

G RL REPORTS

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“Just as I have a dream to become a surgeon, girls here have many dreams, and we are working very hard to make those dreams come true.”

– Gauri Gupta

All images are our own unless stated otherwise.

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The Excitement of Sharing Games

By Rima Barai

One of the most interesting games at Karuna Girls School (KGS) is Gift Sharing. It is a sharing of gifts with friends on the occasion of Christmas Day. The students are allowed to bring any gifts like biscuits, chocolate, noodles, etc. It has been held only two times in our school, but we will have it again this December.

On the day of gift sharing, every student that brought a gift gives it to their teachers for collection. In case some students forgot to bring a gift, our school provides gifts to them at that time. All the teachers and students gather in the library and our teachers put all the gifts on the table with a particular number on it. This game uses a lottery system, where every teacher lets students each take one ticket from a box. Then the teacher matches the number on the tickets with the gift number. This process goes until the end of the game.

When every student has gotten a gift then they open it. Some students get small gifts while some get big gifts. Because no one knows what other people brought, some students bring a small gift and get big gift, while some students bring a big gift, but get a small gift. The kids think that "If I bring a big gift, then I will get a big gift," but this game is random.

Let me tell you a funny moment while playing this game. One time a student brought a gift with a lot of wrapping paper. The girl that got the gift thought that there may be expensive things inside the gift, but what she found was that there were very tiny chocolates. We laughed so much when we saw her gift. It was a

fantastic and memorable moment for us because there was a smile on everyone's face. We will never forget that moment in our life.

Everyone likes the Gift Sharing game. This kind of game is held in KGS to get memorable moments and to make strong love bonds among friends. The purpose of holding gift sharing is because people used to believe that Santa Claus came and gave gifts to children at the time of Christmas, but now we celebrate gift sharing in our school.

Similarly, there is another game which is close to gift sharing that is called Information-Sharing. Both are games that we play at our school where there is an exchange between friends. Information-Sharing is a unique game organized by our teachers on 10th Jestha 2076 (4th May 2019). It is also a very interesting game in which every student has to share new information. They are allowed to share a poem, a story, a speech, or interesting jokes. Many students took participation in past games. In the Information-Sharing game every participant has to go on the stage and they have to say what they had prepared to share in front of their friends and teachers.

In this game many students get new knowledge from their friends and they enjoy the program very much. The Information-Sharing game helps students to become good in speaking and learning skills, how to make eye contact with the audience, increase confidence, and avoid fear. Thus, by the help of this game students are getting golden opportunities to develop their skills, attitude, and knowledge.



Karuna Girls School: Women's Liberation

By Gauri Gupta

Karuna Girls School (KGS) is situated in The Lumbini Zone of Rupandehi District. It was established in 2072 B.S. (2015) with the objective of women's liberation. It was established by Ven. Metteyya Sakyaputta to provide education to those girls who are deprived from education. He wants to provide compassionate and moral education among all people. He also established three schools in different villages; among them, KGS seems to be the most special one. Recently, he became the Vice Chair person of Lumbini Development Trust (LDT) in 2074 B.S. (2018).

In Nepali society, women and girls are dominated in every sector like education, employment, entertainment, etc. So, there are few chances of girls' schools or extra opportunities for them. Because girls are forced by their parents to get married, that is one of the reasons they leave school early. In the context of Nepal, girls' schools can be counted on only one hand. Nowadays, our government is paying more attention to women's empowerment. Similarly, KGS was established for girls and their welfare. When Ven. Metteyya saw that many girls were dropping out from their school after 4th or 5th class, he established KGS with the motive for providing good education and extra opportunity. Since then, this school acts as a gift for the girls.

As we know, every school is established with some features and purpose and this school possesses many different special features. This school is providing education from grades 1 to 12. This school has first and second (+2 level) intermediate levels of Commerce and Education, but KGS is planning to have +2 level in Science. Although there are seventeen (17) teachers here, the number of women teachers is very high in comparison to men.

Moreover, there is a total 300 students who are divided into four houses with the names of famous women role models like; Anuradha Koirala, Mother Teresa, Pasang Lhamu Sherpa, and Parijat. Each house includes 70-75 students.

Similarly, this school has had four clubs, such as Mural, Music, Classical Dance, and Journalism.

This school is providing many other facilities and skills such as:

- Computer skills
- Tailoring skills
- Communication skills
- A medical facility
- A canteen facility
- Safe drinking water
- Good transportation
- A good library
- Extracurricular activities every Friday
- Well managed and Furnished materials



What is the Lumbini Development Trust?

The Lumbini Development Trust is an organization established by the Government of Nepal in 2042 B.S. (1985) to implement to Lumbini Master Plan and exercise political power. The LDT has a project goal to develop the area of Lumbini.

<https://lumbinidevtrust.gov.np/>

There are many effective rules and regulations here, such as: students must complete their assignments on time, they should have good discipline, and they should come in full uniform. The students secure very good marks. This school is a non-profitable organization, which means many donors are supporting our KGS financially. They work very hard in their country and help us at their possibility. The most interesting fact is that the donors come from the USA, Canada, Germany, etc. to visit and stay with us. The old KGS students who had completed their study up to +2 level, were admitted as new teachers and they are now teaching other students with their teachers now. The teachers here are very hard working and co-operative with everyone. They pay a lot of attention to their own studies and students. KGS facilitates many students' admissions By offering very low fees and scholarships. -

The students of this school are very creative and hardworking. As I interviewed the principal, Dr. Shankar P. Gautam, of KGS, he mentioned that the school has very loving, kind, harmonious, energetic, and co-operative students. He also added that only some students have a childish nature and show childish behavior. The others are well-mannered and extraordinary in every sector. When KGS organizes any program, students work in groups and co-operate with each other.

KGS is the best school for girls mainly who are situated around here and have low family income. According to the Nepali calendar, in the first month of the new year the teachers of this school go from village to village and town to town in search of new girls. Just as I have a dream to become a surgeon, girls here have many dreams, and we are working very hard to make those dreams come true. The future of KGS will shine in the Lumbini area and produce thousands of teachers, doctors, nurses, etc.



Photo Session

By Sima Bhuj

Every Friday KGS holds different kinds of programs. One of the programs KGS holds is the Photo Session Program. This year's session was held on 2076/07/22 (November 8th, 2019) and we took the most photos this session compared to other years. There were almost 120 photos. These photos are collected from different kinds of activities such as picnics, tours, and different important gatherings. With the old photos we took, all together there were around 786 photographs.

The Vice Principal, Sunil Baniya, is very responsible about the Photo Session Program. He collects photos from different occasions and activities held at KGS and manages them on the laptop for the program. We are thankful that he gives his time.

