



# VFGH THROUGH OUR EYES

## VFGH Monthly News letter



**SLOWLY  
BUT SAFELY**

**Asia Education Foundation (AEF)**  
**Vistare Foundation Girls' Home (VFGH)**

**VOLUME: 52**  
**MONTH:**  
**AUGUST 2021**

### Communication Team:

- Kamireeta Sherpa
- Binita Thapa
- Sweta Dhungel
- Tulsi Maharjan
- Rohini Dhungel

### Short News :

- Teeka Rai and Suku Maya Tamang hold the responsibility of Monitor for the month - September 2021.
- observed the International Youth Day on 12th August 2021.
- SEE Passed girls have been attending the entrance exam in various reputed colleges.
- On 5th August, 2021, VFGH girls celebrated Friendship Day.
- Grade 12 Girls have their Final Exam in the mid of September 2021.
- B.Sc. Nursing 1st year - final exam completed.

### Congratulations to Secondary Education Exam (SEE) 2077 B.S. Graduates!



Congratulations to Secondary Education Exam (SEE) Graduates of the Vistare Foundation Girls' Home. - On 7th August 2021, School Education Exam (SEE) Result was published. Girls had attended their SEE 2021 exam virtually through ZOOM app, Vistare girls are very hardworking and always focused in their study. The result of Vistare girls is Sabina Rai obtained A+ (3.70), Saraswoti Bhujel A (3.60) and Nga Chhoti Sherpa A (3.60).

### Congratulations to Grade 11 Graduates of the Vistare Foundation Girls' Home!

On 19th August, 2021, Oxbridge International Higher Secondary College Published the Grade 11 final exam 2077 B.S. - (July 2020 — June 2021) result. Three of the Vistare girls Rejina Thapa Magar, Pema Mingdik Gurung and Pema Lhamu Sherpa had attended their Grade 11 final exam physically at their college as they had the home center due to COVID 19.



Grade 11 girls of Vistare girls home has practiced and revised their academic course very well to achieve the best result. So the result of Grade 11 this year - Pema Mingdik Gurung achieved A+ (3.67), Pema Lhamu Sherpa (3.50) and Rejina Thapa Magar got 3.37 out of 4.

### BSc. Nursing 2nd year Enrolled Girl Starts her New Academic Session

From 25th August, 2021, a new academic session of the university level BSc. Nursing 2nd year started. Due to the pandemic COVID 19, the college had been conducting the classes through Teams app virtually. Radha Bhujel has been promoted to BSc. Nursing 2nd year after completing her 1st year final exam, but the result of the final exam of 1st year has not been published yet. She got promoted automatically according to her college internal rules. The result will be published in few months.



### Higher Secondary (Grade 10+2) Girls Start Their New Academic Session



From 25th August, 2021, a new academic session of the Grade 12 started. On account of the pandemic COVID 19, the college had organized the classes through ZOOM app virtually. This year, three of Vistare girls named Rejina Thapa Magar, Pema Mingdik Gurung and Pema Lhamu Sherpa have been promoted to Grade 12 and they have begun attending their classes virtually.



**Binita Thapa:** This is not my first time being a monitor, therefore, I tried my best to lead the month of August along with Kamireeta. I taught her what I knew and I learnt a lot from her, too. In the difficult situations, we consulted each other and tried to find peace. We cooperated throughout the month and were successful. As there is always space for improvement, I will try to do even better next time and bring positive changes in my habit. At last, I would like to express my deepest gratitude towards Vistare home for providing such an incredible platform to build up our confidence.

**Kami Rita Sherpa:** This month of August, I became the monitor. This is my first time becoming a monitor and it was really new for me experiencing things being monitor of the month. The girls were co-operative and the month went smoothly. There were stages when difficult situations came while handling all the girls but in the course of time, I learned to handle it and I am very thankful towards Vistare family for making me capable of things that didn't even exist within me. So, I am very grateful towards all the Vistare families.



**In Charge of Good Saturday Program - August 2021  
- Swastika Gurung & Nga Chhoti Sherpa**

For the month of August, we (Swastika and Nga Chhoti) were the good Saturday program hosts for the month. It was very interesting to conduct the program for the whole month. As the month was decided as a poetry month, in the first week each of the girls performed simple poems in English and Nepali among which ten were selected for the second round.



In the second round, ten girls recited poems, from which 7 of the girls were selected for third round. In the final round, 5 of the girls were selected in which each of them gave incredible performance. During the month, we decorated the hall and had fun conducting the program. The program was run smoothly and excitingly.

In all, everything went incredibly and beyond what we had expected. We would like to express our heartfelt gratitude to Vistare Home and the Management team for such fun responsibility. We learnt many things and built up our confidence as well. We hope to get such responsibility in the coming days.



