

Buneka Katha

A CANOPY NEPAL MAGAZINE

ISSUE 5 | NOVEMBER 2021



INSIDE VOICES

Interviews with our partner schools, scholars, and team members

KATHA BUNAUN STORIES

Stories by our young, enthusiastic learners

CANOPY NEPAL GLIMPSES

A look at all the programs we conducted this year



Katha Bunaun

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Published in November 2021

Involved Personnel: Learners' Hub Team

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Table of Contents



EVENT HIGHLIGHTS	
CANSHIP CAREER COUNSELLING 2020	01
KATHA BUNAUN WITH FEMALE STUDENTS	03
CANOPY FEST	05
INSIDE VOICES	
ECHOING GLIMPSES	07
ON A JOURNEY TO BECOMING A NURSE	10
INTERVIEW WITH MR. HOM NATH ACHARYA	12
क्यानोपी र मेरी छोरी	14
FROM SURKHET TO UWC, THAILAND	15
A POSITIVE LOOK AT LIFE	17
CANOPY NEPAL IN NUMBERS	19
OUTCOMES	21
BUNEKA KATHA	
THE FAMILY AND THE WEATHER	24
TEEJ: I'LL UNDERSTAND IT AFTER I GET MARRIED	25
AMIR	26
AN UNFORTUNATE DASHAIN	27
SNEAKING OUT	28
पहिलो महिनावारी	29
THE CROW	30
ACTION	31
THE 100-YEAR-OLD TREE	32
SUSMI	34
DOWRY	35
LOVE SEES NO GENDER	36

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Event Highlights

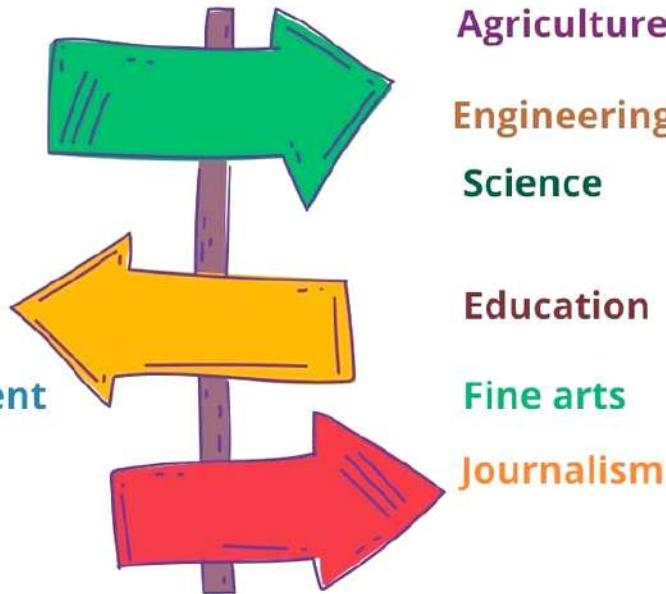


Choosing Your Own Path

Management

Social work

Hotel Management



CANSHIP CAREER COUNSELLING 2020



A career assessment conducted by Canopy Nepal with Canopy scholars found that 60% of the participants were unsure about their career paths. This made the team reflect on the time when they too were high school graduates, full of excitement and zest, but also cluelessness and confusion for what they wanted to do in the future. The participants seemed to be in that exact same phase, filled with many dilemmas and questions. Canopy's Career Counseling program, which is an integral part

of CANSHIP, has been trying to help scholars find their career interests and build their future plans.

This year, due to obvious reasons, Canopy conducted Career Counselling Series-2021 virtually, which was full of interactive and thought provoking activities. A total of 40 scholars from 25 different educational partners participated in the program. Throughout the sessions, the scholars received various opportunities to share their career expectations, dreams, and interests through conversations, poems, essays, discussions. Many scholars seemed to be interested in community issues that mattered most to them, from healthcare

and social justice to digitization and technology accessibility.

There were many sessions where professionals from a variety of fields like Law, Media, Social Work, Nursing, Hotel Management, Banking, Entrepreneurship, and IT attended to give their insights and ideas. This was a great opportunity for scholars to understand various aspects of career decisions: challenges, opportunities, scopes, finances, requirements, and more. The scholars made great use of the opportunity to gain clarity

EVENT HIGHLIGHTS

regarding career scopes. After these sessions, the scholars designed their career profiles, which helped them envision the career they wanted to achieve. Below are some of the designs they created.

From the responses of the scholars, the team members were happy to find that the scholars who regularly attended the program were confident about what path they wanted to take in the future, at least much more than they were before the session. According to a survey, 75% of the scholars became well-informed about diverse courses that are available in Nepal and 80% of the scholars became well aware of possible career goals that they could pursue after the program. Even after the completion of Career Counseling Series-2021, the team has been providing constant guidance and mentorship to the scholars. Furthermore, Canopy Nepal has extended its partnership with Global Young leaders, with whom it will conduct different sessions and workshops with the goal of helping young scholars plan out their career goals.



CAREER PROFILE



Sharmila Pariyar

'My Future in Information Technology'



I want to pursue
Information
Technology (IT) in
higher studies.



I want to study
abroad with
scholarship
opportunities.



I want to be an IT
Officer and
contribute to this
field as the number
of women is low.

I believe that Canopy Nepal will
support me to achieve my dream

CAREER PROFILE

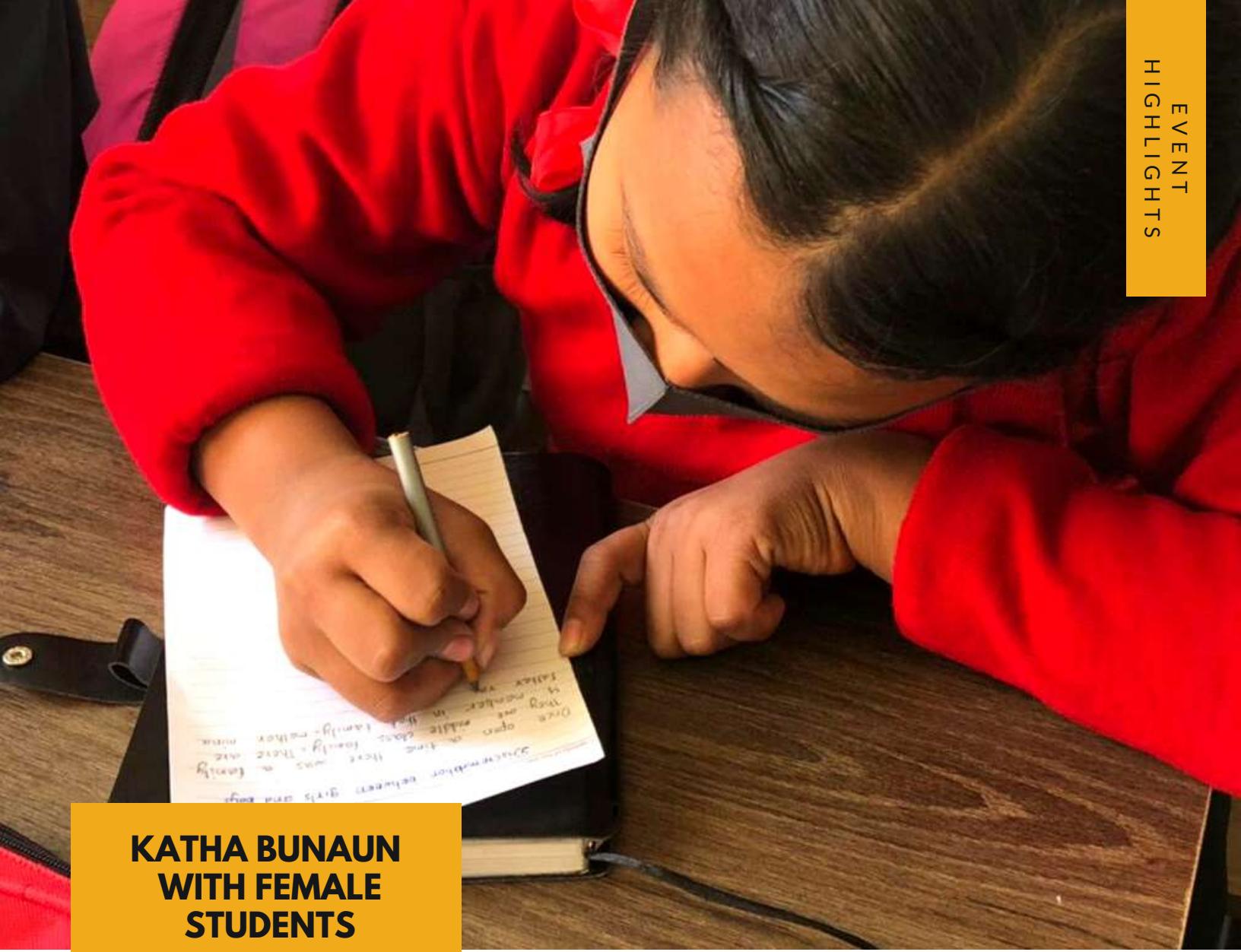


Rabin Shahi

'Eye of an Artist'



I have to improve
my Photography
and Photo Editing
Skills.



