

December 2023

# BUNEKA KATHA

INSPIRING THROUGH STORIES







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# From

Dreams are a part of our existence; they give us a sense of purpose. Committed to education and empowerment, Canopy Nepal has created a platform where dreams are nurtured and celebrated. At Canopy, we provide our scholars with career counseling dedicated to assisting them in their personal growth and discovering their purpose and their dreams.

"Buneka Katha - Inspiring Through Stories" is a testament to the power of dreams and the inspiring students who dare to dream them. Each story uniquely expresses dreams, aspirations, and the relentless pursuit of a better tomorrow.

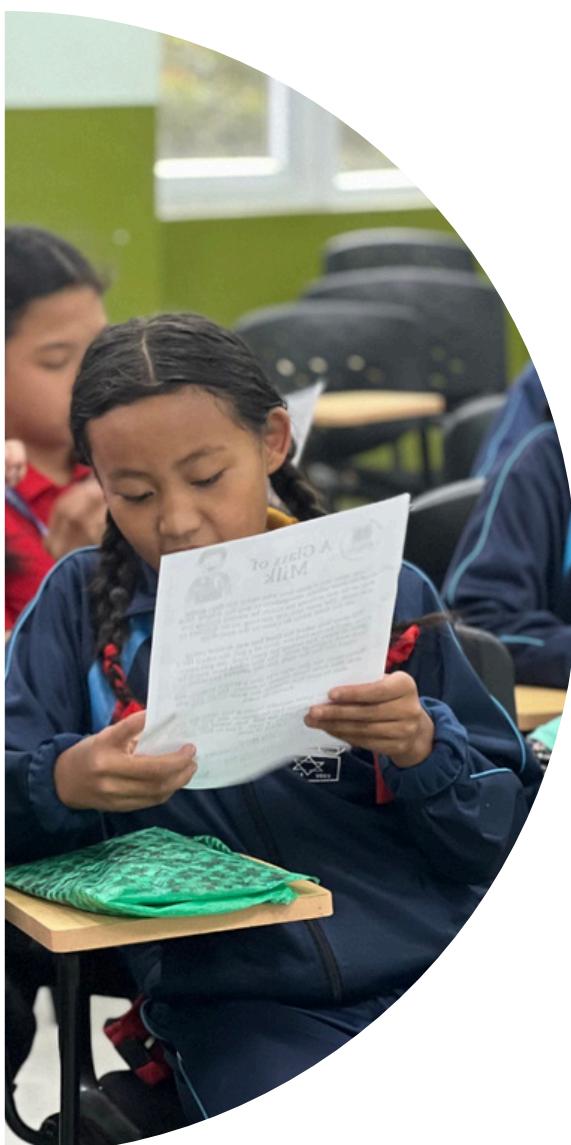
What makes Buneka Katha truly special is its ability to transcend the written word and transport readers into the worlds of these scholars. By weaving vibrant storytelling and compelling narratives, the magazine becomes a medium through which dreams are shared and lived simultaneously by the readers. And with much delight, we, as second parents of our students, are proud to share these stories with you. Let us tell you about our children.

Our scholars are budding doctors who envision themselves as healers and caregivers; they wish to cure the pain their loved ones suffer. The stories unveil the experiences of our scholars who bravely challenge stereotypes in female sports, break barriers, and pave the way for a more inclusive and diverse future. For some, flying is not a career path but a way to fly among the clouds, touch them, and connect with the boundless sky. Our children featured in Buneka Katha are not just dreamers; they are trailblazers who redefine the imposed boundaries of what is possible and inspire others to do the same.

At the heart of this publication is the joyous journey of the Buneka Katha team as they delved into the lives of these exceptional scholars. The process of discovering the dreams that fuel the fire within each scholar was not just an assignment but a delightful and inspiring adventure where the team found themselves inspired by the resilience and determination of these young learners.



# the Editor

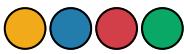


On behalf of the entire team, I thank Shreya Upadhyay and Srishti Vaidya for helping our team edit these beautiful stories. I would also like to thank the focal teachers of our partner schools, who made it easy to interview our students during school hours. Thank you, Ajit Pokhrel, Geeta Maharjan, Kamal Poudel, Laxmi Gurung, Pooja Khanal, Rupesh Rana, Reeta Koirala, and Tanka Prasad Gautam. I also extend my gratitude to our field volunteers (FVs) who interviewed our scholars for the magazine. Thank you, Abiral Shrestha, Bikram Tamang, Sambriddhi Dahal, Shrinkhala Shrestha, and Utkrishta Sharma. I would also like to thank our partner schools for their continued support. Thank you, Adarsha Saula Yubak Secondary School, Bhanubhakta Memorial School, Bal Bikas School, Bloom Nepal, Kanya Mandir School, Shree Shitala, Nepal Adarsha School, Shree Balkumari, and Shree Janakalyan. We also want to thank our scholars' families for welcoming us into their homes, warmly greeting us, and helping us conduct these interviews smoothly—special thanks to Prashamsha Aryal for their assistance in coordinating simultaneous interviews. And finally, let me thank our team members, Shreya Dahal and Tanisha Agarwal, for their time and effort towards this magazine. The interview was conducted in the Nepali language, and translating their words and keeping the essence of the story were challenging aspects of our task. Thanks to this fantastic editorial team, we succeeded in preserving the stories. Their dedication to maintaining the essence of the story is what made these stories more powerful; without them, I could not imagine this magazine even coming into existence. Thank you so much!

Finally, we extend our gratitude and a sincere thank you to our readers for taking their valuable time to read this magazine. We appreciate the time you invest in exploring our work and hope it continues to inspire and resonate with you. We hope that as you flip through the pages of Buneka Katha, our scholars' dreams inspire you. May their stories ignite the spark of possibility within you and inspire you to create the future you envision.

Happy reading, and we hope the stories take you on a nostalgic journey as a dreamer.

**ANGIRASH KARKI**



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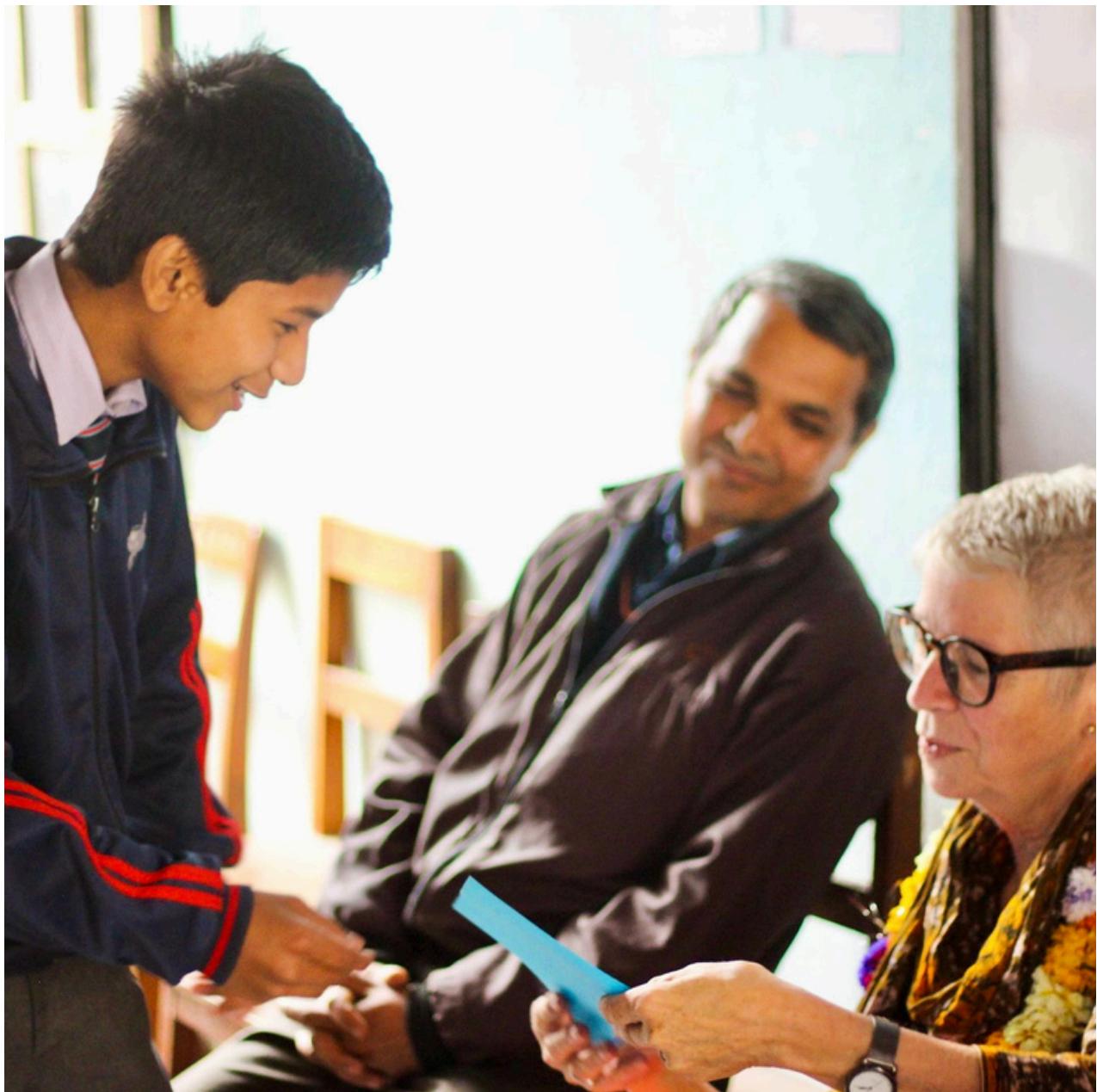
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DESIGNED AND PHOTOS BY  
CANOPY NEPAL TEAM