**Pema Lhamu Sherpa — Good Saturday Program Best Performer of the Month August 2021**

Winning something is never a cup of tea because if you want to achieve something, then you must plan and work in the same way. So, I had planned to win and I also worked in the same way but there were huge competitions among each other. It wasn't as easy as expected. All the candidates for the finale were masterminded. But, the collection of the genius competitors made me focus myself in my own abilities and own creation.



So, when I heard my name after "the winner is", I was so happy and much more I felt strongly blessed and thankful. All these were possible because of Vistare Management team and all the sisters. I am very thankful for choosing and believing in my abilities and more for the warm encouragement, it means a lot.



**Radha Bhujel — Best specific Duty Holder - August 2021- (First Aid Box Incharge and surrounding Cleaning Incharge ):**

For the entire month of August 2021, I was the In charge of First Aid Box medicine and home surrounding cleaning. Coming to the point, being First Aid Box In charge has truly helped in my study. The most important thing is that I got an opportunity to learn and study on different drugs through which I know what drugs do. Secondly, I learnt about a variety of drug names which were new to me along with their uses, their contradiction, their doses, and their frequency. To be honest, I cultivated the habit of giving medicine to the prescribed girls on time and I am extremely glad to develop this habit in me which will surely help me in days to come. Lastly, I have a beautiful experience and this will be forever with me and is special to me. I express my heartfelt gratitude to the entire Vistare management for the space. I can't wait to do my best in the coming days.



**Vistare Senior girls visited Budhanilkantha Statue located at Narayanthan !**

After the long lock down, Bachelor level and Grade 12 final year girls visited Narayanthan Temple located at Budhanilkantha Kathmandu on 24th August. Few of the girls had already visited the place but for few of them it was really new experience. During the visit, they observed the Lakhe Dance shown by the local people of Narayanthan temple.



Firstly, they entered the temple premises, went round the temple three times, worshipped and observed its vicinity. They captured the moments of their visit in the camera . They were excited to see the Budhanilkantha statue and happy to see the Lakhe naach first time. The environment was peaceful and they enjoyed every moment there. After visiting Narayanthan (Budhanilkantha ) they had a walk around and enjoyed the nature. Then while returning, they stopped at local khaja store and enjoyed eating hot typically Nepali food Samosa, Jeri, Pakoda with spicy pickles. They enjoyed the day a lot and enjoyed getting cool air in Narayanthan Temple and clicking photos.

**Handicraft Workshop & Exhibition - August 2021**

Handicraft is one of the activities to do self learning in the Vistare Foundation Girls' Home. Handicraft lesson refers to making the different beautiful stuffs each month. August months is the month to reuse the blank or scratched CD to make the varieties of beautiful cd stuffs. Girls In charge and all the girls did very well to complete the month by attending the handicraft class according to their week routine in the month of August 2021. Here are a few words of experiences shared by Handicraft In charge of August 2021.



**Suku Maya Tamang - Handicraft In Charge of August 2021**



“To have much learning, to be skillful in handicraft, well-trained in discipline, and to be of good speech - this is the greatest blessing.” Handicraft is the activity involved in making handmade objects. I was in In charge for the month August, 2021. First day, I planned to involve them in different things related to unwanted CDs. I collected different ideas from different people and I sent via mail to everyone. Some of them asked for help to do things. It was really hard to work with CDs, nevertheless, we did our best. Everyone had been busy helping each other work.

My thanks go to the Vistare Team for giving such a golden opportunity to explore new ideas in the big mass.

## Traditional and Cultural Knowledge being Nepali Daughter

Culture and cultural rituals of the people of Nepal are indispensable part of their life. The culture that they carry along in the life is their identity. Nepal is well known for solidarity and harmony of its people despite the diversified cast and creeds. At Vistare, the girls are exposed to such culture and cultural aspects along with the regular home activities. Each minor to major feast and festival has their own historical, cultural and socio-economical value. In order to learn and respect that fact, every girl of VFGH is involved in observing the festivals and activities regardless of the culture and religion they follow.



Here are a few glimpses of some festivals and activities done during the month of August:



### Happy Nag Panchami:

On 13th August, Vistare Celebrated the Nag panchami. On this day, Nepali people worship snake gods, also called the Nagas during Nag Panchami. In the ancient time, Nagas halted rain from pouring over Nepal. The king of that time also happened to be a Tantric and so he used his power to make Nagas let go of rain. The king succeeded in doing so but he also honoured the majestic power of Nagas by turning the day of victory into a festive occasion of Nag Panchami.

At Nag Panchami, like other Nepali devotees, Vistare Home also put a picture of Naga high above its doorway and performed puja with necessary puja items. Offerings in the form of food are left in the yards and paddies for snakes.