According to Suhani Tiwari and Anisha, from class ten, they feel very much proud that they got a chance to watch the program that was held by KGS. Their excitement had no boundaries. While watching they felt a kind of happiness that cannot be expressed in a single word. They found unity, cooperation, and love between teachers and students.

Different photos showed different things. They like to hold this program because it is very helpful to remember our past times. While watching the photos, different facial expressions are made by the teachers and students which encourages them to watch it. They also said that it encourages them to work in unity, help friends, and share things together.



In the same way Deepika Budhathoi and Pooja Barai, from class six, explained the following: "The new students can learn more about the school and elders who had left the school." Those students who did not go to tours, picnics, or other events can be happy by seeing the friend's photos and photos of heritage sites. It teaches them to work together and helps those who are unhappy. It also teaches them to be happy capturing photos because they don't know where the photos will be presented. Sometimes they are shared on the Facebook page or shared between friends, so we should be happy while capturing the photos. The enjoyment of the past can be remembered with these photos.

The Photo Session Program brings great happiness to the students, and teachers too. It refreshes images for the students of good memories from the past. It brings a feeling of cooperation. There is a music while playing photos which improves the day.

Student Feature: Roquiya Khatun

By Gauri Gupta, Rima Barai, and Sanjana Gupta

Roquiya Khatun is the daughter of Tahmina Khatun and Nisar Ahmad Khan. She is sixteen years old and studies in Class Eight. She has only one sibling who is her elder sister. Her father is one of the members of the Lumbini Development Trust (LDT). Her mother stays home to do tasks like cleaning, cooking and washing, etc.

As she is the member of a Muslim community, the girls are not allowed to go to other schools except Urdu schools because Urdu study is related to their community. However, she got an opportunity to study here due to the security of this school. Her parents find this school is the right platform for her because it's all girls. Similarly, she got the chance to study here by the help of Mariyam Khan, who is her cousin and a student of KGS for seven years. When Mariyam goes to Roquiya's home she talks about how amazing this school is! Then, Roquiya's mother became inspired and let her daughter study here.

The school uniform of KGS is a kurta and shurwal (Nepali woman's outfit) which is the main reason of her education here, because in a Muslim community people are not allowed to reveal their body. She likes this school as well as the teachers, friends, and small sisters.

As we interviewed with her she mentioned that at the beginning she "felt nervous and didn't talk with anyone." But she made friends who got her to speak with them. She wants to become a doctor, which is why she is studying hard. She got third position in the class. She likes all the rules and regulations of this school. Also, she feels like the luckiest person to study here. This is different from what her family thought would happen. They thought she would misbehave after studying in boarding school, but she has been proving them wrong. She is always curious to learn new things and everyone here at KGS is so happy that she is studying here with us.

Some of her favorite things are listed here:

Actor: Barun Dhawal

Actress: Aishwarya Rai

Color: Pink

Fruit: Apple

Song: Sentimental Songs

Movie: Speedunodu

Friend: Mamta Yadav

Musical Instrument: Guitar

Teacher: Sunil Baniya

Subject: Science

Hobby: Reading Magical Stories



New KGS Uniforms

By Chandni Chaudhary



Old Uniforms



New Uniforms

Karuna Girl's School (KGS) is located in Lumbini, Mahilwar. It is a girls school. KGS was established in 2072 B.S. (2015). This school runs from 1st grade to 12th grade. As in every school, here also there are school uniforms. Uniforms make it clear that schools are communities which give individuals a feeling of belonging to something bigger than themselves. Communities create identity. It's not just money that's saved, parents also save time with students in school uniforms. Studies show that uniforms help students focus on what matters most in school such as gaining knowledge. The main objective is to educate female children, who are deprived of education.

At the starting of this school there was only one school uniform, but as days passed the uniform of KGS was changed. The color of our school uniform is red maroon and a light creamy color. This color was selected by three people. Those three people we are Venerable Mettaya Gurugi, our principal Sankar Parsad Gautam, and Anula Guruma. They think about us. They always know that what good for us and what is bad for us. They want to make us comfortable, so they decide to change our uniform. Now in a week we will wear first uniform only two days and second uniform also we wear only four days. When this school started, students had only one uniform because KGS was so new. The main reason for bringing new uniforms to KGS is to make students feel comfortable. With only one uniform, they become dirty very quickly. Now they have many to choose from.

Uniforms show equality among students. They show personality of students and also identity of students. When every student is in school uniform they look beautiful and pretty. Nobody thinks that one is rich and another student is poor. When students wear uniforms then all look equal in level. Negative thoughts don't come in students minds. They always think positive about their peers. It creates social harmony among students. Students study very nicely and co-operatively. Unity comes in students mind.

Former Students Return

By Sanjana Gupta

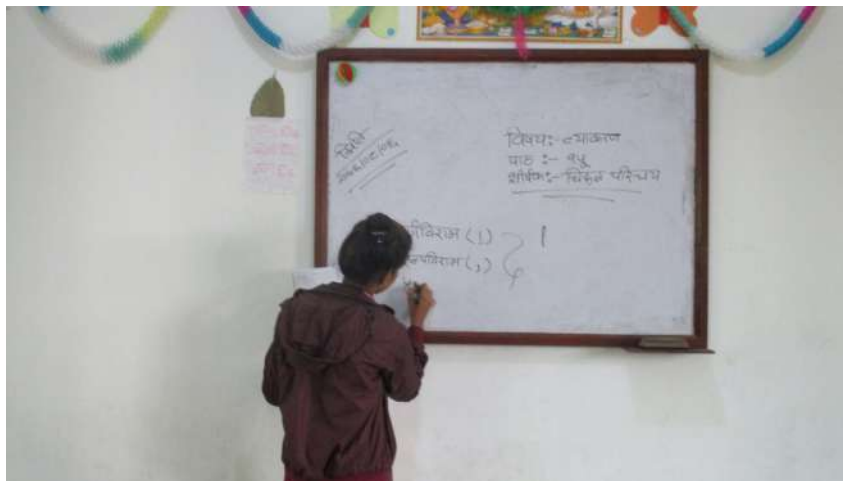
Our Karuna Girl's School (KGS) is the only girl's school in Lumbini and it is known as a model for self-confidence in this area. This is because of its vital role in empowering girls, providing them quality education for a good career, and motivating them for nation building work.

There are some examples of girls who studied at KGS and now they have returned as teachers. They are glorified in our school, because they make our school proud. These teachers are: Sapana Baniya, Sony Baniya, Archana Gupta, Madhu Agrahari, and Sargam Pokhrel.