In the memory of Bonnie Mom, one of the first people that supported us and loved our work. We love you, and we think of you and your values every day. We hope you're resting in peace.





## PRAKRITI MAGAR

*Prakriti is passionate about sports, recognized as one of the best players at her school. She recently won a football championship organized by Kathmandu World School.*

From the picturesque landscapes of Udaypur, Prakriti Magar is a young girl fueled by passion and resilience from her life in the hills. The landscapes cast a shadow on the achievements of female athletes, making them feel inferior and fostering self-doubt. She shares how her schoolmates constantly teased her when she played games like basketball and football.

Embarking on a transformative journey fueled by passion and unwavering dedication, this ninth grader at Shree Balkumari School elegantly weaves through the diverse realms of sports, boldly challenging societal norms.

Prakriti often participates in sports championships at her school and is considered one of the best players among her schoolmates. However, during her school tournaments, Prakriti had noticed a prevalent stereotype among her schoolmates that football was exclusively a sport for boys. She realizes that this societal notion

casts a shadow on the achievements of female athletes, making them feel inferior and fostering self-doubt. She shares how her schoolmates constantly teased her when she played games like basketball and football. The landscape of the school grounds, with its lush greenery and traditional stone walls, serves as a backdrop to her story. She opened up about the challenges she faced during their practice sessions, recalling how male students in her school would poke her and her teammates and laugh at them, saying, 'Yedi timi haru le jityo bhane hamि jutta ko mala lagayera ground ma chakkar lagauchhau' which roughly translates to "If you win, we'll wear garlands made of shoes and parade around the ground. Additionally, she shared how

she experienced a complex range of emotions, including frustration, sadness, and self-doubt, as she navigated the challenges and biases in the sports environment. "This not only used to fuel my anger, it also shattered my heart. Some days, I felt bad about being a girl, questioning whether we were so feeble that winning a game seemed beyond our ability."

Despite winning during intra-school games and getting immense praise, these behaviors highlighted how unfair the



***"This not only used to fuel my anger, it also shattered my heart."***



stereotypes of females in a sports team were so engraved. They realized that fighting the stereotypes was also one of their fights .

But, Prakriti was a confident and courageous team leader, and she refused to back down. She committed herself to proving everyone wrong and breaking stereotypes, one at a time. She motivated her team, emphasizing the need for victory as it was now about winning and their self-respect. Her team had understood that their determination was crucial not just for the present challenge but for shaping the perception of their abilities that would follow them throughout their lives. Their efforts paved the way for other incoming students, setting an

example that talent knows no gender. Every game was played for victory but also to redefine expectations and inspire those who would follow in their footsteps.

Later, they were introduced to a new training system that was challenging for Prakriti and her team as it involved physically demanding exercises. Juggling these sessions after a tiring school day added to the difficulty, especially since the exercises were something they hadn't done before. Navigating through the new training system that was also unconventional at times, including occasional hits with a stick and a struggle to maintain a consistent lineup over two months, Prakriti's team embodied resilience. This

reflected the team's unwavering commitment to improvement and unity.

Their dedication paid off during a tournament organized by Kathmandu World School, a four-day event where two teams were sent from the school's side, one of them being the girl's team. The girls showcased extraordinary adaptability by changing captains after every game. The team made it to the finals, which made them believe they had what it took to bring the trophy home.

Simultaneously, their journey took an unexpected yet inspiring turn with initial guidance from a coach who happened to be a senior student. In the coach's absence, the girls discovered unwavering support from their school's boys' team, putting forward a profound realization — that girls' teams can triumph and reshape the dynamics of sports training within their school community. Despite being tough, these challenges turned into crucial moments, showing resilience and determination that touched the hearts of those witnessing the change. In a heartwarming display of sportsmanship, the boys lingered to support and uplift the girls, achieving a victory beyond the scoreboard and unlearning the ingrained perceptions about female eligibility in sports.

After returning to their school after the game, the team was met with a grand welcome with drums, t



and a red tilak- an ornamental spot worn on the forehead mainly by Hindus as a mark of goodness. Their teachers, recognizing the importance of the achievement, took the team out for a celebratory lunch.

The sparkle of pride came from the school's principal, who not only bought the team a new football but also shifted the dynamics of decision-making in sports. The principal now actively seeks the girls' opinions when making decisions regarding sports. It marked a moment of empowerment and recognition, proving that talent and dedication know no gender boundaries. This change was essential because it shows that

everyone, regardless of gender, has important things to say about sports. They proved that something that matters most is talent and hard work, not a person's gender.

Prakriti and her team believed in themselves and stayed confident, and because of this, the girls' team was able to make a difference in their school. Their hard work had paid off with a big reward. This win wasn't just about sports; it showed how much girls can achieve with the right encouragement.

Prakriti Magar's journey transcends the football field; it symbolizes breaking gender stereotypes, overcoming

mockery, and reshaping the narrative for young athletes. Herstory inspires those who dare to challenge norms and pursue their passions regardless of societal expectations.

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**ABIRAL SHRESTHA**  
INTERVIEWER

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## HUSNA KHATUN

*Husna, a very dedicated scholar recently achieved a significant milestone by securing a prestigious government scholarship to pursue her Health Assistant course at Om Samaj Shaikshik Prathisthan in Kathmandu.*

Dedicated to seeking knowledge and passionate about expanding intellectual horizons, Husna Khatun routinely immerses herself in the world of books to develop her understanding and learn new things. She believes that continuous learning and research are essential for personal growth.

Husna dreams of becoming a highly skilled doctor in the future. She shares that given her background in the Muslim community as a young Muslim girl, she is aware of the stereotypes and limited opportunities provided to girls in her culture when it comes to

education. She expresses her gratitude for the privilege of receiving a quality education, recognizing that it's not a traditional practice for girls in her culture. Furthermore, she shares her ambition to serve as a role model for young girls within her community by achieving success as a medical practitioner. Her motivation behind pursuing a career in medicine is her belief that providing service to others and the ability to save lives is the most admired and noble profession of service. Furthermore, she emphasizes that the joy and smiles that doctors can bring to people's faces after successfully treating



***"I aspire to establish a reputation as an accomplished medical practitioner and be recognized as a successful doctor."***

them and making a meaningful difference in their lives are additional motivating factors in her aim to become a doctor.