KATHA BUNAUN WITH FEMALE STUDENTS

Katha Bunaun is all about crafting and sharing stories. This time, the Learners' Hub team decided to conduct an all-female session in various schools. The stories that the learners produced inclined towards the perspectives of young women in Nepali communities.

On the 28th of October, the LH team left for Satyawati Secondary School in Dhading. Since the very beginning of the session, the atmosphere in the room full of female students was always very enthusiastic. Students seemed very comfortable in the session, even more than the facilitators had expected them to be.

The team had chosen the theme of the session to be 'Menstrual Hygiene', which unfortunately, is not a subject that schools in rural regions give much importance to. The facilitators had imagined that the students would likely hesitate to take part in the topic and prepared accordingly. But to their pleasant surprise, the students opened up very easily. Although the students were well-informed about good hygiene habits, they seemed to normalize and accept social taboos surrounding menstruation. This was disheartening to see.

Nevertheless, when it came to class participation, the students were very comfortable around the female facilitator, Prakriti Joshi, as well as the male facilitator, Agraj Ranjitkar. This made it very easy for facilitators to further push the learners to craft their experiences in stories. Similarly, during sessions conducted at Creative School and Kanya Mandir School under the theme 'Patriarchy', most students took the opportunity to express themselves freely. They shared stories, opinions and discussed many ideas.

The woven stories were personal and spread around various topics including menstruation, misogyny, and even sexual harassment. The learners wrote real but untold stories that even their parents were unaware of. These sessions helped bring light to many cases that would have otherwise remained in the dark. The most disturbing one of the bunch was the case of a girl who went through a rape attempt by the caretaker of her family. The most shocking part was that he continued to live with the family after the incident because her parents were totally unaware of what had happened. The unraveling of this story allowed the school authority to take further action on the matter.

Another student shared a rather subtle but personal story of how she and her brothers suddenly grew apart once she got her period, only due to the taboo that it is "wrong" for a girl on her period to be in close proximity to someone.

When many similar stories started coming forth, the facilitators realized how compelling and empowering this all-female session had proved to be. The idea of organizing all-female sessions was a fresh one and observing how poignant and uplifting personal stories have sprung forth from these sessions has deeply moved the team. The free expression of these experiences through stories highlights the success of Katha Bunaun.



Canopy Fest 2021

Festivals are the time for people to embrace and celebrate their cultures, customs, religions, and heritages. Around the beginning of Nepal's beloved festive season, Canopy Nepal organized Canopy Fest with the theme 'exploring diversity through festivals', where over ninety-eight students from nine schools of Nepal participated in academic writing workshops Katha Bunaun and Lekhaun.

Both workshops, through the form of short stories and essays, encouraged the participants as well as the organizers to not only reflect on and share their traditions and values but also explore and learn about their peers'. Such exchange of ideas reminds us to cherish our magnificent kaleidoscope of a community; each bright facet representing a unique, rich, beautiful culture.

Every participant provided their perspectives on a festival they celebrate. For example, during his visit to Sunkoshi to celebrate Teej, Arnab got to experience quaint, rural villages and calm, charming fields of Nepal, which, in his own words, "stole his heart". Arnab confidently claimed that the experience changed his perspective on rural cultures for good and that he was glad to have gotten to share some love with the powerful women of his family.

Manogya, on the other hand, celebrates Eid every year, where she gets together with her family and exchanges gifts as an expression of appreciation and connection. Her gatherings are filled with delicious food and marvelous outfits that complement their zesty environment. But more importantly, they are filled with lovely conversations and meaningful interactions that will one day turn into some of the best memories.

Similarly, every 25th of December, Sonika and her brothers decorate their house into a warm, cozy home for Father Christmas to come by with gifts and treats. They light up a small christmas tree that represents their evergreen relationship with one another. According to Sonika, the festival reminds her of the importance of giving and sharing, which is a value she truly believes in and an idea she likes to practice.

In the midst of this uncertain pandemic, festivities allow us to freshen our minds and energize our bodies. We gather with our family and friends, strengthening bonds, developing mutual compassion, and maintaining social distance (or at least pretending to do so). As fun as it is to celebrate our own festivals, it is just as exciting to understand others'. And that is what Canopy Fest was all about: exploring our elegant ethnic and cultural diversity through delightful festivals, while enhancing students' writing and presentation skills, helping them to express their stories with one another. After all, what better way to start the festive season than by exchanging personal stories?



Inside Voices





ECHOING GLIMPSES

Saru Ghimire,
Program Assistant 2021
INTERVIEWED BY BIJYETA MAHARJAN

Some heroes don't wear capes, and one of them is Saru Ghimire. As our Program Assistant, she did all in her capacity to always enhance the quality of the programs, and rightly stood up for the two pillars of Canopy: Interactive Learning and Equitable and Accessible Education for All. Despite her short tenure as the program assistant, her contributions have created a ripple effect on various programs at Canopy Nepal.

At an adult literacy workshop, she observed how some participants depicted growth not only in their reading and writing skills but also in their motivation to learn within three months. For example, a pregnant teen participant made the best out of the program because she wanted her child to be educated and capable. Likewise, another teenager gave it her all so that she could go back home and teach her mom the things she had learned and bring a smile to her face. Such stories made her realize how meaningful the program was and want to continue this journey.

"The universe conspired me to join Canopy Nepal.", says Saru. She believes that she truly manifested her opportunity to work at Canopy because it was the perfect path to follow her will to create visible impacts. One fine day, she had found out where Canopy was located and the next day, she happened to see a vacancy announcement for the role of Program Assistant. Without any reluctance, she applied.

"Never settle for less. Be vocal about your expectations and think about your contributions."

Since that day, Saru has actively fulfilled her role of making things better. Bringing amendments in events, sessions, and manuals, mobilizing facilitators, providing feedback, and monitoring and evaluating programs were all part of her role. The best part was that she also worked on making relationships among team members better. Thus, she designed social events and programs for training as a crucial part of her job.

Saru questioned "why" a lot and settling upon ideas without reasoning within the team created quite a hassle for her during the starting days. Adjusting to everyone else's perspectives and approach and maximizing her flexibility in that regard was challenging. Her role required a lot of patience as well as energy to keep up with the hype. With time, it was easier for her to critically analyze and provide meaningful feedback as well as accept them with ease.

At Canopy, Saru found new versions of herself because learning is a two-way process here. When she first facilitated a Katha Bunaun session at Youth Opportunities Nepal, she discovered a storyteller in herself. Students helped her realize this attribute and the epiphany was an unforgettable one. Similarly, students from Chelsea International moved her deeply with their extremely well-crafted stories despite their reserved demeanor during the introduction day. Every story introduced a fresh perspective.

