



# VFGH THROUGH OUR EYES

## VFGH Monthly News letter



**SLOWLY  
BUT  
SAFELY**

### Asia Education Foundation (AEF)

**VOLUME:50  
APRIL 2021**

### Vistare Foundation Girls' Home (VFGH)

#### Communication Team :

- **Binita Thapa**
- **Suku Maya Tamang**
- **Sweta Dhungel**
- **Tulsi Maharjan**
- **Rohini Dhungel**

#### Short News :

- Radha Bhujel and Pema Yangzi Sherpa hold the responsibility of Monitor for May 2021.
- 24th April, 2021 observed as Nepal's Democracy Day (Loktantra Diwas). Loktantra Diwas in Nepal is the day that commemorates the reinstatement of democracy in the nation.
- Former Vistare girls - Sapana Rai - paid visit to Vistare Home.
- Seasonal vegetable seeds (Pumpkin, Coriander, Chilly Spinach & Tomato) planted in the Kitchen garden.
- VFGH decided and fixed the day for the Special Good Saturday Program.

#### Current Update - Third Phase Lockdown Resulted from a New Variant of COVID-19

Asia Education Foundation and Vistare Foundation Girls' Home Family are overwhelmed to share that they all are fine, confined and safe under the Vistare Foundation Girls' Home Project. Currently, Nepal and most Asian countries are facing the second stage of the COVID -19. As it is known that this pandemic has not left anyone or any country, and life is not easy or is not the way it had been running and was expected.



All the members at Vistare are lucky that they all have the full love and support of Vistare Foundation and Asia Education Foundation. Vistare Home management team is trying its best to make the life of Vistare Home as normal as before by strictly following the safety protocol to avoid the contact of the virus. All the girls are confined to Vistare Home; nevertheless, thank god they have the huge space and the entire required infrastructure to run the online classes, computer lab. Likewise, free space, building and compound are highly needed to create a peaceful study and residential environment. It is fine that lockdown days are going on. The schools and colleges have been running online classes. They are fine and have accepted the situation following the routine strictly.

Grade 10, 11, 12 and B.Sc. Nursing online classes are going on according to the Virtual class routine of their school/college. All the residential girls of VFGH are following the daily routine of Vistare Home and studying 6-8 hours a day. Vistare Home evening classes are also going well virtually. As for extra-curricular daily activities, Vistare has included a three-day gardening class, two-day Music & Dance and two-day Handicraft class a week.



Also, the Good Saturday talent program once a week every Saturday and one and half hour daily movie or comedy channel watch time. Another interesting and memorable part is that girls are writing a regular diary and a special diary. Currently, Vistare has 16 residential girls. They write their special Lockdown Diary every 16 days. It has been going on since March 2020 when the Lockdown was imposed the first time. Vistare has implemented the rule of writing the special diary to remember the lockdown moment. In the morning assembly, girls share the speech. In the evening and morning assembly, they share VFGH rules from the rule-cards and different knowledgeable things from the cards which make them easily remember things. This also has taught them punctuality, patience and respect. Not only that, every day after dinner-story, they share their memories of the past along with habits which are also the best ways to know each other deeply and feel comforted.



The organization is running full safety measures. Vistare has a rescheduled staff duty, and the staffs are attending the office according to their schedule which is prepared based on the work rules - 208 hours a month. Although the circumstances are not in favor of the world currently, Vistare Foundation is at its best to make this an opportunity to enhance the capability of its girls.

The entire family has been trying to stay as safe and sound as possible to prevent the contract of the virus, and to date, it has proved itself a secure place to dwell. They have been guided by the principle - Be happy, don't panic, be careful, be safe, be a warrior, we'll fight together and win, stay home, stay safe! The COVID situation in Nepal is very scary. It is hard not to feel depressed when you hear of so many people getting sick, dying due to severe infection of COVID-19 and seeing so many families facing emotional and financial hardship. The Vistare family hopes that they will fight back together and have victory over this. Now that there is a Pandemic and lockdown in the country, we are missing our regular life but we hope everyone is doing well.