Husna's unwavering dedication and hard work have paid off, as she successfully passed her CTEVT examination and was



rewarded with a full scholarship to pursue her studies in health science within the program. This opportunity has allowed her to take the initial step toward fulfilling her dream.

She embodies a growth mindset by describing herself as disciplined, friendly, dedicated, and consistently excelling academically. "I aspire to establish a reputation as an accomplished medical

practitioner and be recognized as a successful doctor," shares Husna.

Husna takes inspiration from her father for her success and regards him as her role model. His influence has been particularly significant as she navigates the path of being a well-educated girl determined to fulfill her dreams.

Sharing her aspirations after becoming a doctor, she plans

on returning to her village and she aims to motivate young girls who have not had the opportunity to receive an education. She wants to raise awareness programs and basic training sessions to empower them. She emphasizes that nobody should be financially dependent on others. Rather, they should always strive for financial independence.

Husna believes that a woman should not be confined to household responsibilities and traditional gender roles. With dedication, determination, and responsive surroundings, anyone, including girls, can accomplish anything they set their minds and hearts to. As a doctor, she intends to provide medical care to underprivileged individuals without access to quality healthcare services.

For Husna, the path ahead is about becoming a doctor and breaking barriers and showing the way for others in her community. Her journey is just the beginning, but she's determined to make a difference, one step at a time. She envisions a future where education is for everyone, where girls can aspire to be anything they set their hearts on.

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UTKRISHTA SHARMA

INTERVIEWER



## ANSHU CHAULAGAIN

*Anshu is enrolled in a hotel management course as a part of her high school studies at Geetanjali College, Kathmandu.*

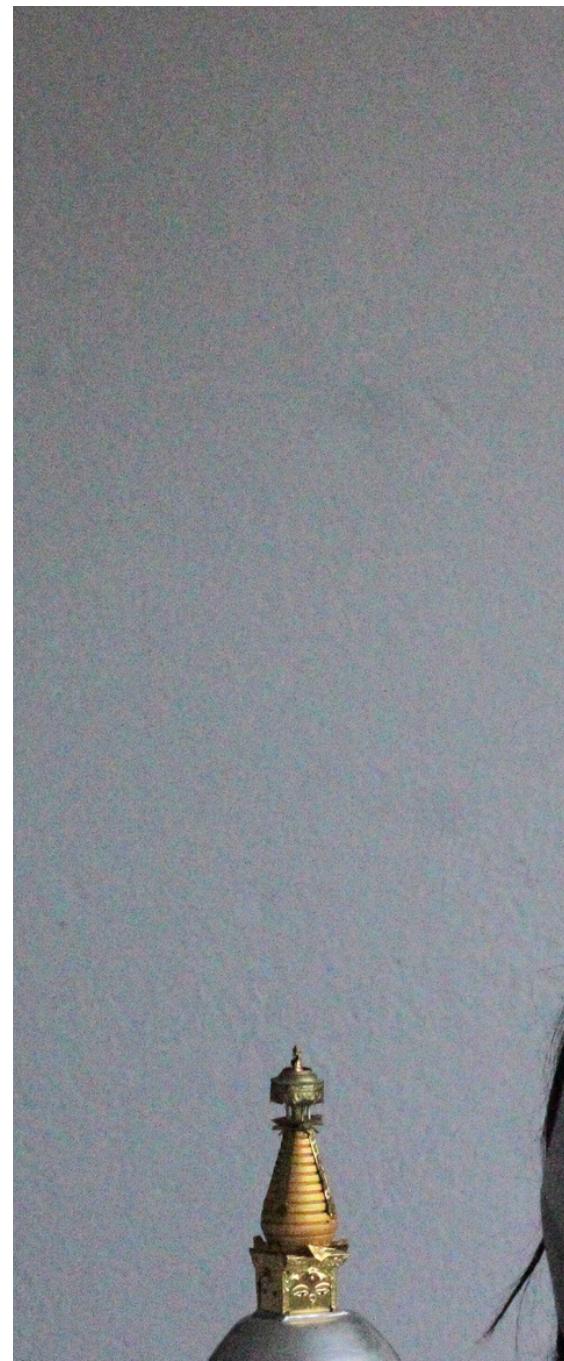
When considering the twelve years old. And since possibility of her life being then, cooking has always been adapted into a biography, Anshu envisions the title as "Ma Daami Chu," which roughly translates to "I am amazing.", drawing inspiration from a song by the Nepali artist Sambriddhi Rai. Her choice of this specific title signifies her self-confidence and resilience.

During our conversation about her dreams and ambitions, Anshu revealed her aspiration to become a pastry chef.

Sharing her profound passion for baking, she says, "I started cooking when I was around

something that makes me happy. Especially baking; it is something I like more, and it brings me joy". She expresses a particular fondness for baking, emphasizing her love for confectioneries. She made a special mention of her adoration for chocolate cake, her favorite recipe. This treat, crafted with precision and passion, holds a special place in her heart.

As Anshu continued to unfold the roots of her love for baking, she traced it back to her inspiration from watching cooking shows on the channel TLC. She mentioned that she



***"I started cooking when I was around twelve years old. And since then, cooking has always been something that makes me happy."***



wouldn't miss any episodes and would try out as many recipes as possible by following the steps shown. The American pastry chef Duff Goldman, a notable figure, is someone she admires, expressing a keen interest in his baking expertise. This admiration seems to have significantly influenced her aspirations in confectionery.

After high school, she envisions learning professionally about the skills of a pastry chef and food, particularly in Japan - a country she adores and hopes to visit someday.

She shared her inspiration and opened up about the local inspiration that fueled

her dream. She shared how the sight of "Layers Patisserie & Brew Shop"- a confectionery shop near her home in Basantapur, Kathmandu, inspired her to open a cake shop with her vision and insights in Nepal. She wants to be qualified by first gaining additional skills and expertise by working in a confectionery shop in Japan.

Anshu's journey started from dreaming of becoming a chef and professionally getting into culinary arts while embracing her life challenges. It paints a story of her determination and unwavering dedication toward her dreams, symbolized by her envisioned biography title, "*Ma Daami Chu*" ("I am amazing"). Her story reminds us of the transformative nature of dreams that evolve and grow alongside us in our journey.

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**UTKRISHTA SHARMA**  
INTERVIEWER

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## GUNRAJ SAHI

*Gunraj, a cheerful scholar with a radiant personality, is renowned for spreading joy through his amazing dance moves, bringing happiness to everyone around him.*

Gunaraj is an 11-year-old student at Nepal Adarsha Secondary School. He is known for his bright and contagious smile among his friends in the school. He's a friendly and outgoing kid and never seems to run out of energy — his high levels of energy fuel his big dreams.

He aspires to become a dentist. His dream first came to life when he lost his tooth and was fascinated by its shape. He was astonished by how the tooth appeared. Even though his dream began because of a mere fascination, the vision of being a dentist in the future, one day, stuck with him.

He shared that he also wants to be a dentist to help his mom when she has toothaches and relieve other people's dental pain. He reveals that his mother often faces dental issues, and her struggles with toothaches are an influential motivational factor for him to pursue a career in dentistry. Additionally, his determination to become a dentist is fueled by the dedication of a close relative aiming for the same path. Witnessing his family member's commitment inspires Gunaraj to aspire to make a meaningful impact on the lives of others.

Gunraj expresses that his mother greatly inspires him.



*"When I dream, I find myself flying among the clouds".*



He shares an unwavering and unbreakable bond with her; she is his pillar of strength. His mother's friend, who works as a dentist, also inspired him.