"Once, we were discussing unpopular opinions and a student told me that everyone overthinks. The depth behind those two words left me ruminating over it for days", Saru elucidates her experience with students. While Saru definitely enjoyed working with students, she loved working with the team and getting to know them better. CANduction was her favorite session with the team as it was a perfect opportunity for the entire team, especially the new facilitators, to get to know each other at a more personal level. From almost recreating the Stanford prison experiment to understanding what social privileges are, everything about CANduction was meaningful. Hearing tales of the birth of Canopy as an enterprise from Mohit dai and understanding the motto behind the pillars of Canopy gave everyone insights into the organization's core values. It sparked an understanding of what Canopy is and what it means for everyone to be part of this organization.





Saru always stepped out of her comfort zone during her time at Canopy and was never hesitant to not just try different things but also to try things differently. She worked on a blog post about the Katha Bunaun session with participants from Papa's House and decided upon spicing up the usual format of writing case studies. Instead of qualitatively analyzing their growth through the sessions, she instead wrote about what sparked the inspiration to weave their creative pieces. This approach introduced a whole new dimension to the blog section. These are just a few instances of how Saru played a prominent role in bringing positive changes to various aspects of the programs at Canopy. She describes her journey at Canopy in three words: fun, insightful, and energetic.

As she continues her Master's degree in Portugal, her wish-list for the upcoming days has lengthened. She hopes to expand Canopy's partnerships to Europe and build more connections. Saru is an exemplary character, and this piece is an echoing glimpse of her impactful presence at Canopy.

"Never settle for less. Be vocal about your expectations and think about your contributions. Brand yourself and value your happiness. Enjoy every bit in the process and think also about the impact you are creating. If and when you leave Canopy, have a story to tell the world about you and your experiences." This is the message she has left for all our young enthusiasts at Canopy Nepal.



ON A JOURNEY TO BECOMING A NURSE

"My mother is my biggest inspiration. She went through so much so that I could have a safe and bright future."

Sajina Pariyar had a rough childhood. She was born in a small village in Gorkha. Her father left the family during her early childhood, never to be seen again. When Sajina was ten, her mother, overburdened by financial problems, sent Sajina and her brother to Happy Children Home in Panauti. Although both Sajina and her mother knew that this was for her own safety and education

she found it difficult to settle into the new environment. Not only did she have to take care of herself, but she also had to look after her younger brother. According to her, there were countless times when she felt lonely and helpless. Back in Gorkha, many people accused her mother of having sold her to an orphanage. Little did they know about the struggles Sajina's family had been going through.

Slowly but surely, Sajina started to get used to living in the children's home. She developed strong academic skills and a passion to learn. In 2019, she completed her SEE too. She then wanted to pursue higher education and explore her interests, but her financial situation was holding her back. This is when, through the Rotaract Club of Panauti, Sajina was introduced to Canopy Nepal. Seeing her enthusiasm and willingness to learn, the Canopy Nepal team gladly agreed to provide her with financial assistance. She received scholarships, grants, electronic devices, and stationery supplies. But more importantly, she received a team of people who supported her and encouraged her to release her potential.

Growing up in a children's home, taking care of her brother and other younger children, Sajina had developed a fondness for helping other people and knew that she wanted to do so for the rest of her life. Hence, today, she is in her second year of studying Proficiency Certificate Level (PCL) Nursing at Phulchoki Nursing Campus. She is still the dedicated and diligent person she always was, and with the small extra push from Canopy Nepal, she is excelling as a college student. She still puts in the work and effort by herself, but she no longer has to worry about financial obstacles.

"My mother is my biggest inspiration. She went through so much so that I could have a safe and bright future," says Sajina. Having experienced how small financial contributions can create such big impacts on an individual's life, Sajina hopes to assist Canopy scholars like herself in the future. She also wishes to support Happy Children Home, the place that shaped her to become who she is today.





INTERVIEW WITH MR. HOM NATH ACHARYA

PRINCIPAL, BUDHANILKANTHA SCHOOL

INTERVIEWED BY MONAL BHATTARAI

"We could clearly see the impact Canopy created in such a short period of time."

Equality, justice, and quality education are the values that have been driving Budhanilkantha School for 49 years. With Mr. Hom Nath Acharya as the principal, these are the values he is taking forward to the school's silver jubilee. All activities, classes, sessions, and programs Budhanilkantha School offers aim to make their students changemakers and impact creators. Understanding that while it is very important for

students to excel academically, it is also crucial that they develop a well-rounded character, it did not take Mr. Hom Nath Acharya long to know that Canopy and its programs would perfectly complement his ideas and plans. Thus, since March 2020, Canopy Nepal has been working with Budhanilkantha School to provide numerous skill-enhancement opportunities to young students.

Canopy at Budhanilkantha

Canopy has been conducting various programs with students, exposing them to various ideas, encouraging them to be leaders, and helping them release their innate potential from a young age. Through these sessions, the administrators and teachers hoped to enhance the students' creativity, critical thinking skills, self-expression, leadership, and confidence.

In the March of 2020, when the team conducted Katha Bunaun with the students at Budhanilkantha, Mr. Hom Nath Acharya, along with the vice-principal Timila Acharya, saw rapid growth in the students' abilities. They saw reserved, introverted students confidently speaking to the entire class and asking questions without any hesitation. They saw leadership qualities and high proactiveness in their students. This is when the school finalized a yearly plan with Canopy Nepal.

Despite the unfortunate but necessary virtual divide between Canopy's team and the students at Budhanilkantha, Canopy successfully conducted the interactive programs EIC, Katha Bunaun, and Lekhaun with them. The team, the teachers, and the parents could notice clear development in the learners' abilities both in and out of the classroom. Mr. Hom Nath Acharya said, "While simultaneously learning about equality, leadership, proactiveness, and teamwork, our students are growing as an individual, ready to compete in the world outside of the school. I had parents personally come to me and ask more about these sessions. We could clearly see the impact Canopy was created in such a short time."

To further improve the impact of the sessions, in 2021, Canopy formed a Canopy Nepal Club of Budhanilkantha with young students who had been a part of the programs for more than a year. With Canopy Club, Mr. Hom Nath Acharya sees students actively practicing basic democratic and judicial values even at the remarkable age of 13. Through the Club, the school can be confident that young students will be well equipped with the skills necessary to represent themselves and their schools on various national as well as international platforms.

Mr. Hom Nath Acharya hopes that Canopy will continue to stand side-by-side with the school's goals and visions to help students become well-rounded. Canopy too looks forward to working with the students at Budhanilkantha School.



क्यानोपी र मेरी छोरी

अन्तर्वार्ता द्वारा: यजु महर्जन



म क्यानोपी नेपाल छात्रवृति कार्यक्रमद्वारा छात्रवृति दिइएकी काठमाडौँको टोखा नगरपालिका अन्तर्गत बोहराटारस्थित श्री शितला माध्यमिक विद्यालयमा कक्षा १० मा अध्ययनरत अनिशा भण्डारीकी आमा हुँ । पुख्याँली घर सिन्धुली भएपनि अहिले चाहिँ म मेरो श्रीमान र दुई छोरीकासाथ काठमाडौँ महानगरपालिकास्थित बनस्थलीमा बस्दै आएकी हु। म बिहानपख सहरमा सागापात बेच्छु भने दिउँसो अरुको घरमा काम गर्न जान्छु। मेरो श्रीमान भने दैनिक ज्यालादारी काम गर्नुहुन्छ । मेरी अर्की जेठी छोरी क्यानभास इन्टरनेसनल कलेजमा कक्षा १२ मा पढ्दै छिन् ।

"सधैं आफ्नो परिवारको आर्थिक अवस्थाको चिन्ता लिइराख्ने अनिशा अहिले भने आफ्नो पढाइमा निर्धक भई ध्यान दिन्छे ।"