**Nepali New Year - 1st Baisakh 2078 B.S (14th April 2021) Picnic Celebration at VFGH !**

Nepalese people's New Year 2078 started. This year also the VFGH family celebrated Nepali New Year almost the same way as every year, arranging an annual picnic. It was slightly different. In the past, before the Pandemic COVID 19 broke out, the VFGH family used to go on an outing for the picnic celebration but since last year, they have celebrated the day in the Vistare premises - in its garden.



The New Year picnic is celebrated along with Vistare Alumni girls, Asia Education Foundation Members, staff, well-wishers and the whole Vistare family usually. Since 2020, it has been different. Because of the lockdown, all celebrated the New Year by staying home with the family. At Vistare Home also, they celebrated it by organizing varieties of sports events, playing games, dancing to various songs and preparing different delicious food items the whole day. All of the girls enjoyed the day fully and had a good memory of the 1st Baisakh 2078 B.S.



**Experience as the Monitor of April 2021 - Binita Thapa**



It had been quite a long gap since I had not got an opportunity to become a monitor because of my study as I have been preparing for the entrance of Medical Science. During this month, I was given a responsibility to handle the position of the monitor which was completely different this time. Along with me, Suku was there and no doubt I learnt so much from her and I am sure I too influenced her. Regardless of this, being a monitor for the third time, what I have analyzed is that dealing with the girls and the situations is not a piece of cake and also not tough to hoe, either. The more you are calm and confident the more the situations are at peace. The more you are calm the more you understand each and every girl. It is hard to do so, but we can develop the calmness step by step and the confidence develops itself. The whole month was the month to learn, teach and of course to lead. It was a beautiful opportunity to gain a beautiful experience.

**Experience as the Monitor of April 2021 - Suku Maya Tamang**

This is the second time I became a monitor in April 2021. The first day, I was quite nervous and shy, too. On the second day, I started to build my strength and confidence. Being a monitor, I learned many things, like, to be on time, disciplined, punctual, and honest. I learned to improve my grammar and language slowly, and how to write a report.



All girls were really cooperative and they co-ordinated with one another and helped with one another's need. It was quite easy for me to lead the sisters on. Being monitor, we follow every rules and regulation.

**Grade 10 Girls - Pre Send-up Exam Result Published Virtually**

Radiant Readers' Academy's SEE Pre Send-up Exam result was published virtually. Three Vistare girls go to Radiant Readers' Academy. The education department team attended the virtual result day of school and communicated to the academic, management team and class teachers. The girls listened to the subject teachers' feedback and their suggestions. This time, the Academic report card was collected online. As per the result, Sabina Rai scored 2.85(B+), Nga Chhoti Sherpa 2.75 (B) and Saraswoti Bhujel 2.65 (B) grade points.



The girls have worked very hard, the teachers have guided them well undoubtedly, too. Despite that level of support from teachers, the VFGH academic team, and more importantly, girls themselves, the result is not as expected and not fully satisfactory. School and the home team had effectively guided the girls. The girls need to focus and practise very well to achieve the desired result.

**Radha Bhujel - BSc. Nursing Student - Completes 1st Year**



One of the residential girls named Radha Bhujel is attending one of the renowned colleges, Manmohan Memorial Institute of Health Sciences (MMIHS) for the Bachelor of Science in Nursing (BSc. Nursing) 4-year academic program under the Institute of Medicine (IOM). She just completed her 1st-year academic course along with a 2-month internship (15th Magh to 15th Chaitra 2077) from KIST Medical Hospital assigned by her college and 15 days of Community Service in Tarkeshwor Municipality. She has completed her BSc. Nursing 1st Year pre-board exam virtually but the board exam is not scheduled yet. Her College has declared that as soon as the COVID 19 situation will be normal in Nepal, the college will announce its 1st-year board exam. Vistare Foundation is very happy to see her performance and effort in the study.

**Radha Shares the Experience of BSc. Nursing 1st year:** The BSc. Nursing First academic year has taught me a lot and opened the verities of options to continuing its course virtually. I don't know where to start but the journey of BSc. Nursing first year was quite different, quite memorable and unique. It was different from what I had expected it to be and it happened due to the COVID-19 pandemic. As soon as my class started, the coronavirus spread all over the world and Nepal also suffered from it. My classes started virtually with an App called Microsoft Teams. The class was effective to me as I got access to the internet for which I am grateful. At the beginning of my course, it was hard to cope with the subject matter. Gradually, I started adapting it and found it interesting. I took almost 8 months of classes online. As soon as the pandemic got controlled, I was able to go to college. I also had the opportunity to visit Tarkeshwor Municipality Ward no.6 as a part of a community visit. The main goal was to study the people's attitude to medicine, nature of disease and method of treatment at the community level.