One of his marvelous wishes is to go abroad. When he envisions his future, he sees himself flying to a foreign land

in a big airplane surrounded by clouds, and his heart is filled with immense determination to make his mother proud. "When I dream, I find myself flying among the clouds," shares Gunraj.

Fifteen years from now, he sees himself as a successful

dentist. To achieve this goal, his mother encourages him to pursue education abroad, preferably in the UK, for the best possible academic experience. Committed to excelling academically and fulfilling his dreams, Gunraj actively watches educational videos to deepen his knowledge of becoming a dentist. He aspires to utilize his skills to contribute to the public's well-being through the same field. Despite acknowledging challenges in grasping certain concepts in science and math, he remains resolute in improving his understanding of these subjects. Gunraj firmly believes that he can enhance his proficiency in these areas with dedicated time and effort.

Gunraj has confidence in his abilities and believes his dreams can come true. He is working hard to transform his vision into a reality and is chasing it with determination and refuses to stop until he achieves it. His story is a compelling example of how determination and support are crucial motivating factors to pursue their dreams, no matter how big or small.

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SAMBRIDDHI DAHAL  
INTERVIEWER

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## SOHAN RAJ ADHIKARI

*Sohan is passionate about mathematics and IT and he recently won a intra-school Math Olympiad.*

Sohan, a determined 10th grader positively.

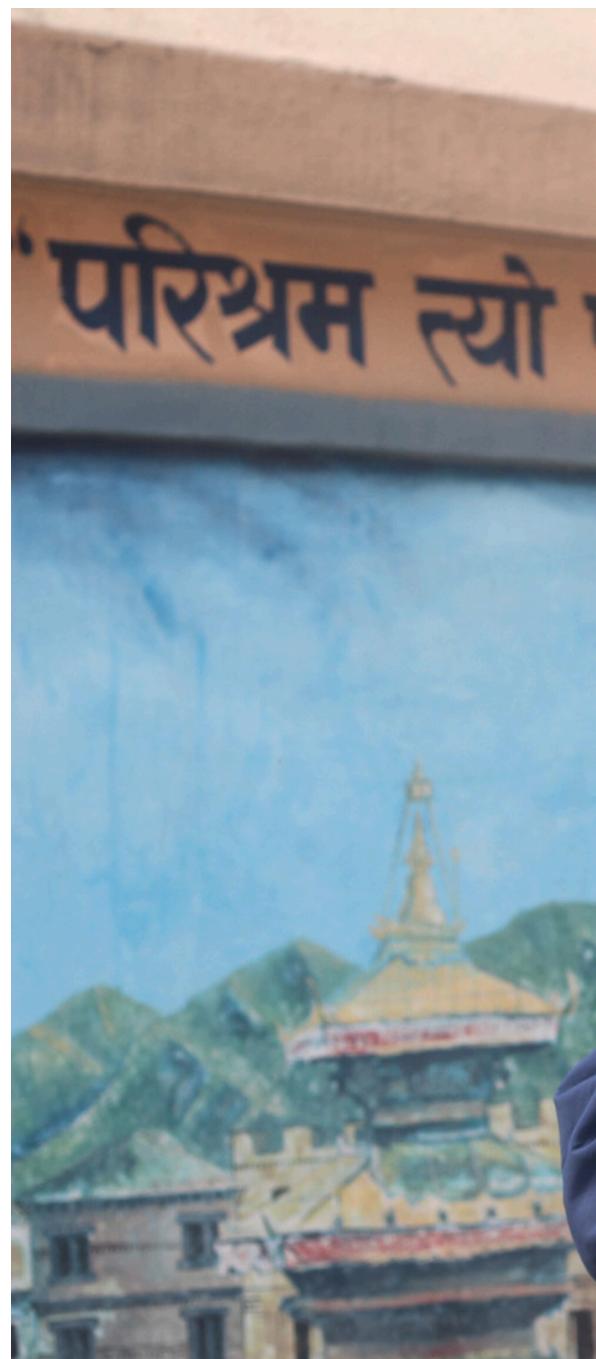
at Bhanubhakta

Memorial School, is preparing for his upcoming Secondary Education Examination (SEE). This examination, administered by the National Examination Board, marks the completion of the secondary school system.

Despite facing various hurdles while growing up, he invariably realizes the importance of stability and is driven to build a secure future. Seeing his classmates excel, he recognized the need and his potential for improvement. Rather than getting upset, he chose to work hard and shape his future, learning to navigate his path

In pursuit of a secure future, Sohan delved into researching various opportunities, with entrepreneurship capturing his fascination the most. His commitment to hard work and persistence became the cornerstone of his aspirations to become a successful businessperson.

In our conversation, he recounted how he came across stories of top business people through various media channels, newspapers, and magazines. These stories fueled his vision of becoming a future entrepreneur by merging business and IT. In



*"Opportunities don't come, you create them."*

discussing his interests, he shared how he sees business ownership as a safeguard against employment uncertainties. Recognizing IT as the cornerstone of his venture in a rapidly changing world influenced by AI, he views it as a strategic choice and a clever business decision to navigate the evolving landscape. His interest is



rooted in the observation that the world's wealthiest individuals are mostly entrepreneurs.

Sohan's entrepreneurial spirit flourishes as he outlines a working model for his future business. His vision involves establishing an online platform

to rent artists, leveraging his strengths, and assuming the role of an intermediary to earn commissions. His mantra, "Opportunities don't come. You create them," is not just a saying but a principle he embodies by creating websites for friends during breaks and his leisure time, showcasing

his commitment to making things happen on his terms.

Sohan shares that media platforms like YouTube have helped him gain knowledge and shape his dreams. He shares that exposure to diverse entrepreneurial ideas and business strategies through such platforms enriches his understanding of the business sector. This exposure fuels his determination to pursue entrepreneurship to secure his financial future. He supplements his learning with self-help videos on YouTube and stays well-informed about global affairs and the growing influence of AI.

Dedicated to his personal development, Sohan avidly reads books offering practical advice on self-growth and finances. Books such as "The Power of Your Subconscious Mind," "Rich Dad Poor Dad," and "The Richest Man in Babylon" inspire him on his journey of self-improvement. With a focus on IT for business, Sohan plans to delve into this field after completing his schooling, harboring aspirations for higher education at a renowned institution as a crucial step toward realizing his goals.

Sohan's journey reflects hope, determination, and perseverance, emphasizing the transformative power of setting goals and dedicating oneself to them. He dreams of a future where his chosen career aligns with his abilities and provides the lifestyle he yearned for during his challenging upbringing.

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**SAMBRIDDHI DAHAL**  
INTERVIEWER



## JYOTI MAGAR

*Jyoti recently completed her high school journey with distinction, achieving the esteemed honor of being the College Topper in the Grade 12 board exams.*

Jyoti, a vibrant and envisions contributing to her academically accomplished community. Currently studying individual, recently completed management in high school, her high school journey at Shree Satyawati Secondary School in Dhading. As a dedicated student, she has consistently demonstrated an unwavering commitment to her studies, earning her the prestigious title of college topper.

She is kind and helpful, with aspirations of becoming a teacher or securing a government job. Her passion for teaching stems from her love for interacting with children and the joy of sharing knowledge. Inspired by a friend's mother, who was a teacher, Jyoti

Reflecting on her dreams, Jyoti

*"I live by the principle of hard work and drawing motivation from those around us who cheer for our success."*



emphasizes the significance of envisioning the life we desire and working diligently towards it. "I live by the principle of hard work and drawing motivation from those around us who cheer for our success," Jyoti shares.

