A sound mind is in a sound body: celebrating four years of Star Futsal Club

About the author: Rahmatullah Doorandish, the co-founder of the Star Futsal tournament at Star Educational Society and consecutive four time successful program organizer of the Star Futsal Tournament.

In 2012, my colleagues, Rajab Yousofi, Bahram Iqbalzadah and I came up with the notion of how to create a bridge between the sports arena and academic arena in order to familiarize our sport participants, both boys and girls, with the advantages of an academic environment. Consequently this became an incentive for our futsal tournament contestants and futsal players to enroll in our society, Star Educational Society, and pursue their education in our English classes and our high school, Setara Taban High School.

Star Educational Society feels honored, and pioneered in conducting English program courses for our futsal trainers and referees. As a result, with the aid of our unique English programs they could easily acquire different refereeing certificates by doing research on futsal in English.

Furthermore, the other great incentive which prompted us to hold the futsal tournament under the umbrella of Star Educational Society was to expand Star Educational Society’s activities and outreach.

Star Educational Society is the only academic center in Afghanistan that strives towards perfection. For example, Star unlike other educational centers, not only teaches English language programs but also aims at parallel development of its students and staff in diverse areas.

Our organization, Star Educational Society, stands first as leading educational center publishing a quality English academic weekly newspaper entitled “Interstellar Bulletin” for English learners while showcasing the hard work and talent of the young Afghan generation as well as the achievements of our talented youth, male and female, as well as our other countrymen and women.

For the students of Persian and specifically Persian literature students, we have inaugurated a program which enrolls quality examples of Persian writing, professional translations, and portrayals of influential figures in a monthly newspaper, “SHAHREZAAD”. The point I want to get across is that besides our academic achievements, we, the Star Family, lay the foundation of our enriched culture; a culture focused on knowledge, an educational revolution and a green path for a better community.

To enhance a community and a society, it is not only mental strength that plays a key role, but also physical development and strength accompanying this mental fortitude, thus contributing to guaranteeing a sound future. To accentuate the importance of health and sports for our students at Star Educational Society, the futsal tournament was initiated, which subsequently received a warm welcome from our students, as well as people in our vicinity and high ranking officials of the Afghan Futsal Federation.

At Star we have always appreciated our students who participate in athletics. Futsal is not the only sports program; we have conducted several chess contests and have helped our students enroll in futsal, football and even martial arts clubs. We value health and safety.

About the author: Rahmatullah Doorandish, a former refugee, started her small business 11 years ago when she returned to Kabul from Iran. She and her family – a husband and five children – wanted to settle back down in their homeland and were hoping to benefit from the removal of the...
Great lesson from a psychology professor

Having enthusiasm is the key to success

I remember in one conference, the effect my psychology professor had on me. One day our psychology professor walked around on a stage while teaching stress management principles to an auditorium filled with students. As she raised a glass of water, everyone expected they’d be asked the typical “glass half empty or glass half full” question. Instead, with a smile on her face, the professor asked, “How heavy is this glass of water? I’m holding it” Students shouted out answers ranging from eight ounces to a couple pounds. She replied, “From my perspective, the absolute weight of this glass doesn’t matter. It all depends on how long I hold it. If I hold it for a minute or two, it’s fairly light. If I hold it for an hour straight, its weight might cause pain my arm. If I hold it for a day straight, my arm will likely cramp up and feel completely numb, forcing me to drop the glass to the floor. In each case, the weight of the glass doesn’t change, but the longer I hold it, the heavier it feels to me.

As the class shook their heads in agreement, she continued, your stresses and worries in life are very much like this glass of water. Think about them for a while and nothing happens. Think about them a bit longer and you begin to ache a little. Think about them all day long, and you feel completely numb and paralyzed - incapable of doing anything else until you drop them.

From that lecture I got her message. I found it important to remember to let go of your stress and worries. No matter what happens during the day, as early in the evening as you can, put all your worries down. Don’t carry this stress into the night or the next day if you still feel the weight of yesterday’s stress, it’s a strong sign that it’s time to put the glass down.

About the author: Khalil Baha

Khalil Baha

A former refugee, started her small business 11 years ago when she returned to Kabul from Iran.