Sapana Baniya is an English teacher at the primary level in KGS. She has completed intermediate (11th and 12th grade) from KGS and is continuing her education at Khudabagar College. She chose this school for teaching because she likes it and she feels comfortable here. She likes teaching Moral, Social and English subjects. The important things that she likes in KGS are the library, good students that are friendly, lower dues, and a peaceful environment. She said that KGS is a valuable place for her.

Sapana's sister, Sony Baniya, is also an English teacher at the primary level in KGS. Like her sister, she has completed intermediate(+2) from KGS and is continuing her education at Khudabagar.

She chose this school because she feels proud to have the chance to teach at the school where she studied. Now she enjoys inspiring girls at KGS where she teaches Moral, General Knowledge, and English subjects. The important things that she likes in KGS are the green environment, the peace, cleanliness, and whole building. She said that KGS is the best school for her.





Archana Gupta is a Nepali teacher at the primary level in KGS. She has completed intermediate (+2) from KGS and is in the process of furthering her education at the Khudabagar Campus. She chose this school due to its familiarity, because she had already studied here. She likes teaching Nepali class to her students. The important things that she likes are friendly students and the peaceful environment. She found that KGS is excellent in education.

Madhu Agrahari is a science teacher at the primary and secondary level. She has completed intermediate (+2) from Sai Global College and is completing her higher education. She selected this school for teaching because it is near her house and she likes the facilities of this school. She loves teaching math and science. The vital things that she found at KGS are the teacher's friendly behaviors, the students' discipline, the library, and music class. She said that KGS is a memorable school for her.

Sargam Pokhrel was one of many disciplined and intelligent students of KGS. Also, she used to be one of the members of our journalism club. In the absence of a science teacher at KGS, she helped by teaching science. For the continuation of her further education she left KGS, but she makes our school proud by her great work.

These teachers are playing a vital role in pushing our school ahead in studies. They are proving that KGS is the best school and are helping students in improving their skills. They are not only giving their important time to us, but are also playing a significant role to make our future bright. So, by their great deed one day KGS will be famous in Nepal and we will also prove that their valuable time is going to be beneficial for us and this school.



Free Talent Show

By Mamta Yadav

Our Free Talent Show is one of the most important and interesting extra-curricular activities because it helps to bring out the hidden talents and capacities of the students. There are different people around the world, and they all have arts and talents. Everyone is unique, and no one can do a task a hundred percent the same as others do.

Generally, Karuna Girl's school organizes this activity on a Friday after the interval. Most of the students participate because this is an opportunity for them to perform or show whatever they would like. Some acts include dancing, singing, delivering speeches, yoga, finger tricks, sing poem and tongue twisters. However, students are not required to do only one task and may do multiple. After students perform their activities, judges decide the winner and give a prize to those that placed 1st, 2nd and 3rd.

This event is enjoyable for both the performers and the audience members because they get to see a variety of acts that never bore them.



Word Jumble

ALFG

EENTGAANMM

ULEPRESA

RECNESTOHS

IELSEF

NEGORDYH

OWRELF

YRAEUSRT

YZOC

MODTCYOIM



Missing Letters

1. _b_r_v_i_a_i_o_
2. _gg_ _g_a_i_n
3. O_ _r_t_o_
4. L_b_r_i_n
5. _a_e_
6. G_r_i_us_
7. _i_e
8. _o_o_l_
9. E_g_
10. F_ _a_c_e_



STUDENT
ARTWORK

Poem

By Sanjay B.K.

बा

आमाको काखलाई शब्दहरुले
 व्याख्या कति गरिए कति
 बा तपाईंको छाती,सागर र पाखुरा बज्जर
 तपाईंको बारेमा कलम मौन बसे पनि
 सागरमाथा हजूर
 र इतिहास भन्दा पनि शुद्ध
 र कविको कल्पना भन्दा परा हजूर

आमा

आमा तिम्रो स्पर्श
 र बायूको चुम्बन
 मलाई उस्तै लाग्छन्
 खाई किन हो किन
 आजकल मलाई आमा
 पसिना र दुध उस्ता उस्तै लाग्छन्
 आमा तिम्रो ममता
 र कुरुक्षेत्र कृष्णा औतार
 मलाई उस्ता उस्तै लाग्छन्
 अमा तिम्रो संघर्ष
 र अर्जुन को गाउँवी
 मलाई उस्ता उस्तै लाग्छन्
 खाई किन हो किन
 आजकल मलाई आमा
 तपाईं र योद्धा
 उस्ता उस्तै लाग्छन्

लेखक : संजय विश्वकर्म

Green Month in Nepal

By Sima Bhuj

Do you know what month it is? Of course you know which month it is. In every calendar, there are 12 months which makes one year. It is green month, and you may also wonder why I am writing about this. It is a month which is totally different from the other months in Nepal because it has its own importance, popularity, and uniqueness.

Green month starts from the 1st Shrawan (17th July, 2019) and ends on the 32nd Shrawan (15th August, 2019). This is the unique month of Nepal. It is the month where everything looks green. This month plays a pivotal role for the survival of humans.

Farmers and nature are most important in making this month green. Farmers work hard during this month because they harvest the rice paddies. With the help of farmers the world is surviving, but at the same time the value of the farmer is decreasing.



needpix.com

This is due to the ignorance of a new generation and their desire for more respectable jobs like doctors and engineers.

The most important part of green month is the land and water. But, in the absence of each other, the plant cannot grow in its desired shape. First



commons.wikimedia.org

of all, farmers pour water in their lands by artificial or natural sources such as water pumps.

After that they spread seeds of rice paddy in their lands and the seeds change into plants in at least one month.

In the sunny days, the farmer picks out the unwanted plants from the land. When seedlings become ready, they plant them in another field, which is more watery and muddy. Due to the lack of farmers in their own lands, they use workers from other parts of the country.

At the time of plantation, farmers sing traditional religious songs and dance. They also play with mud by throwing it at each other during planting. When their plants start growing farmers spread pesticides, insecticides, as well as organic manure to kill insects. These substances also help to increase the productivity of the growth of rice.

The hard work of this time gives them a wonderful reward in the name of rice. They use it for the purpose of eating and selling in times of need to get money to survive. Green month is the time of enjoyment. Women and girls

wear green and yellow bangles on their hands, and put mendhi too. They even wear green clothes.

Similarly, humans go to the Shiva temple five Mondays in a month. Most of the people go Similarly, people go to the Shiva temple five Mondays in a month. Most of the people go for worshipping purposes while some of them go for visiting purposes. People organize a fair in the Shiva temple to sell toys, sweets, and many other things. People who go to worship, get peace and relax their mind from anxiety and tension. Mostly people do puja in the morning and in the daytime.