क्यानोपी नेपालबाट सहयोग पाउनु अगाडी मलाई छोरीहरुलाई पढाउन एकदमै गाहो थियो । सानोछैदै बिहे गरेको र छिटै आमा बनेकोले गर्दा मलाई मेरो बच्चाहरुलाई पढाउन सकिदैन जस्तो लाग्थ्यो । पैसा कमाइएला कि भन्ने आशाले म र मेरा श्रीमान गाउँ छोडेर आफ्नो छोरीहरुलाई लिएर काठमाडौँ आएका थियौँ । मैले र मेरो श्रीमानले नपढेको हुनाले राम्रो कमाइ हुने काम पाइदैनथ्यो । जसोतसो ज्याला मजदुरी गरेर हामीले घरपरिवार पाल्यौं ।

तर मेरो श्रीमानको जाडरकसी खाने बानी भएर आफ्नो सबै कमाइ त्यसैमा खर्चिन्थ्यो जसले गर्दा मलाई अत्ति नै गाहो भयो । काम गर्न जाने बेला छोरीहरुलाई कोठामै थुनेर जानुपर्थ्यो । कोठामा बाबुआमाले छाडेर जाने भएकोले बच्चाहरु रुन्थे । बच्चाहरुको रुने-कराउने बानीले हैरान भएर घरबेटीले मलाई कोठा छोडेर जान भन्नुहुन्थ्यो । आफूले त पढ्न नपाएर दुःख भोग्यो, मेरो छोरीहरुले पनि मैले जस्तो दुःख पाउन नपरोस् भनेर मैले जिति नै गाहो भएपनि पढाउने निधो गरे । त्यसैले घर नजिकैको विद्यालयमा भर्ना गराए । आफ्नो सीमित कमाइ र घरायसी खर्चले गर्दा दुइटै छोरीलाई पढाउन अत्ति नै गाहो थियो । शरीरले सकुर्जेल त ३-४ वटै घरमा गएर काम गरे । अहिले त बिरामी भइराख्ने भएकोले धेरै काम पनि गर्न सकिनँ । श्रीमानको पनि रक्सी खाने बानी भएर घरपरिवारको वास्तै राख्दैनन् । पढाइमा मेरो छोरीहरुको सधैं राम्रो अड्क आइराख्य्थो । राम्रै विद्यार्थी भएकोले विद्यालयले हाम्रो समस्या बुझेर केही सहयोग गर्ला कि भन्ने आशाले विद्यालय प्रशासनमा कुरा गर्न गएँ । उहाँहरुले राम्रो अड्क ल्याएका विद्यार्थीलाई दिने छात्रवृतिको बजेट दुर्गममा पठाइएको कुरा भन्नुभयो । त्यहिपनि मेरो परिवारको समस्या बुझेर उहाँहरुले क्यानोपी नेपाल भन्ने एउटा संस्था छ, उनीहरुले खाँचो परेका विद्यार्थीहरुलाई सहयोग गर्छन्, तपाईंको कान्छी छोरी अनिशाको लागि हामी सिफारिस गरिदिन्छौं भनेर आश्वासन दिनुभयो ।

विद्यालयबाट हाम्रो क्यानोपी नेपालसँग सम्पर्क भयो । क्यानोपी नेपालले हामीसँग अन्तर्वार्ता लियो, हाम्रो परिवारको समस्याको बारेमा बुझिसकेपछि अनिशालाई छात्रवृति दिनुभयो । यस्तो समस्या परेको बेला क्यानोपी नेपाल मेरी कान्छी छोरीको अभिभावक बनेर मेरो परिवारलाई सहयोग गर्दै आउनु भएको छ ।

क्यानोपी नेपालले अनिशाको पढाइको लागि आवश्यक सरसामग्री जस्तै कपी-किताब, कलम, विद्यालयको लुगा वितरण गर्नुका साथै मेरी छोरीको भविष्यको लागि हित हुने विभिन्न तालिम कार्यक्रमको आयोजना गर्दै । लकडाउनको समयमा अनलाइन कक्षा हुदै अनिशाको पढाइमा अवरोध नआओस भनेर ल्यापटप पनि दिनुभयो । त्यसको साथै मेरो परिवारको लागि रासन पनि दिनुभयो । क्यानोपी नेपालको सहयोग पाएपछि मैले मेरो छोरीमा धेरै सकारात्मक परिवर्तन देखे । सधैं आफ्नो परिवारको आर्थिक अवस्थाको चिन्ता लिइराख्ने अनिशा अहिले भने आफ्नो पढाइमा निर्धक भई ध्यान दिन्छे । पहिलेपहिले सधैं भुटेको भातमात्रै खुवाउनु सक्थे, अहिले भने क्यानोपी नेपालको स्वस्थ खाजा कार्यक्रम अन्तर्गत अनिशाले हरेक दिन थरीथरीको परिकार खान पाएकी छिन् । आफुले पढ्न नपाएपनि आफ्नी दुई छोरीहरुलाई गुणस्तरीय शिक्षा प्रदान गर्न सक्ने कुरामा मलाई विश्वास छ । मैले भोग्न परेको दुख मेरी छोरीहरुले भोग्न नपरोस् र सक्षम व्यक्ति बनेको देख्ने सपना रहेको छ । अनिशाको उच्च शिक्षामा पनि क्यानोपी नेपालले सहयोग गरिदिए मेरो छोरीलाई सक्षम व्यक्ति बनाउने मेरो सपना पूरा हुने कुरामा म आशावादी छु ।

From Surkhet to UWC, Thailand

INTERVIEWED BY YAJU MAHARJAN

"The only thing I knew was that I did not want to go back to Surkhet!"

Besides having to face some financial difficulties from time to time, I am very happy to have gotten into one of the most prestigious colleges in the world. I am a scholar of Canopy Nepal, currently studying in 11th grade at United World College in Thailand. I spent my childhood in Surkhet and studied there until grade 5, after which I came to Kathmandu and continued my further studies from Bloom Nepal. I was always a very shy and quiet girl. The biggest challenge I faced while growing up was speaking up for myself. The two most valuable lessons I have learned in my life are to never give up on my dreams and to stand up for myself. These are the two mantras I live my life by.

If you asked me what motivates me in life I would say that it is the scholarship I received from Canopy. I always have a good feeling that there are people who root for me and support me and that I should not let them down. In Bloom Nepal, being a person from Surkhet, I had to face a lot of difficulties. I was very weak in English and almost failed in the subject multiple times. I would go to the library and read children's books to improve my English skills. That's when I began encouraging myself to actively participate in my classes. I struggled, but I never gave up, and as time went by, I started to feel noticeable progress in my academic performance. I loved taking part in extracurricular activities as well and led numerous school competitions and events. However, I had no one to share and celebrate my achievements with, for my parents were far away in Surkhet.





One day, my parents asked me to drop out of school and come back to Surkhet. That is when I realized that my family was going through financial problems and it was no longer easy for them to support my education in Kathmandu. The only way for them to lighten their financial burden was to withdraw me from Bloom Nepal. It was very difficult for me because I knew what my life would be like if I went back to Surkhet. But my determination to achieve my goals and to never give up led me to find Canopy Nepal. I was selected to be a Canopy Nepal scholar and was given financial support from them. Because of this, I was able to continue my education at Bloom Nepal itself. Canopy has played the roles of a guardian, a sponsor, a motivator and a well-wisher

in my life. When in school, my friends' parents used to visit them frequently. That was not possible in my case. But the Canopy team filled the gap by visiting me every month. I would happily share with them stories about my school activities, hostel life, friends, academics, challenges, and everything else. I felt like I had someone who cared about me and a guardian who supported me. If not for Canopy Nepal, I would have missed out on the opportunity to study in UWC. From preparing my applications and recommendations to doing mock interviews, the Canopy team was there to guide me throughout the process. I am very, very thankful for that. My relationship with Canopy is something that always pushes me to do better.

They have always been there for me, both in my ups and downs. One of the best memories I have is when I got into UWC and celebrated with them with a cake. Before this, there had been no one who celebrated my achievements with me. So, I am emotionally connected to that experience. In the future, I hope to contribute by working during summer vacations as a Canopy team member and helping to provide similar opportunities like the ones I received to the students of my community.

Canopy played a big role in making me who I am today. I will always be grateful to them for being the light of hope in the darkest phases of my life.