Also as a part of the hospital intern posting, my posting was at KIST Medical College Teaching Hospital for 2 months. I was in the initial stage. So, I learned about the basic rules and regulation of the hospital. I was posted in different wards, like the surgical ward, Medical ward, Orthopedic ward, Laboratory and got to learn a lot. I learned about different diseases, their signs and symptoms and their preventive, promotive, and curative methods. It was tough but at the same time interesting, too. The first year of the Nursing course was the initial stage where I had to learn a lot. I still have a lot to do. I am heartily thankful to Vistare Foundation and Asia Education Foundation for giving me a chance and making my dream come true. I would like to express my heartfelt gratitude to Vistare Family for letting me experience this magical field. I am left with so much gratitude. I just very recently appeared for my Pre-board examination. And the final board is yet to come. All in all, my journey was interesting as I got to experience more new things.

Vistare is in every part of my journey. So, I wonder if Vistare wasn't here for me, then I would not have been able to continue this academic year smoothly for the hard work, love and care that I received from Vistare Home.



**Happy Earth Day 2021!**



On 22nd April, Vistare observed World Earth Day. The theme for Earth Day 2021 is "Restore Our Earth" and it focuses on natural processes and emerging green technologies that can restore the world's ecosystems. In this way, the theme rejects the notion "Mitigation and adaptation are the only way to address climate change." This Earth Day - and everyday - we encourage everyone to find one small act they can do to restore our Earth. It's bound to take root and blossom into something beautiful.

**Handicraft Workshop & Exhibition - April 2021**



Handicraft exhibition of the month April 2021 was done with the April month Handicraft stuffs actively prepared by girls in the instructions of the April month Incharge Rejina Thapa Magar. The Handicraft Leader guided to collaborate to make the paper related crafts, decorating wall hanging and table standing items. They were made by reusing the carton boxes, A4 papers, colorful papers, small medical bottles. Entire Vistare girls prepared an individual item each and gave their best effort to make those more attractive.



**Handicraft In Charge says:** For the month of April, I was provided with the specific duty to handle the handicraft activities throughout the month. Being in charge for the first time, I got to have a new type of experience. I helped the sisters and learnt from them as well as gave my ideas to them thinking that it could be useful for me in the next month. We utilized all the unwanted papers and colors; and then made the beautiful items collaboratively.

**Best Specific Duty Holder of the Month April 2021 - Teeka Rai**



In April 2021, I was chosen as the specific duty holder of shoes rack and table management after each program held in the dining hall. It was my second time doing the duty. It wasn't that bad at all. I did my best. I always managed time to clean the shoe rack and managed all the slippers and shoes properly in their right place. I also timely washed the curtains of the shoe rack. Talking about table management, I firstly made routine to manage table turn wise for all the sisters.



Everyone co-operated in the management of the tables. In the blink of an eye, the month passed. I was happy to hold it as my specific duty. All the thanks go to the Vistare Management team for the bright and happy opportunity given to me to learn things.

**Experience of Good Saturday Program In Charge - April 2021  
Pema Mingdik Gurung & Nga Chhoti Sherpa**



For the month of April, We (Pema Mingdik Gurung & Nga Chhoti Sherpa) were in charge of good Saturday program. During this time, we learnt a lot of things and we did it with co-operation. It was really fun to run the program together. We tried to give our best and made the program beautiful. Moreover, we shared meaningful videos with all the sisters and the program went smoothly. The finalists of the Month of April were Rejina, Chhamji and Sabina. All three of them did their best in the finale and the program was awesome.



**Good Saturday Program's Best Performer of the Month  
April 2021- Chhamji Sherpa**



After hearing that I became the winner, I was so overwhelmed and delighted. I am very much thankful to Vistare family for providing me the opportunity to perform best. Likewise, I am very much grateful to all the sisters for giving me the precious vote. I am heartily thankful for the lovely gifts and it made me feel proud and happy. All in all, the competition made me boost my confidence and have faith in myself.





