)

Ashwin, 2072 BS, some people are still dissatisfied with it, and still there is quarreling and arguing going on. However those people who are satisfied with this constitution welcome it with great celebration. The dreams of Nepalese citizens were fulfilled after 65 years from the date of the establishment of democracy of Nepal in 2072. Nepali citizens hope that the constitution and the government of KP Sharma Oli will fulfill all the wills and aspirations of the people and work for the development of the country.

Hence, 3rd Ashwin is celebrated as a constitution day. Every year, this day is honored with a huge celebration, wishing for better future.



Pariyatti education influences moral change

By Sanjana Gupta

Pariyatti education explains the life history of Gautam Buddha. Pali is the main language used in Pariyatti education, but we can find this book about the Buddhist religion in other languages, too. The education and religion taught by Gautam Buddha became his preaching. This education teaches all the good behaviors one needs to come out from misery. It leads towards success. It provides the knowledge to have a bright life and happy future. Among that one is BAHUJAN HITAYE BAHUJAN SUKHAYE which

means for the welfare or wellbeing of many. In Pariyatti education, stories are also included because they give the lesson of humanity, and people are interested to read those stories. It motivates people to do good deeds.

It is one of the additional subjects taught by Anula Sakyadhita (pictured above) in our KGS. She is our dhamma teacher. The students also have to take an exam.

The Five Precepts given by Gautam Buddha are:

1. I undertake the training precept to abstain from slaughter on breathing beings.
2. I undertake the training precept to abstain from taking what is not given.
3. I undertake the training precept to abstain from misconduct concerning sense pleasures.
4. I undertake the training precept to abstain from false speech.
5. I undertake the training precept to abstain from alcoholic drink or drugs that are an opportunity for heedlessness.



History of Pariyatti education

After the Mahaparinirvana of the Gautam Buddha, all disciples wrote the precepts taught by him on Tadpatra or Bhojpatra. They started to spread the precepts of the Gautam Buddha around the world. In 2001 BS, during the period of Ranas and the Bikshus like Prayanand, Amritanand and Dhammalok were exiled from Nepal for spreading dhamma without permission. They went to India and established Dharmudaye sabha in 1944 AD.

By the attempts of Bikshu Amritanand, the famous Bikshu Naaradnand of Srilanka got the chance to visit Nepal with 5 other Bikshus in 1946 AD. They brought all the Bikshus who were exiled from Nepal and they ordained more people in Buddhism. In 1951 AD "Akhil Nepal Mahasangh" was established. After that Pariyatti education continued in Nepal.

Importance of Pariyatti Education

1. It helps to have knowledge about the history of the Buddhist religion.
2. It is needed to know the message of love, peace, and harmony.
3. It helps to know the meaning of the life.
4. It helps to develop good behaviors and manners.
5. It helps to be free from all the sorrow and misery.
6. It helps us build opinions and points of view on things in life.
7. It has always been a vital tool used to achieve success.
8. It helps to give satisfaction with life.
9. It is needed to choose correct way for prosperity.
10. It creates peaceful and better environment.

From the village to the town

By Laxmi Maurya



I lived in a small and a beautiful village, Muglaha, Lumbini, since my birth. I completed my primary education from Modern Galaxy English Boarding school in Muglaha. Then I was admitted to Karuna Girls School (KGS) in Lumbini, Mahilwar, which is 5 Km far from my village. I studied there for four years from grade 7 to 10. I had a great time with my friends and teachers over there. I always got love and care from them and vice-versa. Teachers at KGS were great. They were educated, kind-hearted, and very friendly. They were supportive to their students. They understood and

solved our problems whenever we shared with them. Teachers were concerned about their students' futures as parents would be. They were ready to help students during class, interval time, and after class, too. Our teachers didn't teach only academic matters but also about moral values, social activities, character development, and extra curricular activities. Students had good facilities, such as drinking water, a library, a computer lab, a music and dance club, and a journalism club. All of these facilities were free of cost.