Green month is a time of enjoyment and hard work. This month is helpful for the establishment of income and from this month all kinds of festivals start to fall one after another.



flickr.com

The Tulsi Plant

Quick Info

By Bishnu Khatri



Tulsi is an herb which was originally found in India and Nepal.

It is used as an alternative medicine in Hinduism as well as other cultures. Tulsi is classified as a holy plant. Tulsi is worshiped as God Bishnu.

There are many benefits for medical use. For example, the leaves of this plant have a variety of different health benefits due to their ability to cure some of the deadly infections from bacteria and viruses. They are used to treat conditions such as sore throats, cold cough, headaches, bronchitis and flu. One can make a paste of this plant, which can be applied on the skin to cure pimples, rashes, and insect bites. It is also used in cosmetic products to increase beauty. It also can be mixed into our tea or boiled water. It boosts the immune system of the body. Similarly, it is extremely helpful in lowering blood sugar in the body. Those suffering from asthma may find this herb to be useful as well. It also keeps the heart healthy and is also used in toothpaste to clean the mouth and teeth. Tulsi has a peppery taste and is used to cook delicious soups.

Road Construction

Quick Info

By Bishnu Khatri

After the successful passing of the new constitution 2072 BS (20th September 2015), road construction is running in the whole of Nepal. Road construction has been as a primary concern in Nepal. Since the road construction has started, many people have lost their life to accidents. Unfortunately, the government is not giving the proper attention to these issues. Construction is not a bad thing for development, but when unmanaged, construction is bad in the name of development. Due to unorganized construction, many people have lost their lives with a count around two or more accident-related deaths per day.

The one who is responsible for the construction should consider the problems that arise while doing construction, and a solution for that too. But in our country, I don't find that authorized people for construction are held responsible.

How many have to lose their lives?

Do you think road construction is worth the pollution, traffic, death, and overall bother to public life?

Festival: Naag Panchami

By Mamta Yadav

There are many different hindu feasts and festivals celebrated in the Terai region of Nepal, but one of the most unique festivals is Naag Panchami. It falls on the month of Sharawan (September). Naag means 'snake' and panchami is the name of the day.



Based on the holy book, or Ved Puran, this festival began many years ago. Once, there was farmer named Liladhar who lived in a village. He had a small and happy family. Altogether there were four members in his family. One day, while ploughing the field the kids of a snake were cut and were killed. The snake could not forget about its kids, so the snake promised itself to take revenge on the farmer. At night, the snake came to the farmer's house and bit the farmer, his son, and his wife. Surprisingly, the farmer's daughter fled so, she was safe. She was clever and smart. So, the next night she put some milk in a diyo beside her bed. When the snake entered the house, it saw the milk and drank it. The snake was so happy that it asked her what she wanted or desired in her life. The daughter replied with her sweet

voice that "if you want to give me something, then please return the life of my parents and brother". The snake completed her desires so, she was glad. The villagers were also happy with the snake. They hugged each other and couldn't express their happiness and joy. It was on that day that the Panchami festival started.

On this important day women wake up early in the morning and freshen-up as they start collecting the things they need for worship. They clean their houses as well as line it with cow dung. They also put pictures of snakes above the door and surround them with cow dung as well as put coins on them. They make a snake out of flour and cow dung and worship by adding milk, roasted paddy, and gram. On this special day, many delicious and different items are prepared such as *gujiya*, *puri*, *kheer*, *halawa*, *gulgula*, and curry of grams. After eating the food, small girls make dolls and feed them paddy, grams, and milk while putting them in attractive dresses. In the afternoon most of the women and children play on swings because there is a saying that if you don't play on swings on panchami, you will get the life of a mole in the next life. They sing traditional and religious songs while playing on the swing. The girls carry the dolls, made by themselves, inside banana leaves in the evening. The boys make sticks by coloring them with different colors. The boys and girls go together in one place and girls throw the dolls so that the boys can enjoy beating the dolls with their self made sticks. It really looks so fantastic and funny.



The girls throw the beaten dolls in ponds or rivers, and while singing and dancing they all return back to their houses.

In this festival, snakes are worshipped and get fed. No one hits snakes if they see them at their home or anywhere else on the day of Panchami.



Unique Things of Nepal

By Laxmi Maurya

Nepal is a landlocked between two large countries, India and China. Nepal differs from the other countries as it is filled with a lot of unique things. The very first thing is its national flag. The shape of the flag is triangular which is formed by a combination of two triangles. The flag is crimson red, blue, and white. The symbol of the moon and the sun is made inside the flag, which indicates the existence of Nepal and the Nepalese as long as these are in the sky. Nepal stands for Never Ending Peace And Love. Also, it is the only country in the world which doesn't have an independence day, as it was never oppressed by any other countries. It is one of the only countries in the world with so many public holidays.

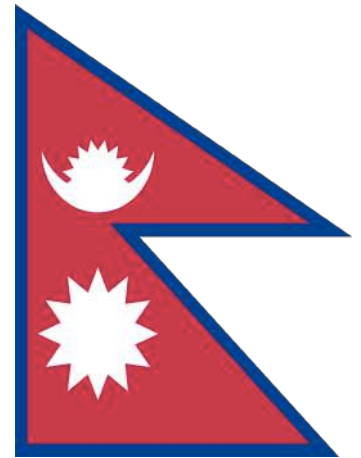
Nepal has its own official calendar which follows BS and starts from the very first day of the first month Baishak. That day is considered as the new year in Nepal. Almost all official work, school, and other jobs begin from that month. When the first month begins, the students go in the next grade step by step. Saturday, which is the last day of the week, has been declared as a public holiday in Nepal and the official work and school begin on Sunday with a new courage, strength, and passion.

The cow is the national animal of Nepal. It is worshipped by Hindus as the incarnation of goddess Laxmi, who is the god of wealth.

The national flower of Nepal is the Rhododendron. It is known as *laliguras* in Nepali and is often called "rhodies".



wikipedia.org



ecoholidaysnepal.com

The Rhododendron is crimson red in color. It has an eye catching look and it is really beautiful to smell as well. It symbolizes caution and danger.

Lhoporous is the national bird of Nepal and is known as *Danphe* in Nepali. It is one of the most beautiful birds because it has a combination of metallic color like green, purple, yellow, and red. *Danphe* is the symbol of peace and harmony.

Daura-suruwal and *gunyou cholo* are the national dress of Nepal. *Daura-suruwal* is worn by a man and *gunyou cholo* is worn by a

woman. Also, *khukhuri* is the national weapon of Nepal.