During our conversation, Jyoti

shared that she feels like she is at crossroads at this point in her life. She considers the pursuit of a bachelor's degree in business administration or business studies while passionately engaging in diverse interests such as reading, music, sketching, and connecting with people from various

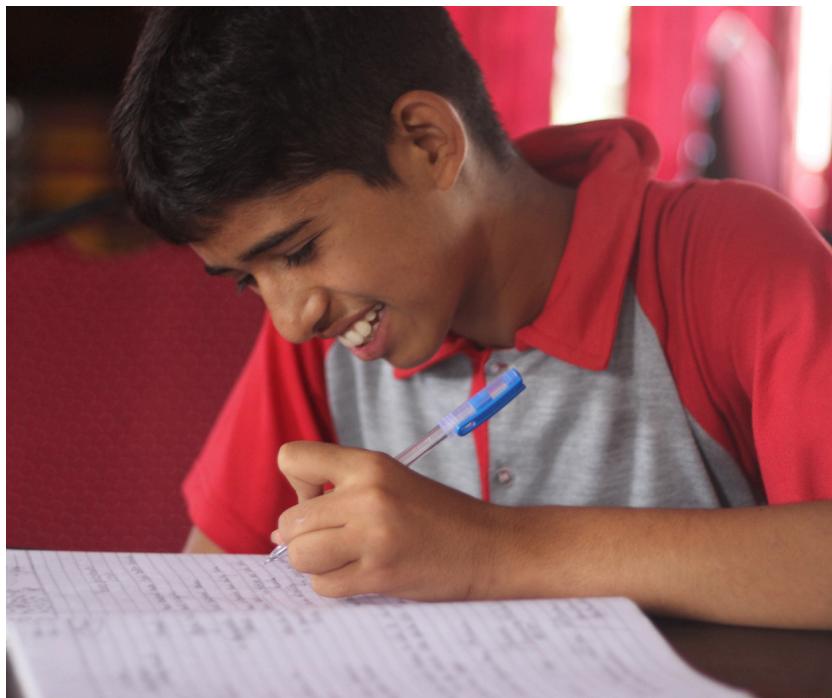
backgrounds during her free time.

With an array of choices ahead of her, she shared that she is drawn to the social sector as well, where her curiosity and ability to connect seamlessly align. As she navigates the various career paths awaiting her post-graduation, Jyoti's aspirations intertwine beautifully with her earnest passion to impact her community through her knowledge and expertise. Whether through teaching or serving as a government officer, she envisions a future where she can secure her financial stability while helping those in need. This vision reflects her unwavering commitment to contribute meaningfully to her community and beyond, utilizing her capabilities to the fullest.

Despite the uncertainty surrounding her future and career route, she is thankful for the support from her parents, teachers, and Canopy Nepal. She expresses that their encouragement has enabled her to dream big and equipped her to pursue and work toward a future where she possesses both the power of knowledge and financial stability.

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UTKRISHTA SHARMA  
INTERVIEWER



## MANISH PARAJULI

*Manish, an unwavering high achiever in his class, wants to utilize his intellectual capabilities in software engineering.*

Manish is an 8th grader at basics of PowerPoint, MS Adarsha Saula Yubak Secondary Word, and Excel Sheets and School, known for his excellent school performance and strong passion for technology. The 14-year-old is enthusiastic about exploring innovations and the ideas behind various technologies.

Pursuing his passion, he has aspired to become an application developer driven by a fondness for computers since early childhood. His passion for innovations and technology began during school vacations at his cousin's house, where he was introduced to the wonders of Microsoft Office applications. His cousins taught him the

provided him with a laptop to practice typing while he stayed there. This ignited a gradual fascination within him.

Fueling his curiosity, his interest in IT led him to research different IT branches, where software engineering stood out. His cousin, who was into coding, greatly influenced him. During his exploration, he discovered Elon Musk, who became an intriguing example for him. Contributing to applications and systems fueled his ambition, and he witnessed the distinct beauty of Information Technology in



*"I keep a journal of what I learn, a personal diary for my tech adventures to retain what I learned."*



those applications. Manish idealizes Elon Musk and considers him a visionary who works hard to achieve his dreams.

To reach his goals, he uses videos available on YouTube and other media resources to learn about computer science,

technology, and coding. "I learned a little about the basics of application development using my father's phone." He shares that limited resource access overwhelms him, often producing doubts about his aspirations. Lacking a personal computer or laptop at home significantly challenges his

interest in practical learning in software engineering. But he says he is not giving up.

While focusing on understanding computer science basics, he plans to understand the practical application after 9th grade, acquiring the necessary additions for hands-on learning. "I keep a journal of what I learn, a personal diary for my tech adventures to retain what I learned," Manish shares.

Post his SEE, Manish plans to pursue the science field, aspiring to engage in practical activities. He also wants to get training in AI technology, graphic designing, and game development to achieve his dream of becoming a software engineer.

Manish shares that what he has learned so far is that success cannot be defined by how much you earn or what possessions you hold. He sees success as appreciation, acknowledgment, support, and encouragement from the people around him, friends, family, and relatives. He believes that the vision of one day working as an eligible software engineer will make all of the challenges and hard work worth it.



## TRIPTI GAUTAM

*Tripti studies at Shree Shitala Secondary School and recently earned the title of class topper.*

Tripti's journey towards efforts of healthcare workers dreaming of becoming a doctor who tirelessly dedicate themselves to the well-being of others. She wants to feel the same kind of happiness that doctors possibly get from positively impacting people's lives. Whether it was assisting her friends with their homework, lending a hand to a family member in need, or offering a warm meal to random strangers on the street, she found a sense of fulfillment in positively impacting people's lives.

"I feel disheartened to see people suffering because of lack of financial and medical help." Tripti, currently studying in grade eight at Shree Shitala, talks about her dream of becoming a doctor.

Her dreams originate from her deep desire to bring happiness and joy into people's lives by helping them live healthier lives. Her inspiration lay in the noble

More specifically, Tripti shares that she wants to be a cardiologist. She says that the human heart fascinates her more than anything. She feels

***"I feel disheartened to see people suffering because of lack of financial and medical help."***

it is the epicenter of emotions, resilience, and the essence of being alive. She is captivated by the idea that the heart plays a crucial role in our existence, from pumping blood to sustaining our emotional well-being.

However, with time, she has also realized that with her passion for pursuing a career in medicine, she also longs to make a difference in the health system, especially in public hospitals in Nepal. Her



personal experiences spark Tripti's drive to work in public hospitals. Whenever she or her family fell ill, they often visited public hospitals in Nepal. During these visits, she noticed significant challenges like cleanliness and sanitation issues, a shortage of skilled doctors, and difficulties accessing quality

care. She saw how these factors hindered the delivery of quality healthcare she was receiving. She reflected on how this was the case, especially for those who couldn't afford private medical services. Her concern for the well-being of her family and the community at large fueled her passion for bringing

positive changes to the healthcare system. She realized that by being a doctor, she could contribute more than just through her profession. For her, her dream is about becoming a cardiologist and bringing positive changes to the healthcare system.

"The only thing that motivates and drives me every day is to imagine the day when I'll see the joy of living in the person that I saved, and I'll realize that no matter how much debt I'm in, or how many sleepless nights I spent studying, it is all worth it."

Tripti envisions a future where everyone can access quality medical care regardless of their background. She wants to be able to give free health checkups to people who cannot afford proper treatment. "Some people cannot even afford a blood test when needed, let alone get treatment for serious diseases. I want to help them. Nobody deserves to lose their life to diseases simply because they can't afford healthcare services."

Tripti is optimistic and dedicated. Despite her life struggles, Tripti always looks forward to having positive outcomes in life. To be successful, she must study hard, follow her passion, and become a doctor. She envisions a future where healthcare is not a privilege but a right for everyone. She dreams of being a doctor who helps people, showing care and kindness to those who need it most.

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**BIKRAM TAMANG**  
INTERVIEWER



### UNNATI RAI

*Unnati is enthusiastic about writing, earning the 'Article of the Week' title at her school.*

The absence of a permanent residence marked Unnati's upbringing. Her parents' jobs necessitated frequent relocations, so they constantly moved from one place to another. Adapting to new surroundings became a regular aspect of her life, and the constant challenge of fitting in with different groups left her feeling isolated.