She and her family – a husband and five children – wanted to settle back down in their homeland and were hoping to benefit from the removal of the Taliban. Her husband was unable to find a good job, so she began hawking her homemade wares. She is now her family’s breadwinner, and works with her daughter and daughter-in-law to sell homemade products to shops around Kabul.

“My first customers were our neighbors,” Akbari, 45, told me as she operated her booth at Kabah’s annual agricultural exhibition. Around 100 people milled around the booths, talking to the vendors. It was very busy, just like last year, but I saw a change: there many more women participating. I quickly noticed a large group standing in front of one woman’s booth. I was impressed by her confidence, and how she expertly sold her products to customers, promoting her jams, yogurt and pickled vegetables as healthy and homemade.

In ultra-conservative Afghanistan, women are rarely seen in business, and many face obstacles and social pressures. For Akbari, the battle was worth it. “I get depressed when I’m not working,” she said.

During the brutal regime of the Taliban, women were banned from working or studying. Even venturing outside of the house required they wear the head-to-toe burqa. Today, fifteen years after the Taliban was ousted by U.S.-backed Afghan forces, change is finally taking hold. Women like Akbari are becoming breadwinners.

At the agricultural exhibition, many women worked shoulder to shoulder with the men. According to the government-run Afghanistan Investment Support Agency, there are currently 1,413 women registered as business owners in Afghanistan. This compares to some 12,000 Afghan men, said Ghulam Nabi Khalili, AISA’s director of investment support.

The fact that these women do not take into account the hundreds of female breadwinners who are not registered – war and a weak economy mean many small and informal businesses work under the radar. There are many reasons why Afghan women choose to go into business in such a male-dominated culture: some have been widowed, while others have husbands who are handicapped, addicted to opium or simply cannot find work. In a country still considered one of the worst places on earth to be a woman, female breadwinners are important role models. They can also benefit the entire family, decreasing the societal pressure heaped on men to provide. But the challenges of a strict patriarchal society are never far away. Even Akbari, whose husband takes pride in the work she does, does not have his permission to travel on her own. “He wouldn’t let me go to India for an agricultural exhibition,” she said with frustration.

Security poses a deep problem for women, who often face harassment and more danger than men on the streets. “By working they face a lot of threats,” said human rights activist Shabba Shahraki. Within the world of business, some women are sabotaged, prevented and humiliated.

“In one day I heard a man tell another, ‘what are women doing here?’” recalled Khadija Hussiani, the owner of a dried fruit and nut company called Nejat.

Since founding Nejat three years ago, Hussiani now employs up to 70 women each season, and sells abroad. Her inventory contains a vast array of colorful foods, including pistachios, pine nuts, apricots, Japanese silverberry, walnuts and dried mulberries. “Often I employ women who are widowed or illiterate,” she told me in her home over steaming mugs of black tea.

But succeeding in male-dominated Afghanistan is no mean feat. “I face constant problems,” she said, pouring dried green raisins into large plastic bags for sale.

The government provides some support to women in business, such as gender-specific training both in and out of the country. The Afghanistan Chamber of Commerce and Industries also provides contractual advice, support finding donors and beneficiaries from zero export tariffs, said internationa."
Joining Star has changed my life!

About the author: Asadullah Rezayee The student of teacher training time 3-4 p.m.

As a child, I would always dream about studying in a better environment. That dream came true now that I have started a new life here in Kabul. I have met great personalities and made new good friends. Also, I have learnt too many lessons about life, and have come to understand that life seems to be more enjoyable when we try to reach our aims. In addition to these opportunities, I was able to know another totally diverse society and a lot of tremendous personalities; Star Educational Society (SES). SES is not only one of the best English language academies, but also is a great source of too many motivated people. At SES, all learn to pave their ways to make universities in foreign countries. These were the words I heard before I joined SES.

It was a sunny day during that summer when I entered SES for the first time. The weather seemed too warm but I wouldn’t feel it. It was very amazing when I met and talked to Mustafa Hussaini, SES Executive Director. He knew my brother, Yadhullah Rezayee, current admin officer of C branch of SES. My brother had told him about me. He started to give me some advice like a good friend. I could realize the value of the short yet powerful conversation I had with him. I noticed the hope in his voice and the kindness in his face. Above all, the story of his dramatic life changes from a simple watchman to an executive director of SES. I could understand how successful SES was with presence of such a kind director. He also shared with me information about the scholarships to study at foreign countries. After passing the entry test, I got accepted in level four. I started to follow my dreams at Star. I would study hard and would try to learn more. Besides studying, I would help my brother with his office work. After I finished level five, I was appointed as assistant to Advanced class Instructor, Mr. Nafissa Ayazi.