Dal, *bhat*, and *tarkari* are the national dish of Nepal, and are eaten throughout the country. *Dal* is a soup made from lentils and spices, served over boiled grain. *Bhat* is cooked rice, and *tarkari* is curry of different vegetables. *Momo* is a very famous dumpling in Nepal and is made from dough usually filled with different vegetables or varieties of meat.

Nepal is also a culturally rich country and is renowned as the country of temples,

Lord Buddha, and Mt. Everest. The capital of Nepal is full of temples. The light of Asia, Lord Buddha, was born here and was the first leader to bring peace and harmony in the world. The highest peak in the world is Mt. Everest which is also one of the seven wonders. *Gorkhali* soldiers, who are Nepalese, are the bravest soldiers in the world. They are famous for their great motto "Better to die than be a coward" and dare face defending enemies.

Nepal is a naturally beautiful country with mountains, evergreen forests, and beautiful sceneries. One can experience and enjoy all types of weather and climate here as there are three geographical regions: Himalayan, Hilly, and Terai.

The Spiny Babbler is the one bird only found in Nepal. Red pandas, one-horned rhinoceros, Asiatic elephants, clouded leopards, Bengal tigers, and snow leopards are the endangered animals that are found in Nepal. They are add to the natural beauty of Nepal.



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Nepal's National Heritage

By Sanjana Gupta

Though our country is not economically sound, Nepal is very rich in many other ways such as natural beauty, heritage sites, peace, culture, and biodiversity. Most importantly, ten national heritage sites of Nepal are listed as world heritage sites by UNESCO. They are: Sagarmatha National Park, Chitwan National Park, Lumbini the birthplace of Gautam Buddha, Pasupati Area, Hanuman Durbar square, Boudhanath Mahachaitya,

Patan Durbar Square, Bhaktapur Durbar square, Changunarayan Temple, and Swayambhunath Temple.

Heritages are objects, art, and places, which are unique, valuable, outstanding, attractive, beautiful, and add glory to a country. They are valuable assets because they give an identity to our country in the world. They do not belong to a particular person, but to a nation.



Due to their attractive nature, many tourists come to visit Nepal, which helps us earn foreign currency and plays a vital role in the development sector. Heritage sites reflect our past civilization, culture, values, norms and tradition. So, we have to protect our national heritages by making smuggling free areas, avoiding pollution from the places nearby, reconstruction of damaged ones by raising awareness about their importance, managing

security systems, and participating in conservation work.

National heritage sites are important because they give identity to the country, and help in tourism promotion. Similarly, they play a significant role in helping to conserve and protect our culture, norms, values and religion. They are eye-catching, they add beauty, and they also help in development sectors.



Children's Day

By Sanjana Gupta

Children's Day is celebrated for the welfare of children, to create an environment that gives them choices, and to save the lives of those children who are trapped in child labor. We celebrate Children's Day on the 29th of Bhadra (14th of September).



Children are the power and pillar of their country. As a house becomes stronger by its foundation, in the same way a country becomes stronger by the help of children. Children are the future of their country. They should get rights and opportunities such as reading, writing, playing, entertainment, clothes, food, shelter, health services, care, love, and affection in order to develop themselves.

Schools often give contributions on Children's Day. Schools organize various programs like children rallies, speech programs, quiz competitions, games, and sports to develop awareness and confidence among children. These programs help to keep smiles on their faces. Similarly, our school also organizes various programs to develop confidence in children as well as to make them happy. Our teachers provide some sweets to keep students smiling.

This day brings a lot of happiness among children and should continue to be celebrated every year because children are precious assets to the country. The children will play a vital role in pushing the country forward, and thus must be protected.

International Yoga Day

By Rima Barai

Yoga is a connection of our soul with the superior soul (God). The word yoga derives from a Sanskrit word which means to join or unite the union of our body consciousness. The founder of yoga is Rishi Patanjali, and there are six main orthodoxes which make up yoga.



International yoga day originated on the 21st of June, 2015 (Asar, 6 2072) because Prime Minister Narendra Modi performed yoga with around 55,000 people in Deharadun, Uttarkhand. In this way Narendra Modi declared this special day. International Yoga Day is celebrated all over the world. In Lumbini we celebrate it every year, and this year was the 5th celebration. On the occasion of International Yoga Day, Yoga Guru Govind Prasad Sharma teaches yoga in our area. Many people of our area help to organize this yoga program in Lumbini. We go in rally to Santi Deep where the yoga guru teaches us. The organizers invite many school students to participate in this program.

This year, Karuna Girls School played a main role by participating in yoga. We learned yoga on that day, and the next day we taught those descriptions of yoga to our friends who were absent. We also celebrated International Yoga Day in our school, where our teachers also explained about yoga. As we know, yoga is a main pillar of our healthy life. If we do yoga, surely we will be healthy mentally, physically, and spiritually. The benefits of yoga are: it helps to concentrate our mind, it connects our soul with the superior soul, it makes us sharp and intelligent, it helps us to decrease stress and makes us happy, It makes us creative and active.

With the help of yoga we can get these benefits. So, we need to do yoga in the morning time to be healthy and active for the day. Thus, International Yoga Day is celebrated in the world to get people a healthy and joyful life.



It makes people creative and intelligent, so we should do yoga and teach others how to do yoga too. Our dream is to be healthy and make others healthy by teaching yoga. We should promote yoga to better our nearing future.



Movie Review: Toilet, A Love Story

By Gauri Gupta and Sangita Sharma

Director: Shree Narayan Singh

Producer: Arjun N. Kapoor, Shital Bhatia, Arjun Bhatia etc.

Writer: Siddharth Singh, Garima Wahal

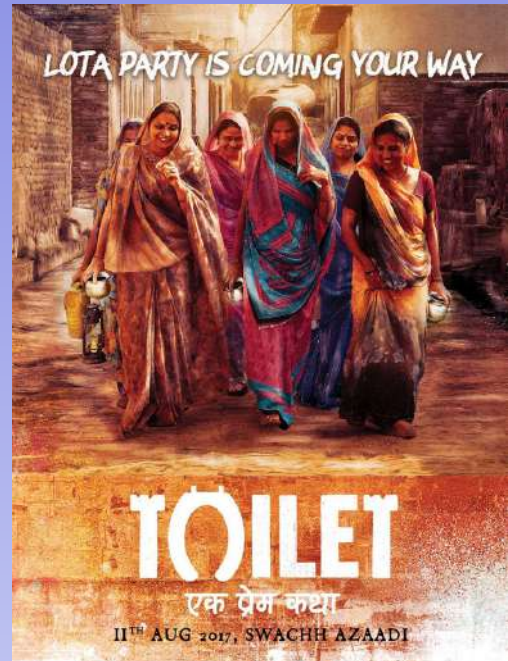
Starring: Akshay Kumar, Bhumi Pednekar, Anupam Kher, Divyendu Sharma, Sudhir Pandey, Rajesh Sharma, Shubha Khote, Sachin Khedekar, Sana Khan etc.