A Positive Look at Life

Darshan KC, a recently selected Canopy scholar, was diagnosed with Cerebral Palsy, at a young age, which is an incurable disorder that inhibits one's ability to move and maintain balance. He has been wheelchair-bound his entire life, thus his mobility is very restricted. Although originally from Dolakha, he and his family have been living in Kathmandu to support his access to a hospital, good internet, and quality education. Since the living costs in Kathmandu are quite expensive, Canopy Nepal provides financial assistance to Darshan's family so that their financial situation does not act as a barrier to Darshan's healthcare and academic advancements.

Being a literature enthusiast, he loves writing poems and aspires to get them published in the future. Because the movement of his limbs is limited, he uses his nose to type out poems on his computer. This alone shows the incredible dedication and passion he has for poetry. For him, poems are a way to express his thoughts and feelings to the world. Not only are his poems sophisticated and artistic, but are also profound and intellectual, never failing to amaze his readers. For example, in the following poem, Darshan expresses a variety of emotions, from sorrow and fear to hope and gratitude; feelings we all can relate to.



Good Friday

WRITTEN BY DARSHAN KC

My heart is trying to get a surge of rejoice,
just as previous Friday
But in my every breath of life I prefer to be happy as
hearing the noise of sweet birds which fill joy into the whole state.
But anyway today is a good Friday of moment
so that my heart is in bliss as candles of gleam.
Even I can see slowly a few stars have started
smiling with support of the moon
But still dim is covering the world and light is getting darted,
which I was gaining from the sun in the skies.
Just a few minutes ago, I hoped it may rise
again tomorrow in the morning with a fresh dawn.
But till that my heart will have to suffer a lot
because night always scares when I rest on a lawn
which is adorned by dew and coldness
But not extreme warm as heat of the yellow ball,
I mean the sun which was shining with a crow.
So that my breathing is being loved even all,
the hills are sending me wind with a love of blow
because I'm feeling cold but luckily I have wool,
I hope blood won't be too cold as life of course,
I know at day time I was able to find out cool place
while the sun was giving a strife of worse.

But now I won't find any warm place to sleep peacefully
but it's ok, I have a bad and miserable fate.
I ought not to cry and remove the pain of deep,
from my heart and fill joy into it.
Umm! I'm late to reach your home and have a delicious dinner.
So why I'm describing my useless feeling, emotion,
Today is Friday
So my heart shouldn't be thinner of glee,
At times I always get the hardest solution of mirth.
Because you cook chicken in your home,
every Friday even you always expect me to come there,
and you give me some bones to eat.
I don't know why you are blending me in admire,
proud to get your love even though I'm a dog of street.
I know the world always puts me in grief of fire,
because I stroll the whole home, earth and city,
because I always try to help anyone and
adorn happiness on them but no one glances me in a pity.
In fact they always try to bury me in tomb of thorn,
because they think I'm not so loyal as their dog.
It's okay I don't need their fake love and esteem,
I'm happy to get your chaste love without any smog,
Thank you so much for giving me your love of gleam.

Darshan says that he is inspired by many poets like Bhanubhakta Acharya and Jhamak Ghimire. But he himself, is an inspiration for so many people, including his friends and family. From Darshan, we all can learn to persevere and do the things we love, no matter what life throws at us.

CANOPY NEPAL IN NUMBERS



8,707

Students Reached



1092

Sessions Conducted



161

Scholarships Awarded



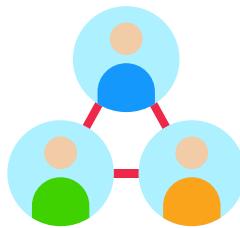
103

Canopy Club Members Reached



546

Teachers Trained



62

Organizations Collaborated With



197

Educational Institutes Participated With



152

Team Trainings Conducted



30

Scholars Graduated



548

School Supplies Distributed



415

Leaders Trained

CANOPY NEPAL IN NUMBERS



6

Provinces Reached



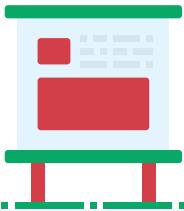
8

Clubs Opened



6

Programs Digitized



8

Magazines Published



1,696

School Visits Made



57,022

Meals Provided



2,369

COVID -19 Relief Beneficiaries
Reached



2,742

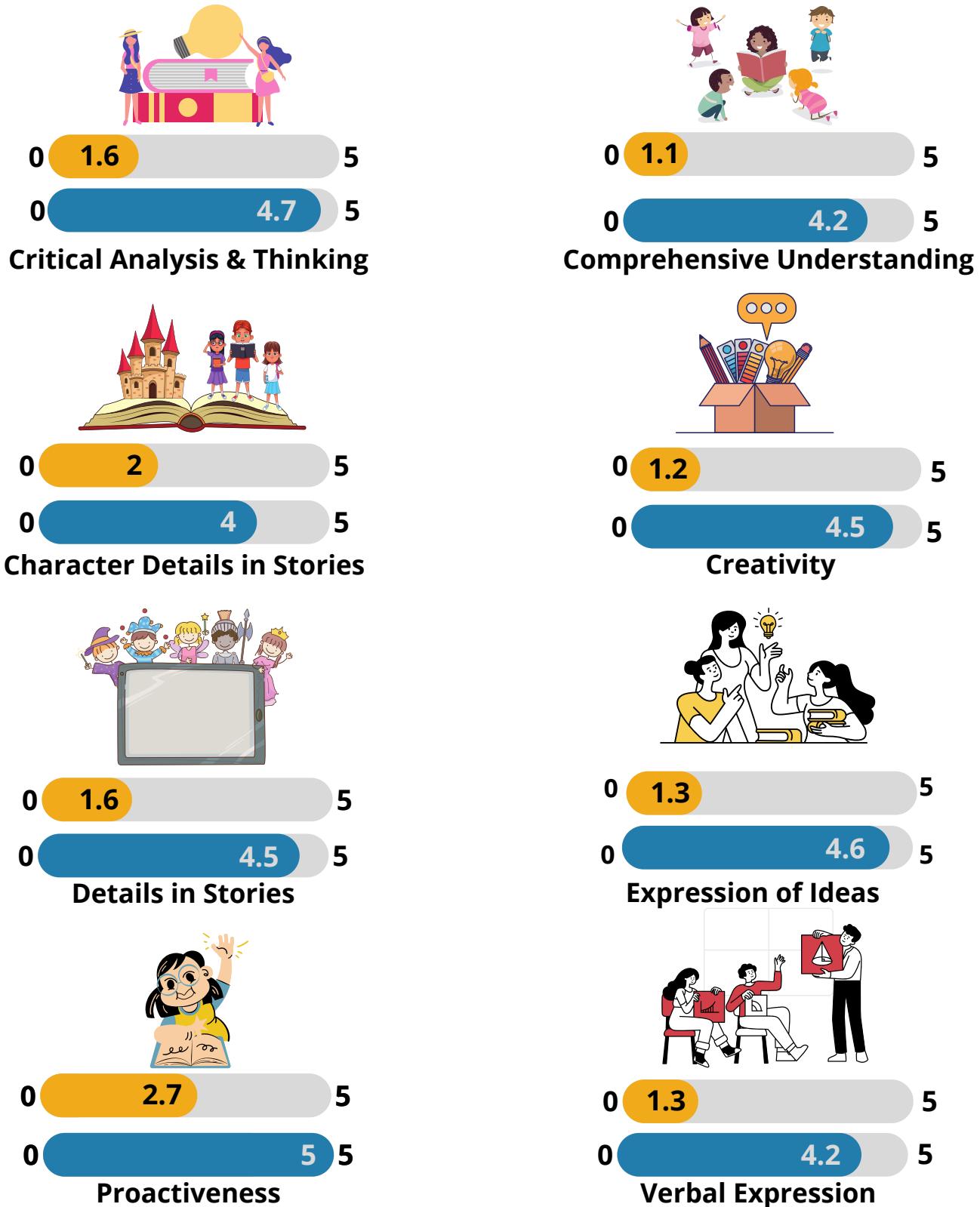
Social Well-Being Assessments
Made



684

Reflection Sessions
Conducted

OUTCOMES

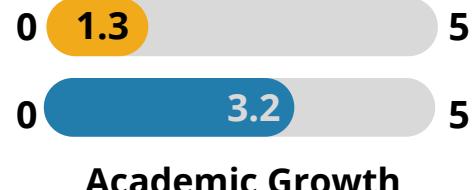


*Numbers represented here are based on pre and post evaluation data and metrics collected from the past 722 sessions comprising of about 5200 students

Assessment in Yellow represents the data collected from PreEvaluation

Assessment in Blue represents the data collected from PostEvaluation

OUTCOMES



*Numbers represented here are based on pre and post evaluation data and metrics collected from the past 722 sessions comprising of about 5200 students
Assessment in Yellow is the data collected from PreEvaluation
Assessment in Blue is the data collected from PostEvaluation

Buneka Katha



The Family and the Weather

Tashi Tsedong Tamang
Budhanilkantha School

Once upon a time, there lived a happy family. As happy as they were, they were also very careless and nonchalant, except John, who was always alert. But John couldn't change his family members' minds. No one listened to him because he was "still a kid".