I have worked at SES since 2015. I have come to realize that Starians are very good with me and other students. The teachers have very good behavior. I have found them very supportive and hardworking. They try to help their students reach their dreams. I would also want to be a member of Star Educational Society now. I believe that I can explore my inner life, and achieve my dream goals here at Star. I try my best to be someone who can make other starians say “Join us for a difference”. I want to be another star in the sky of Star Educational Society.

Parents can be the best teachers

About the author: Mahrum Ali Abrami is currently an English instructor at Star Educational Society. He began teaching at Star in 2013. He studied Computer Science at Gharjistan University.

There are different people possessing different ideas. Some people think that parents can’t be the best teachers in our lives but in my opinion, parents are the best teachers in a family and I want to prove this in the following categories like; childhood with parents, youth with parents, and adolescence with parents.

Parents can teach us how to live a real life, though school mainly focuses of how to behave and communicate or create relationships more academically. We rely on our parents whenever we confront an obstacle. Parents teach us how to bear the falls of life and how to stay well-informed in the rises of life. The better family we have, the better understanding of life and better motivation we have. If we think deeply about our childhoods, we can say that it is parents who teach us how to walk, how to speak, and how to wear clothes. For example, when a child is born, he or she is not able to speak, to walk, and to wear clothes. In addition, it is parents who are not thinking about days and nights just they are thinking about their children’s future without being getting exhausted.

Better families train better children, confidence, motivation, perseverance and commitment are the factors of having a better life. They can mainly be taught by parents. Though we can ignore the emphasis of school and teachers on children, let’s not forget that family is the source of better health, better education, better understanding of life and better motivation.

The second issue is the youth with parents. Now, if we think about this period of time, it is parents who will send us to school. It is right that teachers help us to improve mentally but it is parents who can help us actively and who can spend their time on their children more than teachers. For example, if a person goes to school, he or she will be there for four or five hours a day with different teachers and the rest of the hours are with their parents. This is clear that the more we spend our time with somebody the more we will get used to their habits. Therefore, we can say that parents are the best teachers.

To draw my conclusion, I want to say that parents can be the best teachers because it is parents who teach us how to walk, how to behave with people, and how to learn something. If someone is in their adolescence they cannot decide very well about their behavior. For example, if someone is in their adolescence, they cannot have good communication with people, unless, they are taught by their parents.
How 500 Kilovolt power line rerouted from Bamyan to Salang? part(2)

Written by: Shokurat Mehran
Translated by: Maryam Jafari
Source: Eilat-e-Bozhe

It worth mentioning that, according to SIGAR's report, due to corruption and inefficiency, the Bereshna Institution under International Community pressures changed its name to DABS and International Community donated 52 million dollars to DABS for two and half year to become better in terms of management. However, after Afghanistan's Energy Master Plan was formulated by Fichtner, according to ADB, in October 2013, Afghanistan government officials requested a revise in Fichtner's Master Plan. Corresponding to government's request, the ADB accepted a revision in the Master Plan and the Policy Advisory Technical Assistance group that was attempting for Afghan Master Plan revision since 2010, started working on it. It is written in the ADB's report that the revision was proposed based on three reasons: First, accelerating the CASA-1000 power transmission, second, the impact of delayed transit of Turkmen electricity, and third, Afghanistan government’s concerns and ADB’s surveys in terms of CASA-1000 proj- ect. But it has not been explained what the Afghanistan government concerns and the ADB’s surveys were. The Ministry of Energy and Water insisted that first Bamyan route was studied and then the donors requested Fichtner Company to study Salang path as well in his interview with Tolo News. In this interview, Minister of Energy and Water’s comment that donors requested Fichtner to study the Salang path as well, does not match ADB’s report.