Reflecting on her childhood, Unnati shares that she had to change schools four times before settling at Bloom Nepal School. Each transition presented the challenge of adjusting to new surroundings and forming new friendships.

As we explored deeper experiences in our conversation,

she shared with us the relief and connection she found in journaling. "Finding it difficult to adapt to her ever-changing environment easily, I discovered a reliable companion in pen and paper as a way to pour my thoughts," Unnati shares. Writing became her way of expressing her thoughts and feelings, providing comfort and familiarity during constant change.

In sixth grade, Unnati entered Bloom Nepal School, facing the familiar challenge of fitting in with her new environment and new classmates. At Bloom, she discovered a new path to overcome this challenge of isolation. Embracing Bloom's vibrant reading culture, she began to read to connect with her peers

and other readers in the school. A year later, Unnati's reading transformed from a means of fitting into a source of genuine joy. Since seventh grade, she has been devoted to reading, discovering comfort and joy in the pages of numerous books.

Unnati's love for literature is rooted in its ability to make her feel less alone, especially during overwhelming situations. For her, literature becomes a temporary escape away from challenges like isolation or navigating complex emotions.

Realizing that writing alone might not be sufficient and recognizing the need for personal growth, she found solace in reading. When faced with academic pressures or complex emotional struggles that overwhelm her, she craves affection and turns to "Pride and Prejudice" for solace; in moments when people around her attempt to invalidate her big dreams, 'Little Women' becomes her loyal

***"Finding it difficult to easily adapt to her ever-changing environment, I discovered a reliable companion in pen and paper as a way to pour her thoughts"***

companion. During times of reflection, she delves into the pages of 'A Little Life' to cultivate gratitude for her existence. Admiring writers for their power to aid in coping, Unnati aspires to achieve the same influence through her own words. Her dream is to be a writer and offer diverse perspectives, shaping narratives that resonate and bring happiness to others.



Unnati holds a unique perspective on what defines success for an author, believing that continual novel writing isn't necessary. Her current passion lies in poetry, which she feels is an underappreciated form of literature despite its ability to convey emotions with minimal words. Her aspirations extend to novel writing in the future. She

aspires to craft narratives as vivid as Wilde's, as compelling as Dostoevsky's, and as tenderly captivating as Austen's. She is a passionate reader with an evergrowing passion to engrave her name in literary chronicles. Aspiring to be an author, she consistently receives recognition, earning the title 'Article of the Week' at her school. Her words

go beyond limits, garnering national recognition with a featured piece in 'The Rising Nepal' newspaper.

Despite her immense love for literature, Unnati doesn't envision solely relying on writing for a livelihood. She doubts that writing alone can sustain her life in a world where daily expenses are reaching heights. She expresses disappointment in a society that seems to overlook literature's beauty and hard work, attributing this decline partly to the rise of technology and social media. With free access to literary works online, she laments the overlooked efforts of writers, making it challenging to support a family solely through writing.

Considering the negative consequences, Unnati recognizes the impact of technological progress on literature. She is grateful for its ability to erase geographical barriers that once restricted access to foreign authors she admires. Realizing this potential, she desires her writings to transcend borders, aspiring for readers worldwide to connect with her work. Grappling with the financial viability of her dream career, she remains optimistic about the opportunity to inspire and connect with people globally through her writing, embracing the internet as a gateway to reach countless hearts.

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**SHRINKHALA SHRESTHA  
INTERVIEWER**

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## REKHA BHUJEL

*Rekha's passion for singing shines through as she frequently participates in school singing competitions, enchanting everyone with her melodious voice.*

For Rekha, the Nepali language isn't just a means of communication; it's a vibrant layer of culture and identity woven into the fabric of her village. Later, she prepares breakfast for her family—a ritual that embodies her deep sense of responsibility and family-centric personality.

Coming from the uphills of Okhaldhunga, Rekha Bhujel is an incredibly driven eighth-grader at Shree Janakalyan School. With her utmost determination and dedication, she aims to reshape the educational narrative in her hometown. Rekha is very time-efficient and tries to make the best of every moment. Her morning begins before everyone else in her family. She studies for an hour after she wakes up.

Currently residing with her family, Rekha moved to Kathmandu with her parents a few years ago to pursue quality education for herself and her siblings. Her parents primarily made this decision to ensure that their children could experience the best education possible.

The move to Kathmandu allowed Rekha to observe the educational disparities between Kathmandu and Okhaldhunga, strengthening

her mission to bridge the educational difference. Trying to understand the cultural nuances and economic challenges that often impact the prioritization of education, she mentions the significance of cultural sensitivity and a deep understanding of a community. She believes that this understanding is the key to promoting the quality of education in her hometown, where there are infrastructural limitations and a need for qualified teachers.

As we got deeper into the conversation, Rekha shared her dream of becoming a Nepali teacher. She envisions that

*"I aspire to be one of those people known for their contribution to society and as the go-to person for educational assistance".*

mastering the language and deeming the role of a teacher would empower her to connect more profoundly with the local community. Her empathetic nature becomes a strength, along with her ability to observe and comprehend the impact of superstitious societal norms. In her eyes, the role of a Nepali teacher, although often underappreciated, is uniquely impactful, serving as a bridge between tradition and progress. When asked about her preference for teaching

over other professions, she shares admiration for educators and community leaders in her village who tirelessly strive for educational reform.

Rekha's narrative is woven with threads of challenges unique to her community, such as the closure of schools during planting seasons and cultural barriers that limit educational access. She channels these challenges into a wellspring of determination to effect positive change.

In crafting her vision for educational reform, Rekha's resilience shines through. Her plans extend beyond infrastructural enhancements to encompass a cultural shift, acknowledging the universal importance of education. In the quiet corridors of her thoughts, she envisions creating programs that directly address barriers, ensuring educational access for every student, and instilling a passion for learning.

To Rekha, knowledge knows no bounds, and she aspires to instill resilience and a growth mindset in the less privileged children she aims to support. She believes failure is an opportunity for growth and improvement. Rekha emerges as a force for positive change, poised to impact education in Okhaldhunga and beyond. Passionately sharing her aspirations, she says, "I aspire to be one of those people known for their contribution to society and as the go-to person for educational assistance. Along with that, I also want to be a support system for those facing financial challenges".



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ABIRAL SHRESTHA  
INTERVIEWER

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## ARCHANA PARAJULI

*Archana exhibits a strong passion for kabaddi, frequently representing her school in intra-school sports competitions.*

For Archana, the kitchen is more than a place to cook; it's a haven where raw ingredients transform into a beautiful art form. She fondly recalls her mother's unwavering passion for cooking, which fuels her eagerness to explore the world of culinary arts. For her, cooking is not merely a skill but a way to express love and gratitude, continuing the tradition passed down by her mother.

Archana reflects on her childhood and the impact it had on her relationship with cooking. She mentions that she grew up observing her mother skillfully preparing delicious meals for her and her sister.

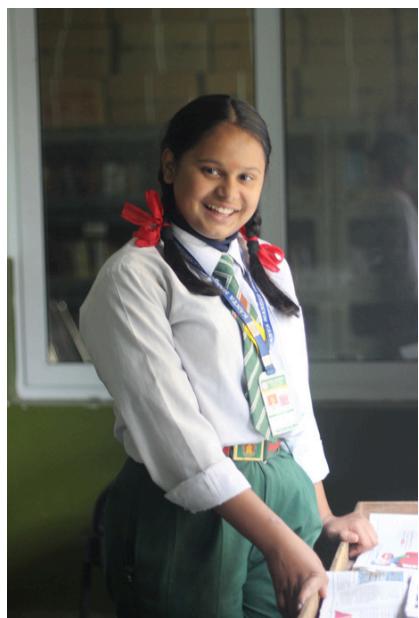
Regardless of their financial circumstances, her mother never failed to provide them with nourishing food. Inspired by her mother, she began cooking for her family at the age of 11, finding immense joy in her ability to prepare meals, especially for her mother.