As of now, most people have been suffering from a virus called Corona Virus which started in China. Till now, the world's situation is the same, so the drawing shows that people should wear masks whenever they need to go outside. Also, we should not move from one place to another place unnecessarily. Likewise, there should be strict maintenance of health protocol at borders because people plying in and out of the countries might be carrying viruses. So, during this situation, people have to be careful about their health.

**Nga Chhoti Sherpa**



**Best Speech of the Month April 2021  
Should We Practice Independence? - Kamala Rai**

Independence is the freedom to organize your own life, make your own decisions, etc. without needing or getting help from other people. It is also the state or quantity of not subject to control by others and not requiring or relying on someone else. To me, independence means being able to take care of yourself without being dependent on another human being. Independent living carries the meaning of self-help. If you are independent, then you will have self-confidence and will be able to do all the things by yourself without getting help from anyone.



A child depends on his/her parents help, like, while eating, changing clothes, taking bath, going to the toilet, travelling to any place or even school. They should also start doing all these things on their own. Children should depend on their parents, teachers, and friends up to their secondary level. After they reach to college level, they start doing the things on their own. Some children aren't allowed to go anywhere alone, the only thing their schedule includes is going to school or college, coming home and repeating the process the next day. Parents think that their children can get hurt or get into trouble if they go outside to the world but this isn't true because a person can only get lessons through their experiences. So, they should have freedom.

There is nothing more important than gaining independence to a teenage. They should have aim to become more independent of their friends, teacher and parents. We move away from our parents and friends that once sustained us from our childhood are slowly diminished as we move into the real world. Independence refers to all aspects or your life including finance, career, emotion, personal faith and beliefs. Therefore, we must boost up our confidence, take less reliance on others, make our own personal decisions and go through challenging life situations. At last, when you prove that you are independent, other people view you positively as a good person of a society rather than a dependent one. It also leads you to financial freedom because you are skilled and capable of doing anything on your own. It also makes your life happy and comfortable that can come from no other source.

## Vistare Foundation Girls' Home Girls Academic Evaluation - April 2021

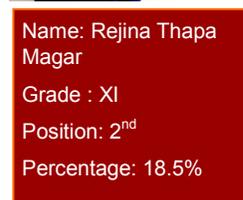
Asia Education Foundation  
Vistare Girls Home Academic Evaluation  
All Level Girls (16)  
Month: April - 2021

Date: 16-May-21

S. No.	VFGH No.	Name	Grade	Result of the month (10)	Class Performance (3)	Attitude (3)	Speech of the month (4)	Total (20)
1	40	Pema Mingdik Gurung	11	10.0	3.0	3.0	3.5	19.5
2	11	Rejina Thapa Magar	11	9.0	3.0	3.0	3.5	18.5
3	5	Lhakpa Jangmu Sherpa	12	9.0	3.0	3.0	3.5	18.5
4	44	Pema Lhamu Sherpa	11	9.5	3.0	2.0	3.5	18.0
5	43	Swastika Gurung	Bachelor	8.0	3.0	3.0	3.5	17.5
6	46	Pema Yangzi Sherpa	12	7.5	3.0	3.0	3.5	17.0
7	23	Kamirita Sherpa	12	7.5	3.0	3.0	3.5	17.0
8	24	Kamala Rai	Bachelor	8.0	3.0	3.0	3.0	17.0
9	41	Binita Thapa	Bachelor	7.0	3.0	3.0	3.5	16.5
10	30	Radha Bhujel	BSc. Nursing-1st Y.	7.0	3.0	3.0	3.0	16.0
11	25	Sabina Rai	10	7.0	3.0	2.0	3.5	15.5
12	22	Chhamji Sherpa	12	6.0	3.0	3.0	3.5	15.5
13	13	Tika Rai	Bachelor	8.0	2.0	2.0	3.5	15.5
14	48	Nga Chhoti Sherpa	10	4.0	3.0	3.0	2.5	12.5
15	9	Saraswoti Bhujel	10	4.0	3.0	3.0	2.5	12.5
16	10	Sukumaya Tamang	12	4.0	2.0	2.0	2.0	10.0



Name: Pema Mingdik Gurung  
Grade : XI  
Position: 1<sup>st</sup>  
Percentage: 19.5%