Genre: Social, Comedy and Drama

Duration: 1hrs 55min

Language: Hindi

Release date: 11 August 2017



Toilet is a well-designed film with good performances. The story shows how the traditional mindset of villagers prevent them from installing a toilet inside their homes and how they think about open defecation in the fields. It is based on the real life of many Indian and Nepalese women.

The film reveals the superstitious beliefs of Indian and Nepalese society regarding the installation of toilets in their homes. It beautifully presents the challenges of many women with open defecation. The plot develops when newlywed Jaya (Bhumi Pednekar) discovers that her new husband Keshav (Akshay Kumar) doesn't have a toilet in his home. Jaya threatens to leave Keshav unless he installs a toilet. Keshav desperately sets out on a mission to win back his love by standing up to the old age superstition of India and spends the rest of the movie trying to construct lavatories in his village. It teaches us to eradicate bad traditions of our society and adopt good traditions only. The film is a light-hearted take on the matter of sanitation and appeals to the hearts of every single person who is willing to go to any lengths for their beloved.

It is a comedy film in support of governmental improvements to sanitation in the country and the eradication of open defecation, especially in rural areas.

Rating: ★★★★★

Women's Health

By Sima Bhuj

Every family is composed of males and females. Males are kept at a superior position of the family, while females are kept at an inferior position of the family. Males are involved in the decision-making activities, while females are involved in household activities only.

Females have to perform lots of activities in the family. The woman of the family has to face lots of problems from her birth to death, so, women's health is important.

I have interviewed with Ranju Ghimire, a staff nurse about women's health, and learned the following:

Women's health means the physical, social, and mental wellbeing of women. In the life of women many ups and downs appear. Sometimes, they are unhealthy and sometimes women are not supported by the family. As a girl baby is born, she is neglected in every sector of life. She has less opportunity to go school, due to which she cannot achieve the knowledge needed in her future.

In rural areas people think that girls are others' possessions, due to which parents marry their daughters in their early age. Young girls are not mature enough to manage themselves, so imagine how she could manage a family. Due to this, girls have to face different kinds of serious problems. Women's death may occur.

Superstition is also a problem which occurs in the village. The thoughts of the mother in law and father in law are primitive. They think that if they cannot see the face of the grandson or

granddaughter they will die. Because of this concept they start to force a couple for the baby. Without having any desire for the baby, they are compelled to give birth.

In the same way, miscarriage is also a problem that occurs in women. It is due to too much labor or an accident. The work of women cannot be noticed easily, but the work of men can be noticed because they earn money. The women are seen as the ones who consume that money. Women can also earn money, but they are not getting as many opportunities as men. There are some women who are getting opportunities, but villagers are ignoring them.



usaid.gov

Women's health can be maintained by: iron tablets given to women at the time of menstruation and delivery, a balanced diet and nutritious food, proper rest and proper sleep, health education given to illiterate women by the help of



ccp.jhu.edu

government, municipality and local people. Women's empowerment should increase in every corner of the country so that local people get empowered to maintain women's health, and different kinds of awareness programs should be raised.

To maintain women's health, each and every member of society should play a significant role. Each step will be very beneficial for the women. The government is not only responsible to make rules and regulations, but also they should implement them nicely. Although there is decentralization in the country, the local people are not understanding the matters of the government. Our constitution has provided lots of provisions for women. The government is not checking whether the women are getting their opportunities or not. They are only making rules and regulations, but they are not checked by the government. Making rules and regulation is not as important as the implementation of them in a nice way.



Village Biography

By Laxmi Maurya



Mrs. Subhawati Pal is a hard working, patient, kind-hearted, and daring Nepali woman of age 52. She is an exemplary woman of our society. She lives in Mahilwar village Lumbini, Nepal. She believes contentment is a real source of happiness. She is very familiar, co-operative, and the dearest among villagers. She is very good at handicrafts, knitting, and Mithila painting, which is a very famous ancient painting related to Hindu religion that is about to go extinct. She is famous for her amazing and incredible skills.

She is a housewife with four children; one daughter and three sons. She does household work and looks after domestic animals. Mrs. Subhawati helps with planting and advises her children during the ploughing for cultivation. She always wants to engage herself in household chores and other extra works.

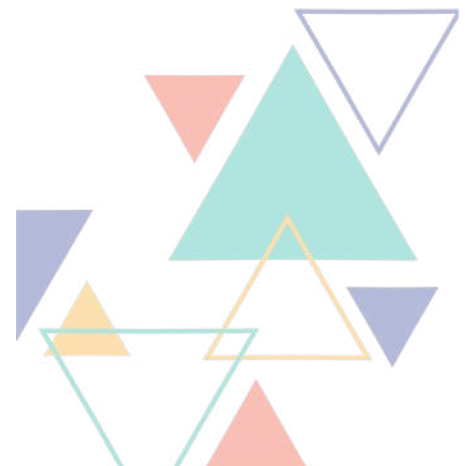
“Be a strong woman so that your daughter will know how to be one and so your son will know what to look for in a woman.” -unknown author

She suggests the same to her family, neighbors, friends, and others too. She always utilizes her leisure time. She loves helping her family members and neighbors by sharing and teaching her skills. Even though she is illiterate, she is leading and guiding her family happily because she is the head of the family.

In an interview she said, "I haven't learned handicrafts skill from my parents, but I learned and copied it from my neighbors since my childhood days." She mentioned that she loved handicraft occupations. She also explained that handicrafts helped her to support and improve the economic condition of her family as the handicraft materials are sold. When I interviewed her, I came to know the reason behind her illiteracy. She said, "During that period many people were not educated, and they didn't send their daughters to school. Instead they taught them household works, how to look after domestic animals, knitting, painting and planting. At that time child marriage was in practice and almost all children used to get married in their childhood days." Even her parents were not educated, so she suffered. She also quoted that they used to think daughters would go to other's homes after their marriage, so they should know household works rather than studies. She is very happy with her family members and she feels she is a lucky woman. She always gets support from her husband and family and always wishes for a good future and happiness for her children.

She is always curious to learn and participate in different programs. She has recently completed some important training like house keeping, Cottage and Small Industry, and a Tourism for Rural Poverty Alleviation Program. She has been given the certificates of participation and the certificates of appreciation in different programs, as well as won many prizes.

The Lumbini Developmental Trust (LDT) has given her many opportunities to visit different places in Nepal. She got a chance to visit Kathmandu, Pokhara and Nepalgan free of cost. LDT also gave her platforms to exhibit her handicrafts, which might not have been possible without her amazing handicraft skills.