On the other hand, the reports state that Afghanistan Government suggested a revision in the Master Plan and ADB wanted Fichtner's studies to be updated, but the result of the revision in the Master Plan is not available for author. In addition, ADB’s report states that Afghanistan Energy officials participated actively in the Master Plan revision (change) process. The draft was finalized and was delivered in July, 2014 but there was a need for more time in order to review other bad factors that could impact Afghanistan Energy Sector Development process. So, the technical group requested 10 other additional months. It means that the Revised Master Plan had to be finalized and presented in May 2015 and it does not mean that the power line rerouting has happened only during Ashraf Ghani’s government but also we have to focus on the past.

According to another report of ADB, in December 2013, DABS made a bid for 500 KV power transmission circuit from Turkmenistan border to Sheberghan Substation through Andkhoy and the dead- line for this bidding was March 8, 2014 so that companies present their designs and suggestions for this project. This shows that DABS has been attempting since the year 2013 to put the project to tender and it means that this path had already been specified for DABS. In relation to ADB’s another report, in December 2014, Bereshna Firm made another bid for power transmission circuit from Dasht-e-Avian (Substation of Pul-e-Khumri) to Chouk-e-Arghandi, Kabul and the deadline for this bidding was February 25, 2015. Of course, in Berehva Website, the deadline has been mentioned as February 27 but again it indicates that the Salang path had been chosen by DABS before Cabinet's decision.

In other words, the Salang power transmission tenders had to be finalized in February, 2015 and the company which was going to start building power transmission’s air strips had to be specified as well. In biddings, two technical and economic aspects had been considered and the candidates had to first present technical proposals and then the manufacturing cost, but Bamyan path as an option had not been mentioned in any tender. Furthermore, 500 KV power transit route from Sheberghan to Pul-e-Khumri, which is 306 KM, had been put to a tender before Pul-e-Kiaki's substation's bid. Another ADB’s report, published in November 2015, clarifies that in the network map of Afghanistan power transmission that had been drawn by DABS, from the very begin- ning Bamyan had not been considered.

In addition, in Bereshna’s documents, published in the year 2011 by the US Energy Association, the only way for north to south power transmission was the Salang path and it indicates that in con- trast with Minister of Energy and Water’s comments, the Salang path had already been preferred by DABS and it had been clearly mentioned in Afghanistan’s Ener- gy Master Plan by Fichtner firm. Likewise, Greek’s documents (Central Asia Region- al Economic Cooperation Program), in which Afghanistan is also included, shows that 500 KV electricity transmission line from Sheberghan to Pul-e-Khumri had been defined. Afghanistan’s Minister of Energy and Water explains that Fichtner Company had recommended the Salang path in its next reports, but according to Ficht- ner firm’s letter to ADB on February 1, 2016, it did not recommend any specific route, but again compared the benefits of transmitting from Salang Path Bamyan Bamyani respectively. Fichtner in this let- ter says: “In relation to DABS’s request, we write our reasons briefly to DABS and ADB on why Salang path had been chosen to connect north and south of Afghan- stan.” However, it again compares the two paths’ advantages and since the Bamyan path had not been selected, due to recent demonstrations, DABS has requested the Fichtner Firm to write the negative impacts of Bamyan route. Fichtner Firm has written some negative outcomes of Bamyan pass. For example, late arrivals of electricity to the south of the country, increasing the cost, creating an electrical substation is among the important rea- sons that have been mentioned.

However, Minister of Energy and Water’s comment that the mentioned Master Plan is incor- rect. In this letter, Fichtner by drawing a comparison between Bamyan and Salang, indicates that Bamyan path has more ben- efits, but based on Afghanistan government’s decision to accelerate power transmission, in current situation, it has been decided not to invest on Coal and Iron (Hajagak) mines and selected Salang path. In this letter, Fichtner emphasizes that in the year 2013, organizations like MoF, DABS, ADB and MEW decided to select Salang path. The important point is that it is clari- fied in this letter that Fichtner, in contrast with MEW’s comments, does not recom- mend Salang path but explains the Afghan government’s reasons to select Salang path. (However, PEJAV, the official news agency, fraudulently reflected this letter.) As latest Fichtner’s letter correctly notes, the deter- miner and the main advi- sor to donors in Afghan government had been MoF, MEW and DABS since 2010. Espe- cially MoF and MEW that were to make the call and advising board of DABS were among great shareholders of this compa- ny and DABS could decide without them. MoF with 45 % shares and MEW with 30 % shares have had impacts on DABS, but it seems that the main impact had been the Ministry of Finance and Afghan Finance Minister Omar Zakhilwal from 2009 to 2014.