Name: Rejina Thapa Magar  
Grade : XI  
Position: 2<sup>nd</sup>  
Percentage: 18.5%



Name: Lhakpa Jangmu Sherpa  
Grade : XII  
Position: 2<sup>nd</sup>  
Percentage: 18.5%



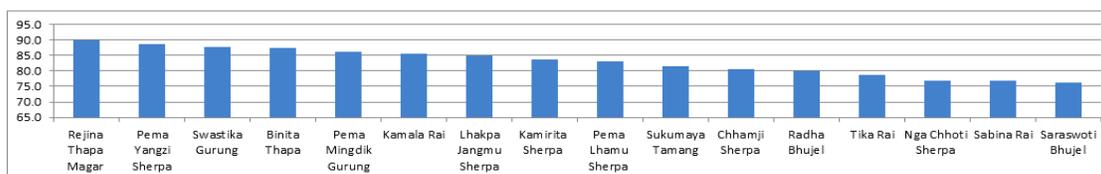
### Evaluation Details for April 2021 !

Grade/Level	Topics
10	Grammar: Q.No. 9 SEE pattern
11	Grammar: Q.No. 7 NEB pattern
12	Grammar: Unit 14 and 15
Bachelor	Free Writing: Email and Its Use
B.Sc. Nursing 1st Year	Free Writing: Email and Its Use

## Vistare Foundation Girls' Home Girls Overall Monthly Evaluation - April 2021

Asia Education Foundation  
Vistare Girls Home Monthly Evaluation  
All Level Girls (16)  
Month: April - 2021  
Published Month: May, 2021

S. No.	VFGH No.	Name	Grade	Academic Performance (20)	Computer Typing (20)	Home activities (20)	Spanish Dictation (10)	Specific Duties (10)	Discipline (20)	Total Marks (100)	Position
1	11	Rejina Thapa Magar	11	18.5	18.5	16.5	10.0	8.5	18.0	90.0	1st
2	46	Pema Yangzi Sherpa	12	17.0	17.5	17.5	10.0	9.0	17.8	88.8	2nd
3	43	Swastika Gurung	Bachelor	17.5	18.5	16.8	10.0	7.5	17.6	87.8	3rd
4	41	Binita Thapa	Bachelor	16.5	17.0	17.9	10.0	8.5	17.5	87.4	4th
5	40	Pema Mingdik Gurung	11	19.5	16.5	14.5	10.0	8.5	17.3	86.3	5th
6	24	Kamala Rai	Bachelor	17.0	17.0	16.5	10.0	8.0	17.1	85.6	6th
7	5	Lhakpa Jangmu Sherpa	12	18.5	18.0	15.0	10.0	6.5	17.0	85.0	7th
8	23	Kamirita Sherpa	12	17.0	16.5	15.5	10.0	8.0	16.8	83.8	8th
9	44	Pema Lhamu Sherpa	11	18.0	16.0	15.5	10.0	7.0	16.6	83.1	9th
10	10	Sukumaya Tamang	12	10.0	18.0	17.8	10.0	9.5	16.3	81.6	10th
11	22	Chhamji Sherpa	12	15.5	16.5	16.0	10.0	6.5	16.1	80.6	11th
12	30	Radha Bhujel	BSc. Nursing-1st Y.	16.0	17.0	13.0	10.0	8.0	16.0	80.0	12th
13	13	Tika Rai	Bachelor	15.5	16.0	12.5	10.0	9.0	15.8	78.8	13th
14	48	Nga Chhoti Sherpa	10	12.5	16.5	15.0	9.0	8.5	15.4	76.9	14th
15	25	Sabina Rai	10	15.5	13.5	15.0	9.5	8.0	15.4	76.9	14th
16	9	Saraswoti Bhujel	10	12.5	16.0	14.5	9.0	9.0	15.3	76.3	15th



### Overall Evaluation - Top Three Girls - April 2021



Name: Rejina Thapa Magar  
Grade : XI  
Position: 1<sup>st</sup>  
Percentage: 90%



Name: Pema Yangzi Sherpa  
Grade : XII  
Position: 2<sup>nd</sup>  
Percentage: 88.8%



Name: Swastika Gurung  
Grade : Bachelor  
Position: 3<sup>rd</sup>

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