Naga temples in the valley at Nagpokhari, Taudaha and Nagdaha are thronged with devotees on this day.



### Happy Rakshya Bandhan:

On 22nd August Vistare Celebrated the Rakshya Bandhan. Janai Purnima is the festival in which Hindus renew their sacred thread. The holy thread given to the Hindu men during their bratabandha (ritual of ascending into manhood), is changed on this day by performing specific rituals with the help of a pundit. The women and children tie a sacred thread around their wrist in this festival, believing that it would protect them from evil. It is also a common tradition for girls to put rakhi on the wrists of their brothers in this festival. The brothers, in turn, give gifts to their sisters. Vistare Home also celebrated the festival by greeting offered with the priest worshipped thread and tika. They had sweets and money offered from Vistare Foundation Girls' Home Management team.

### Happy Shree Krishna Janmashthami - 30th August 2021

Love and happiness are the greatest enemies of the ego. Where there is joy, there cannot be ego. That is why there is a war between ego and love. The ego melts when love dawns within.



The birthday of Lord Krishna is celebrated as Krishna Ashtami. Krishna, the dark-skinned god revered as a manifestation of Lord Vishnu, who taught warrior Arjuna the value of Karma in the Bhagwad Gita, was born at midnight on the eighth day of the dark moon of August which is known as Ashtami. To celebrate the birthday of this popular Hindu god, devotees flock to Krishna temples all over Nepal. Kathmandu Valley's Krishna Mandir in Patan Durbar Square is the center of celebrations and is thronged by a large number of devotees who gather at night to pay homage beyond mid-night. Even during the day, hordes of devotees visit the temple to pray and make offerings. VFGH family also entertained the day by remembering the Lord Krishna and few of the girls visit Krishna temple located at Patan Durbar Square.



### Best speech of the month Time Management (Binita Thapa)

Time and tide waits for none. Once gone is gone, just like a flowing river. It neither has a beginning nor has an ending. It is a never ending process. Time is free, it goes and goes. It neither waits for someone to blink nor to succeed. Therefore, time management is one of the qualitative aspects that help to become a better human and to live a happy life. The bad news is time flies and the good news is you are the pilot. Therefore, it is crucial to move along with the flow of time. It is certain that one should learn how to manage time in order to manage their life. One should be very conscious of the importance of milliseconds. Time management these days has become one of the most discussed topics among the pupils. It is futile to talk about year, month, week, day, hour and a minute because even a millisecond matters a lot.

There is a famous saying which I always strongly believe in. To realize the value of one year, ask a student who failed a grade. To realize the value of a month, ask a mother who gave birth to a premature baby. To realize the value of 1 week, ask the editor of a newspaper. To realize the value of one day, ask the person who was born on February 29th. To realize the value of one hour, ask the lovers who are waiting to meet. To realize the value of one minute, ask a person who missed the train. To realize the one second, ask the person who just avoided an accident.



To realize the value of one millisecond, ask the person who won a silver medal in Olympics. Hence, time isn't a thing to let it go in vain rather it is a phase to develop yourself into a legendary one. Actually, time is our friend forever who walks, with us in each and every step of our life. As our life is like a roller coaster, it stays by our side throughout the ups and downs. It obviously takes away the clouds and brings the sunny day. Therefore, to utilize it, it is us who need to learn how to manage it. If we only know the perfect way to manage time, then nothing can stop us from having a prosperous life.

The ability of time management paves the right path. It can reduce various diseases like anxiety and stress, too.



### Drawing and its interpretation of the month by Kamala Rai

This is the sketch of Kim Seok Jin also known by his stage name Jin, is a south Korean singer and songwriter and he has been a member of BTS since June 2013. Besides singing, he is a great cook and plays piano and guitar too. Regardless of these, he is also a great philanthropist. He is referred to as a "World Wide Handsome" by himself and also his fans are known as ARMY. He is humble, kind and funny. His life motto is "Let's Live Freely".



### Vistare Immunized Against COVID 19

All the staff of the organization received the COVID –19 Vaccine. Out of Sixteen Vistare residential girls, the girls who are above 18 years were also vaccinated during the month of August 2021. Vero Cell and Johnson & Johnson were the vaccines Vistare staff and girls received as administered by the Government of Nepal.



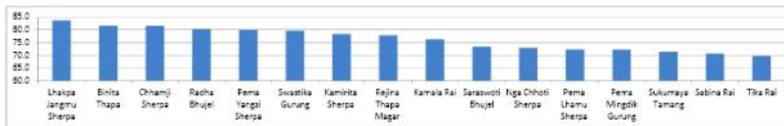


Vistare Foundation Girls' Home conducts monthly evaluation of academic and overall home activities performance of the girls. VFGH does the observation of its girls academic, home activities, extra curricular day to day activities and record their performance. At the end of the each month, it does the evaluation and announces the top one girl of the month. Lhakpa Jangmu Sherpa grabbed the 1st position in academic and overall home activities evaluation of the month of August 2021.