My friends at KGS were loving, helpful, and kind. One was always ready to help another. When we had any questions, we asked it first to our friends and they solved it if they could. We were as siblings there. We sometimes quarreled but again we united because we can't live without each other. I really loved my time there. I had a great time with my village friends and neighbors, too. I learned to ride a bicycle on the road of my village. I learned to respect seniors and love juniors, to live in peace and harmony with family and neighbors.



Butwal City, photo credit:
www.gundrukpost.com/

People in my village had a mutual understanding and good cooperation among them. People used to believe in their word and what they spoke. They made promises to complete. There wasn't any sort of dishonesty among them. They were ready to help each other at any time. We didn't have good health services in the village, but if someone got sick there, everyone helped to take him/her to the hospital for the treatment. If there was a feast and festival, they gathered in a place and celebrated it together by making a lot of fun and cheers. If someone didn't have enough money for celebration, they would lend out money and didn't demand interest for it. They had unity. There was a trend to hang a banner "welcome" on the main gate at home. According to villagers, it symbolizes, "Guests are always welcomed".

Despite having a great time at school and in the village, I was compelled to migrate into town for my further education when I appeared for my examination of grade 10 (SEE) in 2018 from KGS. I got admitted in XI grade in St Joseph English High school. I find a lot of differences in town in comparison to the village. In school, I get the chance to study with professors (Ph. D teachers). They are intellectual and knowledgeable. We are able to learn a lot from them. But I don't find them as cooperative as my previous school teachers. The teachers

are ready to teach in the class only and maybe later on social media. I haven't seen intimate relationships between students and teachers. It seems as they teach for money only. It is difficult to find a teacher who understands and solves the students' problems. The teachers are not friendly with students. Students even don't respect them much. The teachers say "Students shouldn't be academic only but also disciplined. Since they never care practically, they focus and give priority to talented students only, but not disciplined ones. They ignore and excuse easily when a talented student makes mistakes or breaks rules. I also find my friends in town aren't so cooperative and helpful. They are competitive. They don't want to tell or share new ideas with others if they know. Students in Bhairahawa (town), enjoy teasing and bullying their schoolmates rather than helping them if something wrong happens to them. I find this world competitive. There are a lot of job opportunities. One can find every facility here in town but it's difficult to get real love and care from people here. I'm finding it very difficult to adjust myself in town. In town, people are self-centered. They always work only for themselves. I can't find neighbors here who are harmonious and helpful. They celebrate in their own home with family members if there is any feast or festival. It doesn't matter whether their neighbors

are celebrating or not. I rarely find people who will understand and help others. I feel so good when I think about the opportunities here but I feel bitter when I think about how they behave and act. I have just had to learn to change myself according to time and situation. I like one thing in town - that girls and boys get equal opportunities and freedoms. In the village, girls were compelled to do housework and then study, but in town I see the girls are compelled to focus on education. I liked that very much, but I really don't enjoy it here because I had been living in a friendlier environment. I always miss my old friends, teachers, and neighbors if I notice immoral activities over here. My eyes burst into tears and an idea comes in my mind to go back in my previous school and village. But I am obliged to live here for my higher education and we have already built a new home here.

To conclude, I feel that the village is far better than the town. The village life is cooler, happier, greener, and more peaceful too. I find it difficult to get any help and support from people selflessly. One should know to change oneself according to time and situation. I suggest this to my readers because I face a lot of problems since I couldn't change myself according to my surroundings when I started living in town.

Our Grandparents

By Chadani Chaudhary and Pratima Khatri

Above 60 to 65 years of age or elderly persons are known as senior citizens. They are the founders of our society. They have already experienced life. Some senior citizens are still contributing to the family, society, and nation as per their experience and ability.

Elders are very important for us. It is because of them we are alive in this world and got the chance to see this world. In our childhood, we can't walk, sit, speak, or eat by ourselves. They taught all these things so that their children would help them in their old age.