However, Omar Zakhilwal in his interview with Aryana News on May 15, 2016 (The night before the demonstra- tion) explained the issue differently: Mr. Zakhilwal said, “This project ( 500 KV) is not certainly new and has been defined for us and i as previous Minister of Fi- nance carried the studies to Parliament and it has passed by parliament, it has been discussed in the Cabinet and cer- tainly no questions has been proposed.” Mr. Zakhilwal insisted, “This power line certainly was not meant to be tran- smitted from Bamyan, not for a moment and not for a day and this is not certainly the TUT- AP project.”
Protesters Clash with Police due to Lack of Security in Afghanistan Highway

In the outbreak between Police and demonstrators, some protesters got injured. Friday, June 17, several hundreds of people protested in the center of Kabul by the Taliban’s offensive in the near of Presidential Palace and Sapedar’s Palace where the Chief Executive’s Office exist.

In recent weeks, highways that are under the control of Taliban in Central and North of Afghanistan were the witness of increase in passenger’s hostage by the Taliban militant group. A few weeks ago, Taliban kidnapped 40 passengers in Kunduz Province. This was the second captivating in this province.

The Taliban has released some of the hostages; some of them killed and many others are still in their hostage. The demonstrators criticized the President and Chief Executive, and put them to pay their efforts attention for freeing the hostages and instating security in the country.

Ahmad Behzad, The representative of Parliamentary that was one of the participants in this protest told to the IBBC Journalist that the civil protest against the insecurity in the Afghanistan’s Highway will be continued in the Capital of Afghanistan, provinces and even outside of the country.

According to the report of Irshad News, the demonstrators had decision to reach in the Presidential Palace and Sapedar’s Palace where the Office of Chief Executive exist, but Police Officers protected them from getting in the palace.

Several protesters were injured in clash with police.

At the end of this protest a resolution letter had been read on which demonstrators asked for effectual proceeding for freeing the hostage passengers by Taliban and establishment security in Afghanistan highway.

Hussain Honaryat, BBC reporter in Kabul, the demonstrators had decision to reach in the Presidential Palace and Sapedar’s Palace where the Office of Chief Executive exist, but Police Officers protected them from getting in the palace.

Several protesters were injured in clash with police.

Sadness’ bluster: today’s defeat, tomorrow’s triumph

Written: Ferehda Pezeshk
Political analyst
Translation: Muravat Guerni

Even prior to Tuesday’s elections in six major states, Associated Press published that Hillary Clinton has already acquired ample votes to be elected as the final candidate of the Democrats, on Monday evening. However, apparently, the influence of Sanders phenomena in America’s future politics is going to be more profound than expected, unlike the previous defeated candidates who were utterly forgotten after the elections.

How Sanders’ phenomena began, and where will it end?

When Bernie Sanders proclaimed his intention to be the next Democratic candidate on 30th April 2015, nobody took him seriously. In fact, everyone accepted Hillary Clinton as the final candidate representing Democrats since the initial days. But the innominate socialist senator 74, could actually become a serious challenge to his rival, Hillary Clinton, the first lady, senator and former secretary of states who is one of the most powerful, rich and influential politicians of the United States, despite the fact that she was fully supported by the Democrats.

Sanders’ prominence is not solely based on public mobilization (despite the lack of party support, and political system), but his appealing character and ability to attract youths. The result of a university research indicates that Sanders has even overtaken Barak Obama’s 2008 vote record. Barak Obama could win 60% of votes polled by youths below 30 in 2008. Whereas, youths’ inclination towards Sanders has been 71%.

This research was conducted before California and 5 other states’ elections take place. If we do not consider Obama’s age difference, expertise and personal features, his election as the first black American candidate, even in party elections, was a historic event. This has made 74 year old Sanders’ popularity among the youths more astonishing, and his influence profounder. The youths who will be redirecting America’s destiny for decades to come.

No doubt that the main difference between Sanders and the rest of the candidates is that he is the sole candidate (among Ralph Nadler, Howard Dean and Barak Obama) who could accumulate financial resources to meet the expenses of the extravagant American elections, without relying on capitalists or party leaders.