She expresses that one of her favorite moments is when her mother cooks a mushroom dish for the family. She shared how a common love for this particular dish becomes a cherished connection between the family, reinforcing the bond created through cooking for each other.

Following her passion and the

immense value she has for cooking, she watches videos posted by different food channels on YouTube to expand her skills, where she finds herself captivated by the diverse world of flavors and techniques. She often watches a cooking show named Chef Nepal and follows the different recipes shown there. These online shows and tutorials fuel her passion and aid her in developing her skills, thus, shaping her dreams of becoming a chef.

*"I follow a few chefs like*



***"I follow a few chefs like Nepal's famous chef Santosh Shah and I also admire Kanchi Maiya Bhandari who has been running Kanchhi Kitchen food vlogs for over two years."***



Nepal's famous chef Santosh Shah and I also admire Kanchi Maiya Bhandari, who has been running Kanchhi Kitchen food vlogs for over two years. I find these videos on YouTube very interesting and captivating, which makes me more curious about my passion for cooking," Archana shares.

Archana discusses her passion for cooking and reveals her ambition to establish herself as a chef in Korea. The initial spark for this dream came from her friend, who shares a similar aspiration to go to Korea. However, what solidified her passion was learning about her neighbor's success story. He had not only gone to Korea but had also successfully

established himself there. This success story of her neighbor added a layer of possibility to her dreams, making Korea a more appealing destination for her culinary aspirations.

She wants to pursue a hotel management course after her SEE as a part of her high school program. She believes that a solid educational foundation is the key to success in the competitive world of culinary arts. With a heart full of passion and a bag packed with culinary dreams, she wants to transform her love for food into a flourishing career on the international stage. She is confident in her abilities and is sure that her journey toward her dream will not just change her

life but also inspire other young individuals aspiring to pursue a career in culinary.

Her vision extends beyond personal success; Archana aims to contribute to the economic upliftment of her family, aiming to offer them an improved standard of living. She understands that dreams are attainable with dedication and hard work, no matter how big. She is confident that she will achieve her dream and make everyone proud.

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**SHRINKHALA SHRESTHA**  
INTERVIEWER

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### ELISHA CHHANTYAL

*Elisha is passionate about dancing and she recently won an intra-school dance competition held at her school.*

It was amidst a colorful classroom that Elisha's budding talent for dancing first came to light.

Elisha was first introduced to the world of dancing by her preschool teacher at the age of four. She shares that when she goes on stage, she isn't just dancing; she envisions her future. She feels more confident and sees a stronger version of herself. Experiences like this have shaped her into someone strong and skilled. Dancing for her is more than just moving to the music; she discovers something new about herself each time she dances.

While expressing her emotions about dancing, she beautifully described that when she dances, every song resonates with her

heart, and the movement fills her heart with different feelings. When Elisha has to perform, she does not feel stressed, instead, it feels like she is given a platform and a friendly push to do her best. The challenges she faces during performances become moments where she shows grace and achieves something great. In every dance practice routine, she's not just getting the moves right; she's getting better at shining bright when all eyes are on her.

Passionately talking about her love for dance, she shares that hip-hop dance is something she likes the most. Hip-hop is not just a dance form for her; it is her favored way of self-expression, which holds a

special place in her heart. Her love for hip-hop started when her sister Yashima taught her the first dance step. It's a passion that she embraces wholeheartedly and reached new heights when Elisha won the first prize at an intra-school dance competition.

In her dedication to dance, a silent struggle is woven into her journey. She shares that practicing dance at home after school is difficult because of the limited space and time available, but she tries to make sure that every spare moment is dedicated to perfecting her moves. She also mentions that her wish to take

***"It's not just a beautiful art form to me; it is my passion and a potential career filled with rich artistic value."***





special place in her heart. Her love for hip-hop started when her sister Yashima taught her the first dance step. It's a passion that she embraces wholeheartedly and reached new heights when Elisha won the first prize at an intra-school dance competition.

In her dedication to dance, a silent struggle is woven into her journey. She shares that practicing dance at home after school is difficult because of the limited space and time available, but she tries to make sure that every spare moment is dedicated to perfecting her moves. She also mentions that her wish to take formal dance classes remains a dream. Her class timings pose a challenge because dance classes are offered in the morning or late at night, and she says she cannot

manage time. Without a structured environment or a professional mentor guiding her every move, Elisha has no option other than to rely on online tutorials to learn this dance form, which makes her feel like she is not realizing her true potential.

Every step she takes reflects her dedication. She practices tirelessly, putting her whole heart and soul into getting better at dancing. She feels that the rhythm of hip-hop matches her confident spirit. In a society where traditional dances are more prominently featured, Elisha stands out, determined to showcase the significance of hip-hop. In Nepali society, traditional dances like Lakhey and folk dances take the spotlight, but Elisha believes in the art and

value of hip-hop. She also practices other dance forms like fancy dance style and ballet. However, she shares that her joy after practicing hip-hop cannot be compared to any other art form. "It's not just a beautiful art form to me; it is my passion and a potential career filled with rich artistic value," Elisha shares.

She is immersing herself in learning dance steps through online platforms like YouTube. She watches dance reality shows like Dance Champion and Dancing with Stars Nepal and follows Indian reality shows like

India's Best Dancer. She mentions her dance idol and admires Jennie from Blackpink- A South Korean all-women performance group.

Her determination to overcome the hurdles of time constraints, academic pressure, and the absence of formal mentorship is inspiring. Her love for dancing is a combination of passion, perseverance, and a deep love for art. She further expresses that she dreams not only of joining formal dance classes but also of immersing herself professionally in the world of dance after completing her secondary education. This vision isn't just about learning steps; it's about exploring the depths of her passion, enhancing her skills, and carving a path toward a future where dance is not just a hobby but a career.

Elisha dreams of shifting attitudes and beliefs toward dancing as a career in Nepal. Her story is not just her journey of following her dreams; it's a boost of encouragement for those who dare to choose unique paths, challenge conventions, and aim high.

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ABIRAL SHRESTHA  
INTERVIEWED BY



### SAJINA PARIYAR

*Sajina, known for her very diligent and hardworking personality, recently passed the PCL Nursing Examination with Distinction and is currently working as an intern at Upendra Devkota Memorial National Institute of Neurological and Allied Sciences*

Sajina Pariyar's story illustrates the powerful impact of self-perseverance and support from our close ones, which can transform dreams that appear unattainable into realities. She grew up in a children's home filled with support and love and found a loving family who encouraged her to pursue her dreams.

During our conversation, Sajina shared delightful memories about her Children's Home, where she expressed her dreams of becoming a nurse. Although she could not pinpoint when this became her dream, she shared how she found joy in caring for and providing them with medication and first aid to

other children when they were sick. This experience, she believes, sparked her inclination towards nursing. Sharing a humorous memory, she mentions that she declared to her family that if nursing was not on the cards for her, she had no interest in exploring any other field of study.

After all the hard work and self-perseverance, Sajina stands tall as a certified nurse, having conquered the hurdles of the nursing license examination. She acknowledges the support from her family at the children's home and her guardians, who saw her potential to succeed. Their faith in her abilities became her driving force to succeed in her



***"When you want something, the entire universe conspires to help you achieve it."***

pursuit to become a nurse.

Sajina's ambitions continue further. She is keen on attaining more knowledge and broadening her expertise by aiming for a bachelor's program. Simultaneously, she is actively seeking better job opportunities



to apply theory into practice to sharpen her skills in the field. Notably, she recently secured a nurse position at the prestigious Upendra Devkota Memorial Hospital, National Institute of Neurological and Allied Sciences, marking a significant step forward in her professional journey.

She expresses her gratitude for the scholarship program, and her gratitude extends beyond borders, especially to our donors in Australia, who have been unwaveringly supportive throughout her journey. She

dreams of going abroad, particularly to Australia, not just to repay the kindness she has received but to experience life in a foreign land—an aspiration tied to both professional and personal growth.