The family had been wanting to go for a trip for a long time, but the weather had never supported them. But one day, after a long, long time, the sky was clear, and the weather was pleasant.

"It looks lovely outside! This is the perfect time to go for a picnic! Let's go!" exclaimed aunt Rita with excitement.

Everyone started to pack their bags. "It is a lovely day indeed," said John. "A picnic definitely sounds fun. But maybe we should check the weather forecast before going."

It is quite peculiar that the weather suddenly got better today. It might just be for a short while. We have to be careful."

"Stop blabbering, kid. You can stay here if you don't wanna come. We're gonna go have fun! Woo-hoo!" yelled uncle Matthew.

While John stayed at home, the rest of the family drove for two hours to a wonderful picnic spot in a hillstation. But just when they were about to sit down in a spot, the clouds began drizzling. And soon enough, the drizzles turned into a heavy rain.

"How is this possible!" yelled Anna. "The sky was clear just a few hours ago!" The moment she said that, they all realised the mistake they had made. Laura, Carl, Anna, uncle Mathew, and aunt Rita,

with a sad look on their faces,

"Hey John, you were right. We shouldn't have acted like fools. We should have listened to you." said uncle Mathew. "It's alright," replied John. "Next time, we'll make sure to check the forecast, and we will end up having an amazing time."

The very next day, the sky was as clear as crystal.

"John! Could you check the weather forecast for us? It looks great outside, but it might only be for a few hours like yesterday. If not, maybe we can go for a picnic!" said Laura.

"I just did, it says it will be sunny all day today! Yay!" John affirmed.

The happy family went to the same spot. This time, they actually got to sit down, enjoy the scenery, and have a good time. In the end, everything turned out for good.

Teej: I'll Understand it After I Get Married

Arnab KC
Baba Boarding School



It was the month of Bhadra. My mother was celebrating Teej in her mother's house. As there was no one to look after me at home, she took me with her. We went there by bus. Our destination was one of the villages of Sindhuli district which was a four-hour bus ride from Kathmandu.

During this journey, I traveled through many picturesque scenes of hills, rivers, and villages. In farmlands, the sounds of crops dancing with the winds stole my heart. The round-roofed houses of Nepalthok fascinated me. Enjoying these beautiful views, I finally reached my mamaghar (grandmother's home).

There were five women there: my mother's two sisters, my grandmother's two neighbors, and my grandmother herself. I had visited my mamaghar after 3 years that day. They were wearing red sarees and green blouses. I was thrilled by their festive moods and my grandmother's big smiles. After exchanging formal greetings, I went inside to quench my thirst, leaving the ladies to enjoy. When I came back in a while, I found them talking about dar, the heavy meal that they would be eating that night. My grandmother said to me, "After dar, we will fast for a day". When I asked her the reason for the fast, she replied, "It is for the long life of our husbands". I smiled at her response and she laughed too, "You will not understand until you get married".



Amir

Bhawana Puri
Bagmati School

Once upon a time, in a sunny day, with the sounds of birds singing and chirping, Amir came out of his house to play with his friends.

Some people sitting on a bench walked up to him and said, "Come with me, I will give you a big bar of milk chocolate." Amir remembered what his mother always instructed before leaving the house every day, ("do not take anything from strangers, you do not know what the consequences will be!") and refused.

But the men tried forcefully take him to their vehicle.

Luckily, he quickly escaped from there and ran away. He was so scared that he didn't even realize where he was going. After some time, he hid behind some bushes. The men searched for him but could not find him. They gave up and went away. Amir came out and realized that he was in a completely different place. Fearful, he went inside the woods where he spent the night.

The next morning, he found a police station and approached the police, seeking for help.

The policeman called his parents and handed him over to them. After investigating for a few days, the police found out that the kidnappers were Amir's far away uncles. So, the police arrested them and praised Amir for his bravery.



An Unfortunate Dashain

Awaz Niraula
Galaxy Public School

Around 5 years ago, during Dashain, I was in my parents' hometown to celebrate the festival with my family. It was the 7th day of Dashain and we were traveling to one of our close relative's place for a long-awaited reunion. During our trip, we stopped at a place where my parents went out to get presents for our relatives. I was in the backseat of the car using my phone. I didn't even notice when my smaller sister snuck out of the car and started running in the streets. My parents, after realizing that, returned and in panic. They told me that my sister

had gotten into an accident. I was shocked. I felt guilty. Without wasting a single second, we immediately rushed into the nearest hospital. A bike had hit her when she was running in the streets. The biker was turned out to be a good man. He said, "I was speeding and I couldn't stop the bike in time." The biker took full responsibility for the situation and paid all the bills. Doctors told us that all the necessary treatment has been done and the damage had not been not critical but she had to stay in the hospital for 2 days and roam around in a wheelchair

for at least 2 weeks. Yet, she was cheerful and positive, and after 2 weeks, she could walk properly and we could celebrate Tihar in peace. Tihar celebrations went great; everyone was happy. We got reunited with our relatives and friends. Even though Dashain had been ruined, Tihar went smoothly. Soon, we resumed our schools and everything went back to normal. That Dashain was a rare experience but I hope nothing like that happens to any of us again. But in the end, everything turned out to be great.



Sneaking Out

Aayusha Ghimire
Creative Academy

Once upon a time, there lived a boy named Jack. He loved animals, particularly wild animals. He loved going to the zoo and watching wild animals, but his parents never allowed him to go to the zoo. But Jack was naughty and mischievous, he didn't usually follow his parents' instructions.

One day, he decided to sneak out of his house to visit the zoo, making sure his parents were unaware about it. He had a really fun time in the zoo. He saw tigers, lions, elephants, wolves, and even chimpanzees. He enjoyed it so much that he forgot to keep track

of the time. And soon enough, it started to get very dark. Jack thought of returning home but he realized that he was lost. He didn't know the way back home. Meanwhile, his parents were worried about him. They searched for Jack everywhere, but could not find him. They were about to inform the police.

Suddenly, Jack's mother realized that Jack loved animals and that his favorite place was the zoo. They figured that he must have gone to the zoo by himself. They ran to the zoo, and searched for him everywhere.

Finally, they found him sitting in the corner, next to an owl cage.

The moment he saw his parents, Jack ran to them, hugged them tightly, and cried, "I promise that I will never go anywhere alone. I'll always listen to you. I am sorry"

"It's okay, don't worry," replied his father. "I am sorry too. Next time you want to visit the zoo, I will make sure that I take you." Jack's father kept his promise. From next time onwards, Jack, his mother, and his father all went to visit the zoo together.