In a country where capitalists can legally spend for or against candidates to preserve their personal interests, nobody anticipated that Sanders would be able to continue competing against Hillary Clinton after the month of March. According to the American political analysts, it is practically impossible to manage an effective campaign without the supports of capitalists or having super packs. Not only did Sanders objected to laws and the effects of these financial sources on people’s lives in different levels, unlike other politicians, he did not confine to slogans during his candidacy.

Without holding up to such strategies, Sanders not only competed Hillary Clinton while being financially supported by 5 million and two hundred thousand of common people with an average of 27 dollars per head, he even overtook his rival for five consecutive months in attracting finances. Sanders taught his young countrymen that a successful campaign without the capitalists’ support is possible.

Sanders’ other qualities that distinguish him from his rival are honesty, belief, consistency and his persistent perseverance for justice. He has been an active politician since four decades and has endeavoured for economic and ethnic justice. The main ideas of Sanders’ speeches and his reliance on human values do not contradict his speeches made 40 years ago. His resolution in action, belief, and his speech makes him explicitly different from his opponent, Hillary Clinton, who has often changed sides in manifold matters.

But what will be Sanders’ legacy, if Hillary wins?

Sanders’ activities are focused on altering the party structure to limit its leverage in making decisions, and providing for public votes to be more influential. Public movement backing Sanders has made the Democratic Party seek Sanders’ contentment. For instance, Sanders has been assigned to select 5 members from a committee of 15, to design the policies and plans of the party for the next 4 years, for the first time in Democratic Party’s history.

Whereas, previously was the responsibility of the president of the National Committee of Democrats. Selecting members such as Colonel West (sociopolitical philosopher) and James Zogby (a Palestinians’ rights advocate), has proved Sanders’ real intentions towards bringing major and basic changes in the symbolic or real occupations.

After months of wearisome election contest, and an overall 10 million votes (before California elections) polled, now the 74 years old socialist democrat along with his young pursuivants have turned out to be an influential force that cannot be easily ignored.

*Donald Trump, the Republican candidate too, did not have any super-pack during the initial days of his candidacy. He utilizes his personal financial resources for the elections.

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Join Kabul Model United Nations (#KMUN2016)

Kabul Model United Nations is a national conference simulating the United Nations in Kabul. KMUN brings together 200 delegates coming from different socio-cultural backgrounds throughout Afghanistan. Kabul MUN is a platform where the delegates can use the best of their times exchanging their ideas and perspectives with each other on current global issues.

What is Kabul MUN?
Kabul Model United Nations conference (Kabul MUN) will be the first international Model United Nations conference organized by intellectual Afghan young leaders in Afghanistan. This conference will host a national Model UN youth event bringing together young Afghan young leaders in Afghanistan. This conference will be the first national conference simulating the United Nations (MUN) events. This event will take place in Kabul. Each student will be assigned to represent a member-state of the United Nations. This conference will be a great opportunity for the students to not only experience diplomacy by engaging in debates and negotiations, also to learn about the United Nations’ works. The whole session will be conducted according to the Rules of Procedures (RoP) of the United Nations General Assembly. A Dias including Chair with the help of Co-chair will conduct the sessions. We want the Kabul MUN to be a platform where the delegates can use the best of their times exchanging their ideas and perspectives with each other.

Goals/Objectives of KMUN
- Introducing the students with the world of United Nations and International affairs.
- Promoting further understanding of the United Nations organization, international issues, and the global community.
- Promoting a different platform of intellectual practices among the students.
- Raising professionalism among the students.
- Empowering young generation
- Developing Leadership skills
- Promoting female participation in leadership and diplomatic conferences.
- Growing the importance of national and international networking among the students.
- Affiliating students with the corporate world.
- Promoting different platforms of intellectual practice among the students.

Why to participate at KMUN?
KMUN exposes students to the details of diplomacy at an early age. It is a platform for future professionals to analyze diplomatic issues from a close proximity and learn the essentials first hand. A MUN conference teaches students research, public speaking, debating, teamwork, leadership and writing skills. Students learn to respect the opinions of others even if they find it different from their own. Moreover, the skills of balancing power, matching diverse interests and managing peaceful negotiations are assets of an essential successful diplomacy. These negotiation and dissenting positions are singularly responsible to defend their sovereignty as delegates to pose their stance on the issues at hand. Consequently, they are singularly responsible to defend their positions. This sense of independence allows every student to use verifiable and qualitative information in order to back up his/her position paper, arguments and dialogues. Thus, this conference enhances a student’s ability to conduct effective research.