Sajina shares that she believes in the author's words, "When you want something, the entire universe conspires to help you achieve it." When she took a chance and applied for the three-year Proficiency Certificate Level (PCL) nursing program, with financial support lined up, her road ahead

seemed uncertain. She hoped her dream might hit a dead end with a sponsor. Yet miraculously, days after applying for the PCL nursing program, she received the news of being selected as a scholar at Canopy Nepal's CANSCHIP Scholarship Program. This opportunity not only brought her dreams to life but also flung open the doors wide for her to continue her pursuit of excelling in nursing.

Looking ahead, Sajina says her aspirations are grounded in giving back. She envisions utilizing her education to improve the state of her Children's Home and the family she found there. Her goal is to make her supporters proud, no matter where her journey takes her.

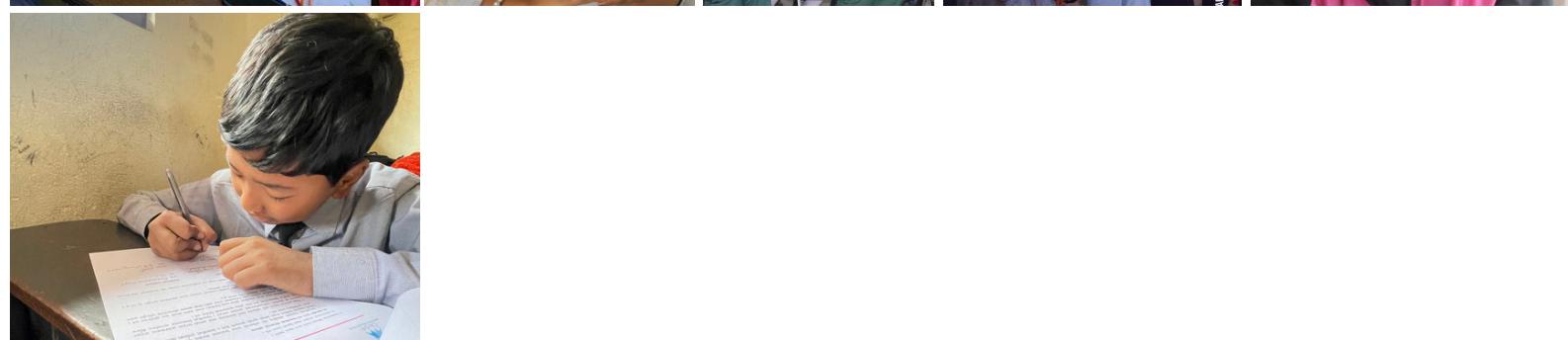
Sajina's journey reminds us that dreams, fueled by determination and supported by a loving community, can defy all odds. Her story echoes the power of resilience and the profound impact of believing in oneself. Her gratitude and aspirations inspire others to dream boldly and work towards their goals. Sajina's narrative is a testament to the extraordinary possibilities that unfold when passion, perseverance, and a supportive community come together.

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UTKRISHTA SHARMA  
INTERVIEWER



# FACES OF



# CANOPY NEPAL



# CANOPY IN NUMBERS



**220**

PARTNER SCHOOLS  
& COLLEGES

**7**

PROVINCE REACHED

**14**

NEW SCHOLARS  
ADDED IN 2023

**197**

SCHOLARSHIP AWARDED

**111**

SCHOLARS GRADUATED

**2,113**

SESSION CONDUCTED

**13,611**

STUDENTS  
REACHED



# OUR PARTNER INSTITUTIONS





BABA SCHOOL



...and many more Schools and Individuals.

## ORGANIZATIONS WORKED WITH

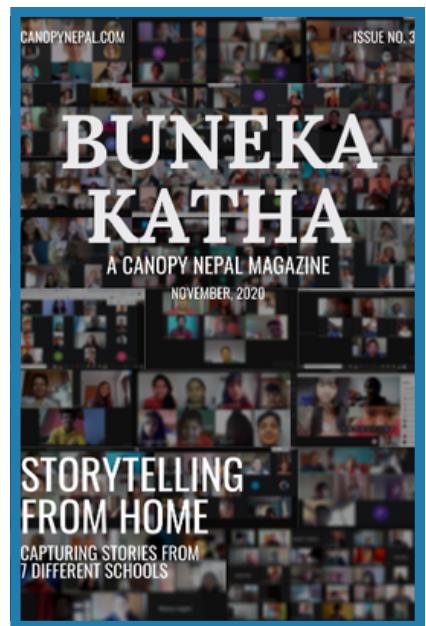
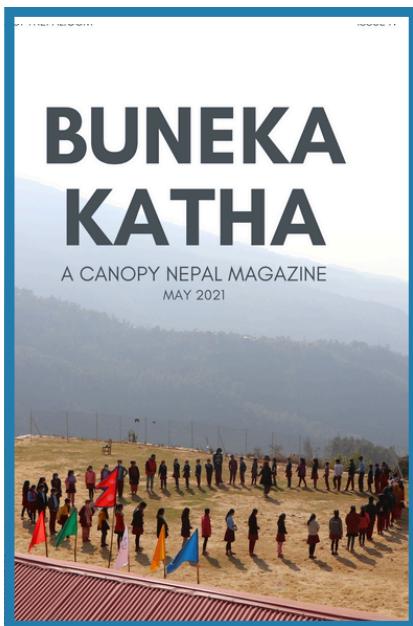
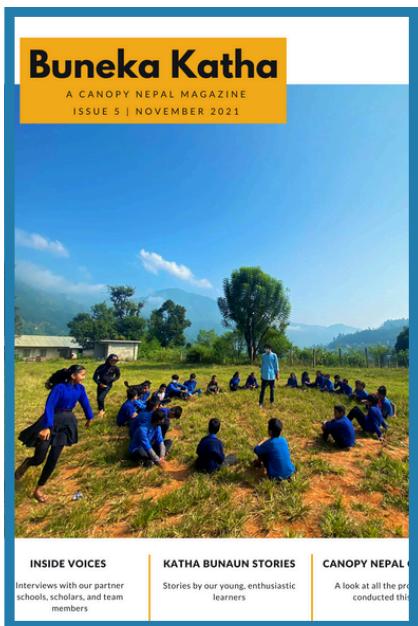
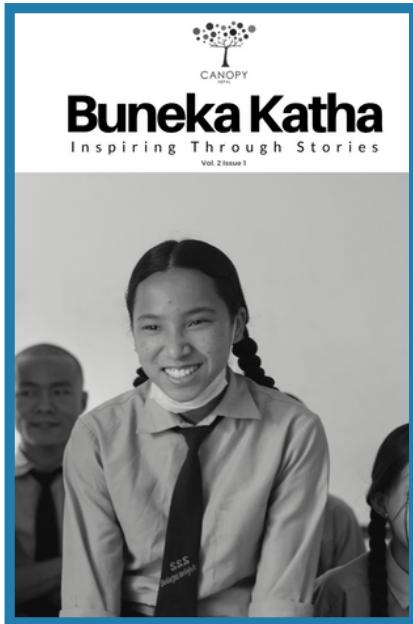


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..and many more organizations and Individuals.

# OUR PUBLICATIONS



Buneka Katha is Canopy's literacy magazine, a compilation of the creative, imaginative, and truly amazing stories of our young first-time story writers from our program Katha Bunaun. This magazine is a safe space where story writers can freely and confidently express themselves. As of 2023, Canopy has launched 8 issues of Bunka Katha and 18 Booklet. You can check our archive by following the link.

<https://canopynpal.com/resources>

or scan the QR code here





**Prakriti has been our scholar since 2021 and is one of the most talented football players we know. She loves going to school and participating in championships, and winning them!**

Support Canopy Nepal to help more students like Prakriti stay in school and excel in their passion. Donate today!







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