VFGH congratulates her for the achievement and encourages rest of the girls to do better than before.

Asia Education Foundation  
Vistare Foundation Girls' Home  
Monthly Evaluation Report  
Month: August - 2021  
Published Month: September, 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	5	Lhakpa Jangmu Sherpa	12 - Final	19.0	13.0	18.5	9.0	6.0	18.1	83.6	1st
2	41	Binita Thapa	12 - Passed	14.0	14.0	19.5	9.0	7.0	18.2	81.7	2nd
3	22	Chhamji Sherpa	12 - Final	18.0	12.5	17.4	8.5	8.5	18.7	81.6	3rd
4	30	Radha Bhujel	BSc. Nursing-2nd Y.	15.0	12.0	17.5	8.5	8.5	18.9	80.4	4th
5	48	Pema Yangzi Sherpa	12 - Final	18.0	13.0	17.5	8.5	8.5	18.4	79.9	5th
6	43	Swastika Gurung	12 - Passed	15.5	13.0	14.5	9.0	7.5	18.1	79.6	6th
7	23	Kamirita Sherpa	12 - Final	13.5	13.0	19.5	9.5	7.0	18.9	78.4	7th
8	11	Rejina Thapa Magar	12	11.0	15.0	18.0	9.0	6.5	18.4	77.9	8th
9	24	Kamala Rai	Bachelor	13.5	12.0	17.5	8.5	7.0	17.9	76.4	9th
10	9	Saraswoti Bhujel	11	9.5	13.5	17.5	7.5	7.5	17.9	73.4	10th
11	48	Nga Chhoti Sherpa	11	10.5	12.5	18.0	7.5	7.5	17.0	73.0	11th
12	44	Pema Lhamu Sherpa	12	9.5	12.0	18.5	7.5	8.0	16.9	72.4	12th
13	40	Pema Mingdik Gurung	12	12.0	13.0	15.5	9.0	5.5	17.3	72.3	13th
14	10	Sukumaya Tamang	12 - Final	8.5	12.0	17.5	8.5	8.0	16.9	71.4	14th
15	25	Sabina Rai	11	12.0	10.0	18.5	8.0	5.5	16.8	70.8	15th
16	13	Tika Rai	Bachelor	12.5	14.0	10.5	8.9	7.5	16.8	69.8	16th



**Top one Girl Of Overall evaluation in August 2021!**



Name: Lhakpa Jangmu Sherpa  
Grade : XII - Science

**Top one Girl Of Academic Evaluation in August 2021!**



Name: Lhakpa Jangmu Sherpa  
Grade : XII - Science

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

S. No.	VFGH No.	Name	Grade	Result of the month (10)	Class Performance (3)	Attitude (3)	Speech of the month (4)	Total (20)
1	5	Lhakpa Jangmu Sherpa	12 - Final	10.0	3.0	3.0	3.0	19.0
2	22	Chhamji Sherpa	12 - Final	7.0	3.0	3.0	3.0	16.0
3	46	Pema Yangzi Sherpa	12 - Final	9.0	2.0	2.0	3.0	16.0
4	43	Swastika Gurung	12 - Passed	8.5	2.0	2.0	3.0	15.5
5	30	Radha Bhujel	BSc. Nursing-2nd Y.	7.0	2.0	3.0	3.0	15.0
6	41	Binita Thapa	12 - Passed	5.5	2.0	3.0	3.5	14.0
7	23	Kamirita Sherpa	12 - Final	6.5	2.0	2.0	3.0	13.5
8	24	Kamala Rai	Bachelor	7.0	1.0	3.0	2.5	13.5
9	13	Tika Rai	Bachelor	7.5	1.0	1.0	3.0	12.5
10	40	Pema Mingdik Gurung	12	4.5	2.0	2.0	3.5	12.0
11	25	Sabina Rai	11	5.0	2.0	2.0	3.0	12.0
12	11	Rejina Thapa Magar	12	3.0	2.0	3.0	3.0	11.0
13	48	Nga Chhoti Sherpa	11	2.5	2.0	3.0	3.0	10.5
14	9	Saraswoti Bhujel	11	2.0	2.0	3.0	2.5	9.5
15	44	Pema Lhamu Sherpa	12	2.0	2.0	2.0	3.5	9.5
16	10	Sukumaya Tamang	12 - Final	2.0	2.0	2.0	2.5	8.5



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