Pre-conference Workshops:
KMUN intends to organize a series of workshops in different places and institutions (University, School, English Courses and other organizations) to introduce and discuss different subjects related to the United Nations. Each workshop will be for one day lasting 1 or 2 hours. These workshops will prepare the grounds and help delegates and participants to act more consciously and with full information about the United Nations. Many topics will be covered and addressed before we go for the main conference, such as: 1) what is the United Nations? 2) What is Model United Nations? 3) What are the benefits of attending this conference? 4) How much is it similar to UN’s work?

The workshops will also be a great opportunity to know about the procedures in the United Nations, and how a committee session operates. The structure of UN and topics such as about what a “Position Paper” is, and how is written will be presented.

The workshop will be run through different stages: Presentations will be presented to raise awareness of the participants about the United Nations. Videos will also be screened to show the participants practically how a committee session works. At last, there will be a question and answer session in which the participants can ask their questions and share their findings, suggestions and comments.

Finally, KMUN secretariat warmly thanks Star Educational Society for its support and close cooperation. Star will be one of the institutions where the KMUN workshop is supposed to be held. Hereby, we invite all students, teachers and Star’s staff to participate in this workshop and let us know through the following contacts:
www.facebook.com/KMUN +93 772331614 / +93 781811145
kmun.info.q@gmail.com

Written by: KMUN Secretariat

Kabul Model United Nations Workshops:

The workshop covers:
1. What is Model United Nations? How to register for the event?
2. How to prepare for the conference as a host country?
3. What will be a typical day in a committee like UN?
4. Why should we participate in the conference?
5. What things need to do during the conference?
6. What is the essence of MUN conferences and what are the middle issues?

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Join Kabul Model United Nations

#KMUN2016
I
n the year after your grandfather dis-
appeared, it was our turn in the vil-
lage to guard the mountain for fire-
wood. In the spring and summer the vil-
lage families took turns to guard
the nearby mountains against fire-wood
raiders from other villages, and outsiders
trying to steal our yearly supply of fire-
wood.

It was our turn, we had no man in the
family, women could not undertake the
guard duty, and your father, my eldest son,
was 13. In one year, he had had to go from
being a child to bearing the responsibili-
ties of a grown-man. He had to look after
a large family, our farms and become our
breadwinner and guardian.

In the Spring that year Kareem Bakul
from the village came to me:

Bekay, keep Hassan from heading into
the mountains. He is young. He is inexpe-
rienced. He suffers from episodes of serious
headaches. Should anything happen to
him what are you going to do?

I thanked him for his empathy:

Thank you for your concern Kakay-shi.

I promised to him to stop your father
from heading into the
mountains tomorrow morning.

And that’s what happened. The
13-year-old boy rose up early the next
morning, headed into the mountains, and
became the meer-e-koh for the year. He
guarded the mountains for the entire vil-
lage.

At the end of the season, he brought
back a barn full of firewood. He came to
me and sought guidance for what could
be used as fuel, and collected as firewood
and what could not. I instructed him and
showed him what to do. He followed.

He was a determined kid. He left early
every day, and returned in the late eve-
ning. I would stand outside and look for
his figure in the mountain slopes. It made
me jubilant every time I spotted him, and
the over-sized stack of firewood on his
back, climbing down the mountain, one
step at a time. For the few years that fol-
lowed, we had plenty of firewood and
food. Life was okay.

Bekay = Brother’s Wife

Kakay = Uncle

Shi = Of Someone/Something. Kakayshi
= His uncle

Meer-e-Koh = Leader of the Mountains

Khalas = The end.

I Loved You

I loved you, and I probably still do,
And for a while the feeling may remain...
But let my love no longer trouble you,
I do not wish to cause you any pain.
I loved you; and the hopelessness I knew,
The jealousy, the shyness - though in vain -
Made up a love so tender and so true
As may God grant you to be loved again.