पहिलो महिनावारी

रक्षा खतिवडा

Satyawati Secondary School



आज मेरो महिनावारीको पहिलो दिन हो । हरेक महिना यो विशेष दिन मेरो जीवनमा आउँछ । मेरो पेट धेरै दुखिरहेको छ भनेर रानीले सोच्दै थिई । उसलाई महिनावारीको बारेमा केही पनि थाहा थिएन । उसलाई धेरै लाज लागिरहेको थियो ।

यतिकैमा उसकी साथी सिमा आइन् र सिमाले भनिन, “के भएको रानी ? किन अध्यारो मुख लगाएर बसेकी नि ?” रानीले भनिन, “केहि पनि होइन ।” सिमाले फेरि भनिन, “म तिम्रो साथी होइन र ! के भएको लाज नमानिकन भन्दा हुन्छ ।” अनि रानीले उनी महिनावारी भएको बताइन् । सिमाले सम्झाइन्, “महिनावारी भनेको हरेक महिना हुने प्राकृतिक प्रक्रिया हो । यसमा हाम्रो यौनीबाट शरीरलाई नचाहिने फोहोर आउँछ ।” अरु के के हुन्छ भनन भनेर रानीले सिमालाई सोधिन् । सिमाले भनिन, “महिनावारी हुदौँ प्याद वा सफा कपडाको प्रयोग गर्नुपर्छ ।

उनीहरुको बीचमा कुराकानी हुदैँ थियो । यतिकैमा स्वास्थ्य शिक्षिकाले उनीहरुको कुरा सुन्नु भयो । अनि सिमा र रानीको बिचमा जानु भयो अनि भन्नु भो, “ए तिमीहरु किन लजाएको !” रानीले भनिन, “केहि नि होइन मिसा !” शिक्षिकाले भन्नु भयो, “मैले तिमीहरुको सबै कुरा सुनें, किन लाज मान्नु पर्यो र ! महिनावारी हरेक महिनालाई हुन्छ ।”

यतिकैमा घन्टी टिनिनि बज्यो । सबैजना आआफ्नो कक्षाकोठा तर्फ लागिरहेका थिए । त्यतिबेला भने रानीको मनमा डर र जिज्ञासा थियो । रानी कक्षाकोठामा बसिरहेकी थिइन् । यतिकैमा रानी बसिरहेको बेन्चभरि रगत लाग्यो । रानीलाई सबैले जिस्काउन थाले र ऊ रुन थाली । उसको साथीले उसको यस्तो अवस्था देखेर उसलाई प्याड दिइन् । रानीलाई भने प्याडको प्रयोग गर्न आएन । रानीले उसको साथीलाई यो कसरी प्रयोग गर्छ भन्ने बारे सोधिन् । रानीको साथीले सबै कुरा भानिदिइन् ।

यतिकैमा घर जाने बेला भयो । रानीको मनमा भने धेरै डर बसिरहेको थियो । केहि समय पछि रानी घर पुगिन् । रानीले उसकी आमालाई आवाज लगाइ, “ए आमा ! एकचोटि यता आउनु त ।” आमा आउनु भयो र रानीले आफु महिनावारी भएको कुरा स्पस्टसँग बताइन् । अनि महिनावारी हुदौँ के के गर्नु पर्छ भनेर सोधिन् । आमाले बसेर भन्नुभयो, “ए छोरी ! यो महिनावारी भनेको १२ वर्ष देखि १४ वर्षको उमेरमा शुरु हुने प्रक्रिया हो । रानीले धेरै कथा प्रसङ्ग, आफु पहिलो पटक महिनावारी हुदौँ के के गर्नु भयो र के के गर्नु पर्छ सबै कुरा रानीलाई भन्नुभयो ।

साथीले त मेरो कुरा बुझे बुझे, आमाले पनि बुझिदिनु हुँदा मलाई निकै खुशी लागेको छ । आज मैले सिकेको कुरा आफु पनि पालना गर्नु र अरुलाई पनि गर्न सिकाउँछु भन्ने अठोट रानीले गरिन् ।

The Crow

Ukti Subedi
Creative Academy



Once upon a time, there was a big jungle. Hundreds of animals lived there. Some of them were harmless, but the vast majority of them were dangerous. In fact, the animals were so dangerous that no human being dared to enter the jungle. But among the ruthless animals was a crow. A kind, thoughtful crow. He was the only crow in the jungle. But all the animals were scared of him because of his dark color and hoarse voice. One day, a businessman came into the jungle. He wanted to cut down all the trees and kill all the animals to build a commercial tower.

The crow was very clever. He flew to the sky and informed all the animals that humans were coming to demolish their home but no one believed him.

But the soldiers entered the forest, and while cutting down trees, killed a lion. All the animals blamed the crow for the lion's death.

The crow was innocent. He flew away but all the animals chased him to kill him. The crow cleverly led the animals to the humans. They were shocked to see their trees being cut like they were nothing. Then, the crow created a plan with all the animals.

First, the crow went in front of the humans and distracted them by flying around him. Meanwhile, the other animals gathered branches and twigs to build tools and weapons. Then, they approached the humans.

The humans, having encountered similar animals in the past, were not scared. As they slowly walked towards the animals, the crow snatched their guns and flew away. All the animals gathered and started beating him. The humans gave up and ran away. The animals thanked the crow and asked for forgiveness for having blamed him for the lion's death. The crow accepted their apology and flew away, never to be seen again.

Action

Prithak Budhanilkantha School

Once upon a time in Paris lived a man named Jaime. He was poor but had a villa. He had many friends. One day, they planned a heist in Paris Bank. A friend named Adam brought guns and another friend named John practiced cracking safes. One of his friends, Charlie, told Micheal to steal a laptop which was known as the best hacking laptop in the world and had all the data of the whole pf Paris. But he also warned Jaime as it was located in the most secure place called 'ImmunoLab'.

Jaime and Adam went to the place where the laptop was kept. Charlie had given them a device which could crack the code of any door which helped them get the laptop. But Trevor mistakenly tripped and set off the alarm. They had no choice but to run as they had no guns with them at that particular time. They ran through the sewer and went to their homes.

Lester checked the laptop and it was the correct one. Now, they were all prepared for the heist. They all hijacked a plane and went to Marseille to steal a bulletproof van. It was a tough mission but they got the van and again hijacked a cargo plane. Finally, they all reached Paris and slept for a big heist the next day. They went to the bank normally and quickly went to the storeroom. There, they saw some clothes and wore them to disguise others. They all went to the manager's office. Charlie sealed the bank. The manager knew that they were thieves so he set off the alarm. But Charlie had already turned off the alarm. They caught the manager as a hostage and were forced to open a vault. He opened it and they started picking the gold and money in the bag. After that, they ran away but were followed by the police. They were fighting with police officers in which Jaime's friend died. They successfully escaped. But the police officers were all over Jaime's brother who had been planning the heist for 5 years.

The 100-Year-Old Tree

Sarlin Shrestha
Nepal Don Bosco School

It was a cold afternoon. Exhausted, Jim was returning home from school. He was a little upset; it had started to rain right when he was about to play basketball. He loved basketball. He hated the rain. All of a sudden, he heard a loud voice calling his name. He turned around, and saw his best friend, Tom, trying to goofily walk with a backpack balanced on his head.

"Are you all right?" asked Jim, with a smirk on his face.

"Yeah, I forgot to bring my umbrella," replied Tom.

"Oh, it happens," said Jim, and shared his umbrella with his friend.

But a thought was lingering at the back of his mind. He couldn't help but think about how Tom had been acting strange lately. Tom had started to become very moody. He would stay back late after school. Something about him just seemed off. This strange behaviour had started ever since the story about the 100 year old tree had begun to circulate around school. Some believed that the tree would grant every wish, and some believed that it would take one to the gates of heaven, or even worse, hell. Jim never cared about the tree. Tom, on the other hand, seemed to be fascinated by it.

The next day was sunny and beautiful. Jim thought that it was the perfect day to investigate what Tom had been doing after school. He spent the entire day planning how he would execute this investigation. Right after school ended, as always, Tom told Jim that he would stay back. Jim, pretending to exit the school, hid behind a bush from which he could see where Tom would go.

Thinking that Jim had left, Tom began to walk towards the forest behind the school. Jim sneakily followed, making sure he wouldn't make a single sound.