They show child characters due to that they were very close to grandchildren. They play with their grandchildren. They always stay with their grandchildren and want to live with their family. They become physically and mentally weak in their old age. They need care, love, and security from us. We should obey them. We should behave co-operatively and friendly with them. They always think well about us that's why we should respect and listen to them. They know what is good and what is bad for us. Senior citizens are the source of preparing new good citizens of the country. It comes under the social moral responsibility of the state. Society also has to provide the service to the older citizens with respect and sympathy.

Some of the problems that people face in their old age, in our society, are given below:

- Sending parents in old persons' homes has become a trend by their children
- They don't want to spend time with their parent due to their oldish character.
- Even some children beat their parents when parents don't agree with what they want to do
- They don't manage time to meet their parent regularly and even don't ask about their health

- If even parents ask for something with their children, the children become angry and don't care about that because they don't want to spend money on parents.
- There are some daughters in law who are always against their mother in law and behave very badly with them, for example they don't give them food regularly

Solutions of those above problems could be found in the new constitution, which has a list of rights of senior citizens, specifically to eradicate those problems from the society. The government has also provided pensions to senior citizens who are over 70 to help for their daily living. Parents can even tell on their children if they do immoral activities.

To respect and protect elders, some programs should be offered, and family education should be given to all the people. Grand parents are really important for the children and grandchildren, so they should treat them well, respect them, and give them equal importance for everything in the family.



Bond of Love

Rakshabandhan Festival

By Pooja Jaiwal

Rakshabandhan is the festival which falls on the month of Bhadra (August). It is a special festival for Hindu people, but nowadays it is celebrated all over the world. The meaning of this festival can be easily understood by splitting the word 'Raksh' and 'Bandhan'. 'Raksha' means protection and 'Bandhan' means bond. It is celebrated because it shows a love between brother and sister. On this day, a sister ties a Rakhi (holy thread) around the wrist of her brother. In this festival all the sisters and brothers celebrate together. The brothers also invite their married sisters to come back home to celebrate Rakshabandhan with all the family members. The things which are needed to do this ritual are:

A worshipping plate, Rakhi (an ornamental cotton wristband tied by a girl or woman on to the wrist of her brother who takes the responsibilities of a brother) Tika, Handkerchief, Flowers, Sweets, and Diyo (made of soil). The day begins with the sisters getting ready for this moment. They make preparations for arranging rakhi and sweets in a Thali (a plate) for their brothers. The brothers are also eager for this auspicious moment when the sisters will tie rakhi and offer them some sweets.

After tying the Rakhi, the brothers eat delicious food by the help of their sisters. The sisters also get some special gift from their brothers. It is celebrated for the good fortune of their brothers and the family too. In today's world everyone is so busy, but festivals like Rakshabandhan bring all the family members together and spread joy and happiness among them.

One of the famous stories is of Lord Krishna and Draupati (wife of five Pandos and sister of Krishna) in which Krishna's finger is badly wounded during a fight. So in the Rakshabandhan Festival, brothers promise to their sisters to take care of them and protect them from all difficulties, while sisters pray for their brothers' long life.



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The Free Press Journal.in
Raksha-bandhan.com
Prakash Singh/AFP/Getty Images

Who We Are



Pooja Jaiswal

Pratima Khatri

Rima Bhuj

Sanjana Gupta



Sima Bhuj

Gauri Gupta

Rima Barai

Chandni Chaudhary



Laxmi Maurya

Mamta Yadav

APPENDIX



STUDENT ART

Mita Barai, class 4

Rita Yadav, class 6

Manisha

Suhani Tiwari, class 10

Prika Yadav, class 3

Mira Barai, class 4

Anamika Gupta, class 3

Janak Handani Harijan, class 4

Durga Khattri, class 9

Weera Gurung, class 4

Sarmila Harija, class 7

Babita Jaiswal, class 2

Mahima Pali, class 3

Akriti Khattri, class 3



ISSUE 5 WINNERS

Maze: Kabita Yadav, class 8

Word Jumble: Kalpana Gupta, class 10

In this issue, you will find articles on the daily lives of Nepalese girls and women. From what's happening at their school to what is happening in their homes and community, you will get unique insight to the challenges they face, the joys they share through festivals and food, and the changes they hope to see in their society.

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