I Love Thee

I loved thee; and perchance until this moment
Within my breast is smouldering still the fire!
Yet I would spare thy pain the least renewal,
Nothing shall rouse again the old desire!
I loved thee with a silent desperation—
Now timid, now with jealousy brought low,
I loved devoutly,—with such deep devotion—
Ah may God grant another love thee so!

Another transaction

I loved you once; perhaps that love has yet
To die down thoroughly within my soul;
But let it not dismay you any longer;
I have no wish to cause you any sorrow.
I loved you wordlessly, without a hope,
By shyness tortured, or by jealousy.
I loved you with such tenderness and candor
And pray God grants you to be loved that way again.

About the author: Hadi Zaher was the first graduate of Quetta’s branch of
Star Educational Society in the year 1999. He has an MA from the University of
Wollongong in Australia and is currently a post-graduate student at the
University of New South Wales.
Documentary film Boxing for Freedom puts the spotlight on the plight of women in Afghanistan

Young Post caught up with co-director Silvia Venegas to talk about how a young Afghan girl is fighting for change

Sadaf Rahimi joined the Afghan boxing team at age 13.

Under Taliban rule from 1996 to 2001, women in Afghanistan were banned for studying, working, or leaving their house without a male chaperone. After the fall of the Taliban, girls have been able to go to school, but many drop out early to get married. It is still highly risky to be a woman in Afghanistan. Documentary Boxing for Freedom follows Sadaf Rahimi, one of the top female boxers in the country who has gone from fighting in the ring to struggling for women’s rights.

Boxing for Freedom is showing in several cinemas as part of the UNHCR Charity Refugee Film Festival. Young Post caught up with co-director Silvia Venegas about making the documentary.

What inspired you to make Boxing for Freedom? What problem are you addressing with the documentary? We are interested in the stories of people who rebel against their fate in countries immersed in conflict. Afghanistan was one of them, and we were interested in this new generation of women who are breaking barriers, doing things their mothers never did.

Boxing for Freedom is a film in favour of individual freedom and against the traditions imposed by the society. We met Sadaf Rahimi in 2011 in Kabul during the production of another documentary in Afghanistan, Life Beyond the Battle. The filming began when Sadaf was 17 years old and it took us four years. We depict the transformation of a girl who wants to be a boxer, into a woman who fights for the rights of women.

Tell us about the first time you met Sadaf? What did she say or do that inspired you to feature her in your documentary? She was an extraordinary young Afghan girl. When she was 13, she joined the brand new Afghan boxing team without the consent of her parents. She told us: “I don’t know why my life is interesting.” She is not only young, but brave and humble. Sadaf is not only the best female boxer in Afghanistan, but she also represents the empowerment of a new generation of Afghan women. Besides Sadaf, our documentary also brings together the voices of other women: mothers, teachers, activists and sportswomen.

What were the biggest challenges to making the documentary? It wasn’t easy to just whip a camera out in the streets of Kabul. It took us four years. We depict the transformation of a girl who wants to be a boxer, into a woman who fights for the rights of women.

How do you get your subjects to open up on such sensitive topics? We’ve always been honest with our characters. We explain to them what we want to tell in the documentary.

How did you come up with the idea to give Sadaf a camera? Why was that important? My co-director, Juan Antonio Moreno, and I have made documentaries where we gave cameras to our subjects to take photos, but this was the first time that we gave a video-camera. We decided so to empower Sadaf so that she could decide what to film and show us. Her camera plays a fundamental role in the narrative of the documentary, because her sister Shabnam and her mother Salima used it too.

How has being featured in the documentary changed Sadaf? Sadaf has not changed. She still struggling to achieve her dreams.

How do you think young people in Hong Kong can do to alleviate this problem? We have just finished our new documentary Kafana (Enough, Already!), it’s a revealing story about Saharawi refugees, their identity and their exile to the Algerian desert.

We have also made Words of Cammel, a short film directed by Juan Antonio Moreno. The story is about Kori, a deaf eight-year-old Saharawi boy, who only recognises lip movements. His best friend is a little camel, Caramel, that Kori is trying to save by taking him to the desert, away from the refugee camp where he lives.

What do you think young people in Hong Kong can do to alleviate this problem? We hope that the young people in Hong Kong learn with Sadaf to overcome the fear, to face new obstacles and to fight for their dreams even in the worst possible scenarios.