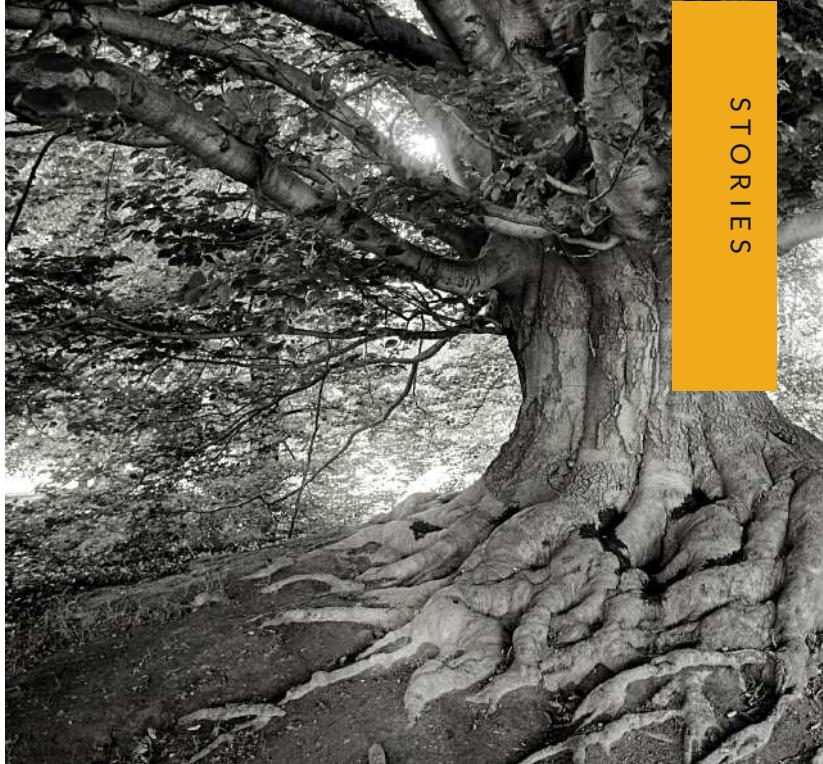
After a few minutes, Tom stopped walking and stood in front of the so-called magical 100-year-old tree. He took a deep breath, placed his right hand on the tree trunk, and whispered "expulisiteos". A few seconds later opened what looked like a door that led into the tree. Tom, without hesitating, walked inside. Jim was amazed. He didn't know what to do. He thought, "If Tom can go in there, so can I," and walked towards the tree. He peeked inside but didn't see anything. Fighting his fears, he stepped in. A breeze of cool wind hit his face. The air was surprisingly fresh. He felt calm and comfortable. His fears and anxiety disappeared. Even though he was inside a not-so-big tree, he could see massive fields and gardens in front of him. The flowers in the garden were taller than him. He was mesmerized. Suddenly, he heard a familiar giggle. It was Tom. He searched around for a while, and saw Tom in the distance, with a crown on his head as if he were a prince, giggling with what seemed to be other people. However, the other people didn't look like people. They did have figures that resembled a human, but they seemed like semi-ghosts or spirits. Jim was confused, and a little scared too. He decided to leave, and walked back home, contemplating the bizarre experience he had just had.

The next day, Jim didn't want to meet Tom. Not because he didn't want to be friends, but because he just didn't know how to react in front of him.

But when Tom approached him on their way to school, he had no other option but to act normal and converse. But Tom immediately sensed Jim's awkwardness. Tom stopped walking.

"You could have just asked me, you know? I would have taken you with me," said Tom

"What?" replied Jim, acting as though he didn't know what Tom was talking about.



"They are my friends," explained Tom. They are spirits who were mistreated when they were humans like us. All they want is friends to talk with. But no one wants to be their friend, not even other spirits. So I became their friend. I go there every day after school to talk with them. Well, now that you know what I do after school, do you want to accompany me?"

Jim was amazed. "Even though I saw it all by myself, I still am having a hard time believing what you just said," remarked Jim. "I understand," replied Tom. "Mmm, all right then, I will join you!" exclaimed Jim with joy.

The entire day, all Jim could think about was the encounter he was about to have. He was really excited, but definitely nervous too. After school ended, Tom came to him, and asked, "You ready?"

Jim took a deep breath. "Let's do it."

Susmi

Deshika Ghimire Bagmati School



Once upon a time, there was a girl named Susmi who lived in a small village. At the age of 6, her mother passed away. Her father married another woman, Mina, when Susmi was 8. After the marriage, for some time, Mina pretended to love Susmi. After a year, Susmi's father and Mina had a daughter whom they loved a lot. "Yay! I can't believe I have a sister now. Thank you Mina mommy!" jumped Susmi with joy. Seeing Susmi cheerful for the first time after her mother's death, her father was certain that his family was on the right track again. Thus, they named their youngest daughter Joy. After having Joy in their life, things took a different turn for Susmi.

As the days went by, Mina started abusing Susmi. Susmi always had to engage in all the housework like washing the dishes, cleaning the house, etc. Unaware of the mistreatment done to Susmi, her father thought that Susmi was being a responsible kid. "Susmi, I see you're handling household tasks and being a helping hand to your mom. I am very proud of you, my girl!" But the fact that Susmi kept this daily abusive incident to herself and anticipated the situation

thinking she's making her dearly father proud, worsened the situation. Since this exploitation was on the run for a long time, even Joy started bullying her elder sister. This was a major downcast for Susmi and she got disheartened. This started to affect her life and her father could notice the grief in her eyes. He went to Susmi and asked if anything was wrong but Susmi nodded her head sideways.

After a few days, Susmi's father saw the brutal behavior of Joy and Mina to Susmi. He immediately ran towards them and asked her but they lied. So, he warned them not to behave like that to his daughter. Realizing the mistreatment they had been doing to Susmi, Mina and Joy apologized to Susmi and promised to never be brutal to anyone in any way at all. In the end, the whole family distributed the household works, shared happiness and sorrow, and lived blissfully.



Dowry

Hira Kamali
Kanya Mandir

There lived a boy named Ram in a remote village of Terai. Ram was raised by a single mother along with her sister. Despite being well educated, Ram had conservative thoughts on many social practices. His mother was greedy and arrogant in nature, but Ram was extremely devoted to his mother.

One day on his way to the jungle while fetching firewood, he meets a very beautiful girl. Later during their conversation, he finds out she belongs to a poor family. They grow closer with passing days, Ram constantly thinks about marrying her and presents marriage proposals to the girl. The girl seems happy in the beginning but later she tells him, "I want to marry you but my parents can't afford heavy dowry", Ram agrees with her but when he tells his mother about this she directly rejects this and tells Ramu she can find a richer girl for him, who will bring lots of Dowry.

Ramu's mother finds a rich family for her son but turns out the family is against dowry. Upon finding what Ramu and his family stand for, the rich family registers a complaint against them. Ramu and his mother end up in jails for months.

After they are released from jail, they come to realize they were in the wrong. He works with his mother to spread awareness against dowry tradition and marries the beautiful girl without any dowry.



Love Sees No Gender

Hira Kamali
Kanya Mandir

Mingma was from a rich family. Since her parents were always busy, she grew up with her grandmother. Her parents were doctors, so Mingma never had to work for anything. After she graduated from her college, she started working and met a girl named Gigele. Because they were working together they started to spend a lot of time with each other, they both started cultivating feelings for each other. They told each other about their feelings and soon started dating. Once when they were home, Mingma's parents saw them and became angry, so she was scared.

She tried to talk to her parents but they didn't respond. She asked, "what happened, why aren't you talking to me?" to which they replied, "stop dating that girl". After Mingma argued with them, her father slapped her. They were furious. They knew everything and were against it. Her parents grounded her and took away her phone. Mingma cried for days. Mingma's grandmother was very loving and when she brought her food she sneaked in her cell phone and asked her to call Gigele. She called her and decided to run away from home.

Running away from home, they both missed their families and would often talk about them. But they also realized that they were now free to be themselves and be true to their feelings.