Editor's Feature

By Bria Bleil and Maia Klingenberger

Eckerd College is a four year liberal arts school on the gulf coast of St. Petersburg, Florida. Our college aims to educate its students in a variety of fields with an emphasis on global citizenship and sustainability. Many students attend Eckerd for its Marine Biology program and its beautiful campus, but it has something to offer for everyone. Eckerd has a small student body of about 1,900 students who come from all over the U.S. as well as other countries. Our small campus and class sizes provide students with



Eckerd College South Beach

the feeling of a tight knit community where everyone knows one another and can form close relationships with the faculty. Most classes at our school are unique in the sense that they are discussion based, which allows students and professors to start a dialogue where multiple perspectives on an issue can be explored. At Eckerd, students take four to five classes for two semesters in addition to a three-week

term in between, when students have the chance to take a class on campus or study abroad. One of the main reasons we all chose to attend Eckerd is because of its diverse international education opportunities. Thanks to this program we were able to come visit Nepal and meet the amazing students of Karuna Girls School.



Experience Reflection

By Leah Totman, Eckerd College Class of 2022

These women are a bright, shining light against a very dim horizon and I'm endlessly grateful for the time I was allowed to spend with them. At home in the US it is hard not to become discouraged at the state of the world. I constantly find myself on the receiving end of bad news: the fires in Australia, impeachment, increasing tensions in the Middle East and more. The Journalism Club meeting brought all of that to a halt. Sima, Sanjana, Rima, Gauri, Chandni, Pratima, Mamta, and Laxmi are constant smiles, laughter, and advocacy. Once we finished editing their articles I had the opportunity to ask what they might want to write next and all their ideas revolved around women's empowerment (Sanjana's favorite part of Journalism Club). Seeing young girls full of ambition is profoundly moving to me. Even if they are unsure of themselves and their writing at times, I hope they understand how impactful their voices have been to myself and others.

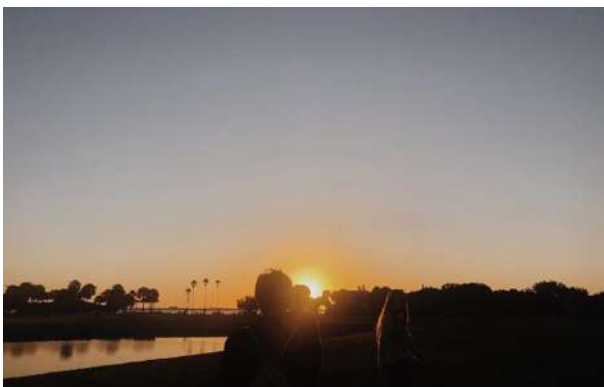
In a conversation with the founder of the school Venerable Metteyya Sakyaputta, a wonderfully kind, admirable man, he remarked, "if the policies aligned these young people could change the world." And policies might be helpful, but I think the movement Venerable Metteyya, Vanessa Martinez and many others have helped to start has the momentum to create impactful change in the world, even without complete political support from their government. It is very difficult to legislate change in opinion without grassroots efforts from people who care deeply about their cause. These young women are exactly that. My high school English teachers Brian and Johnna Stanton never let me doubt myself for a second. If I could offer any young people a piece of advice I have learned through this experience, it would be the same: do not doubt the power of your voice. Sometimes words are the only tool we have to combat injustice. And they matter.

Student life at Eckerd consists of spending time outside on our famous South Beach and Kappa field, as well as kayaking, paddle boarding, wakeboarding, and sailing for free through our waterfront. The waterfront is a student run program that provides lessons and water sport equipment to students as well as guests for a small fee. Many students also enjoy skateboarding, doing arts and crafts, and jumping off of the pier into the ocean. Some of our favorite places on campus are secluded areas surrounded by water and trees because they provide a quiet space to think, read, and enjoy the sounds of nature. Eckerd College offers its students a safe and supportive environment and the educational tools necessary to become culturally and environmentally aware, and overall well-rounded people. We are so thankful for the opportunities we are given through our school and believe that Eckerd is shaping us to be strong leaders for the future, just like Karuna Girls School.



Bria Bleil,
Eckerd College Class of 2023

eckerd.edu



Experience Reflection

By Jake Duggan,
Eckerd College
Class of 2021



Our first day at KGS was spent reading through all of the articles that are in this issue of the Girl Reports magazine. Prior to meeting any of the girls, we were able to learn about them and their passions through their writing, and we were absolutely amazed. As the day went on, I became more and more excited to put faces to names, to meet these girls in person and be able to connect with them. That afternoon the time finally came. We all sat down and introduced ourselves in the after-school Journalism Club meeting, and then we played an ice breaker game called "People Who Like." This turned out to be the best possible way to get to know these girls, through screaming and running around and giggling and learning about things that everyone enjoys. This first introduction is an experience I will remember for the rest of my life. Even though we come from opposite sides of the earth, we were able to connect on a very human level. The girls' warmth and enthusiasm made me feel at home, and from that point on we were able to work collaboratively on this issue of the magazine. Working with these girls has been an incredible experience, and I am so thankful that I was able to meet them and learn from them. Their passion for writing as well as their hard work is shown on every page of this magazine, and I could not be more proud of the work they have done.

Experience Reflection

By Jamie Myre, Eckerd College Class of 2020



Karuna Girls School is a sacred place. I felt its power from the moment I arrived here. When I stepped foot onto the grounds, I was met by a large billboard, reading, “Karuna Girls School (Centre for Women’s Liberation): Educating and Empowering Women to be the Change-makers of their Society.”

Everyone here is dedicated to this mission and believes wholeheartedly in this message—from the girls who embrace every opportunity to learn, to the teachers and Vice Principal, Sunil, who work tirelessly to create a safe and happy environment, to the nuns of the Peace Grove Institute who act as compassionate mentors, to international volunteers like myself who are blessed with the chance to learn and grow from interacting with these girls. On my first day at KGS, my classmates and I were greeted by the school’s 300 students, doing their morning stretches and singing together. The lines of emerging young women were led by older girls who, I would later learn, were some of the members of the Journalism Club.

These girls—Gauri, Rima, Sanjana, Chandni, Sima, Bishnu, Mamta, Laxmi, and Sangita—are truly leaders. Their powerful voices send resonant messages that aim to teach people around the world about their school, community, and beloved country of Nepal. The remarkable lessons I learned from them, as a student, aspiring teacher, and human being, will stay with me for the rest of my life. They taught me that there is no learning without laughing, no thinking without caring, and no teaching without connection. Experiencing their hunger for knowledge has inspired me to re-imagine my own relationship to learning as I continue on my educational path.

When my class had lunch with Venerable Metteyya, the school’s founder, he said that our generation has the obligation to travel, to meet and speak with people who think, live, and see things differently than us. We must strive to understand how everyone ultimately and inescapably relates to us and may teach us about ourselves, for the future will be determined by relationships and interconnection. His message shines most brightly when I am with the girls of the Karuna Girls School, and particularly those of the Journalism Club. I am forever thankful for the time I was able to spend with them.

Dear sisters,

Reading the articles you girls wrote and spending time with you all has been such a fun and eye-opening experience for me. Watching the way you girls interact with each other, as well as the world around you, has inspired me to be a more loving, affectionate and hardworking person in my own life. While you may think that we only helped you, you girls taught me so many things about friendship, determination, and perseverance. I hope that when you all look in the mirror you can see the beautiful, intelligent, strong and powerful women you are. Because of this experience, I will always remember to dream big and keep chasing those dreams, even when things get hard. You girls are the future of your community and because of your hard work and compassion, the future is bright. Keep studying, learning, and growing everyday, and never give up. Believe in yourselves in everything you do.

Your voices matter, and we believe in you. I love you girls with all my heart.

Keep smiling always, until we meet again,
GIRL POWER!



Maia Klingenberger, Class of 2020

Who We are



Pratima Khatri



Gauri Gupta



Rima Barai



Chandni Chaudhary



Sanjana Gupta



Sima Bhuj



Laxmi Maurya



Mamta Yadav

We are the members of the journalism club and have been working since we were admitted. We are doing hard work to publish our magazine. We usually publish every issue related to school, biography, history, sports, etc. All of our tasks are supervised by Sunil sir, Vanessa sister, and many more volunteers from abroad.

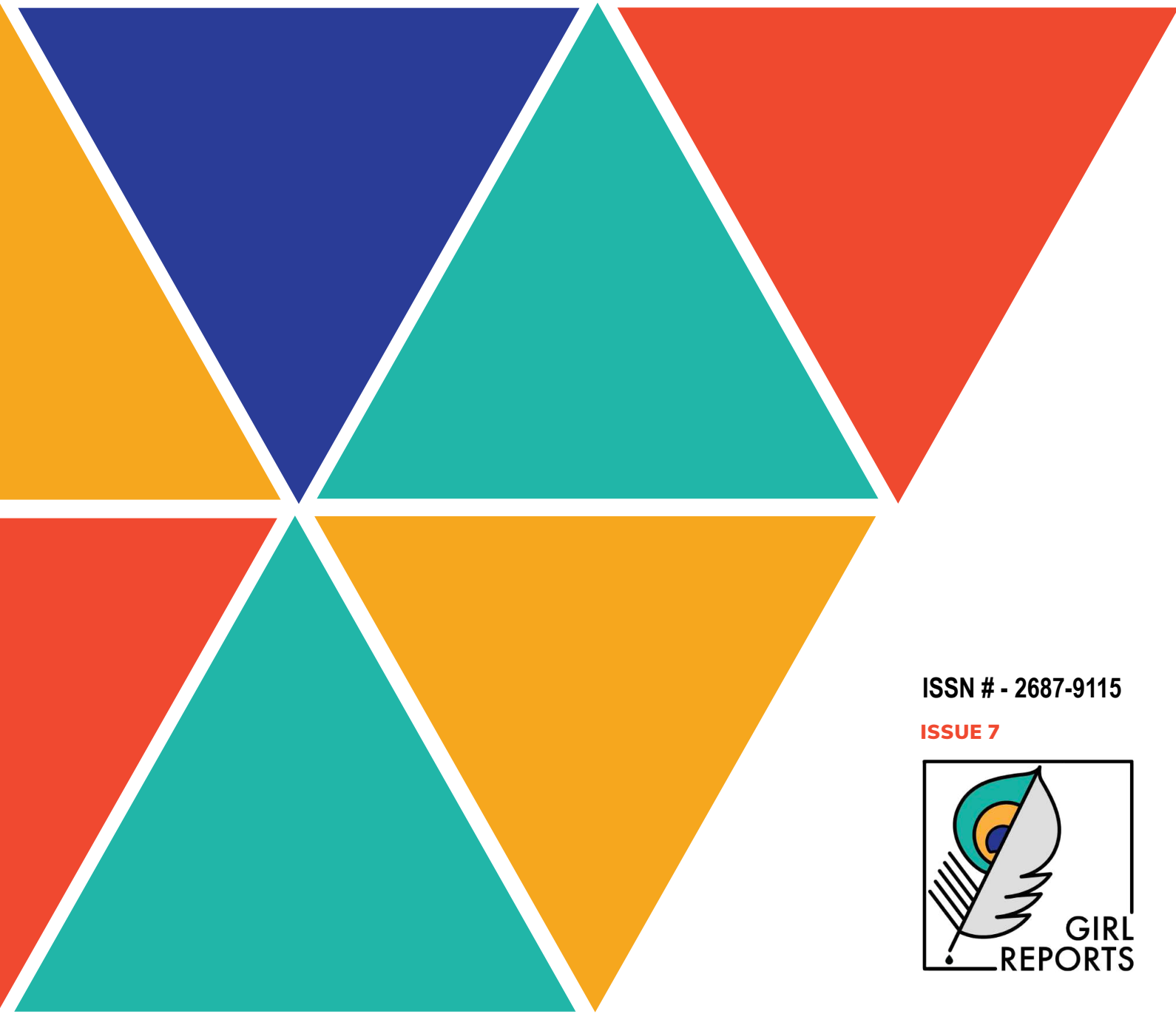
This issue contains many interesting articles about Green Month, many festivals, women's health, national and international news, and a movie review of Toilet. The reader will also find many games, interesting poems, beautiful arts, and more.

This issue was edited and produced by a special service learning team from Eckerd College. These generous students traveled from St. Petersburg, Florida to spend a week with Girl Reports participants in Lumbini, Nepal, where they helped our girls with their writing, photography, and the layout of the magazine. Most importantly, they shared a moment of their lives with us. They laughed with us, opened doors to new ideas and experiences, and inspired us. We are so very grateful for their contributions and wish them all the best in their future endeavors. Remember, Be Happy!

- The Girl Reports Team

This special issue of Girl Reports, published on International Women's Day, details the lives of the members of the journalism club at KGS. Unlike past issues, this edition was produced thanks to a group of service-learning volunteers from Eckerd College (a small liberal arts school in St. Petersburg, Florida). Thanks to them, readers have the opportunity to see how the KGS girls impact others. You will also find updates on daily life at school, life in Nepal, and important holidays and festivals. We hope you enjoy!

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



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