



VFGH THROUGH OUR EYES

VFGH Monthly News letter



**SLOWLY
BUT SAFELY**

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

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Short News :

- Binita Thapa holds the responsibility of Monitor for the month - October 2021
- In absence of the captain of the month, Suku Maya Tamang takes the responsibility.
- On 23rd September, 2021, VFGH girls celebrated 40th Social Welfare Day.

2078 B.S. Bijaya Dashain Wishes



Dashain is at the door again,
Let the boundless happiness remain,
In the minds and hearts of all of us,
and blissful moments of prosperity regain!
On behalf of Vistare Foundation Girls' Home
(Asia Education Foundation Nepal) family, we
wish all our friends, well-wishers and
supporters a Happy Vijaya Dashami 2021.

The Greatest Festival Dashain Vacation at Vistare Home

The festive holiday this year begins from 7th October and ends on 22nd October 2021. On account of the outbreak of COVID-19 and the situation caused by this, no Vistare girl had gone to their home last year. So, this year, out of 16 resident girls at Vistare, 3 girls - who have appeared in the grade 12 final exam- will be released voluntarily on 8th October on request of the guardians. From among the remaining 13 girls, the parents/guardians of 8 girls have confirmed to take their daughters home to celebrate this festival during the holiday. Their families are willing to see them and the girls also want to meet their families.



The other 5 girls will remain at Vistare along with the Director of the organization during the holiday time as all the staff and most of the girls will be on holiday.



Dashain is considered as one of the greatest festivals of Nepal and Nepali (also pronounced as Dashain), which is the longest and most celebrated festival in Nepal. Dashain has its different names. It is called Dashain, Vijaya Dashami, Dashera etc. The way it is celebrated and name differs, but most Nepalese celebrate it for about 15 days with same zeal and enthusiasm.

The time for the ones who remain in the home will be programmed differently. They will make this holiday very enjoyable by doing workshops and involving in various rituals of Dashain to make it as enjoyable and interesting as those who will go to their home. They will not be visiting any public places due to unfavorable situation caused by COVID-19.

Higher Secondary (Grade 11) Girls Start Their New Academic Session

Three of Vistare girls - Sabina Rai, Saraswati Bhujel and Nga Chhoti Sherpa - have been enrolled in Grade 11 and they began attending their classes virtually from 23rd July, 2019 at Oxbridge International College, associated institution of Radiant Readers' Academy. Sabina Rai joined Science Faculty with Computer as Major subject, Saraswati Management Faculty with Business Studies as Major subject and Nga Chhoti Management Faculty with Computer as Major Subject.



Teeka Rai : During the month, September 2021, I was appointed as the monitor. It was really a great opportunity for me. During the month, I learned a countless number of things that I had not known much about. I learned to manage time table. From such a big responsibility, I learned a lot. The first thing is to be responsible. It is all about being responsible about something that you're given or you've chosen to be. I was able to transform my dull confidence into enhanced one. It was such a good opportunity for me to hold any kind of authority. It filled me with beneficial thoughts and ideas about myself. It gave me a chance to boost my inner faith. I am very grateful to the Vistare Management Team for providing me golden opportunity to be responsible for such a respected position.



Suku Maya Tamang : In September 2021, I was selected as the monitor to look after all the girls. I still can't forget what an amazing and good chance I was given to upgrade my confidence into being me. It was such a fantastic chance that I was given. I would never forget it. Because it would be only time that I was given free chance to do everything right and wrong. Doing wrong is not a sin. It is an opportunity where you learn to realize your mistakes and not repeat it again. That was what I was able to figure out. Not only that, I also learned to manage time and be punctual in everything that I was supposed to be. I was never this happy in my life. It is the first time in this house that I was overwhelmed to hold my responsibility without any doubts in me. I am able to trust myself. Without Vistare Management Team giving me the opportunity, I wouldn't have been able to say such things about myself. I am only able because there is "Vistare Home".

**In Charge of Good Saturday Program - September 2021
- Binita Thapa & Sabina Rai**



We were the Good Saturday program In charge for the month of September 2021. Throughout the month, we had so much fun. We planned to run the program with the songs only. Therefore, all girls cooperated and sang for the whole month and the finalists were decided. Whole month, we did what we could do to make the program delightful. All the girls supported us and the program of the month ended victoriously. It was a great experience being an in charge. It was the very first time hosting the good Saturday program together and it was indelible.

The fourteen participants of the preliminary round (First week) of the program were absolutely competitive and did excellently singing a song of their choice. Ten participants were chosen for the next round to be conducted in the second week. The participants performed English songs and seven participants were successful to advance to the next round. In the third week, seven girls performed Nepali songs. Among them, five girls advanced to the Finale that was held in the Fourth week.



Rejina was voted as the Top Performer of the month September Good Saturday Program. She has shared her experience as below:



We would like to thank the Vistare management for providing such an incredible platform to improve ourselves. As said there is always space for improvement, in the coming days we will improve our shortcomings and show the best of ourselves.



**Rejina Thapa Magar - Good Saturday Program
Best Performer of the Month September 2021**



The month of September was the singing month. I really enjoyed the month because singing has always been one of my best activities to do. There were total four rounds. In the first round, I sang an English song "Free". Likewise, the second round was the Nepali singing round in which I performed a song "Timi Sanga". Similarly, in the third round I performed English Song "I wanna grow old with you". In the final round, I sang English song "Have we met before?" It was fun and also gained an experience. It helped me build my confidence and encouraged me to do more.

It was all possible because of the constant support of the Vistare Management Team. Lastly, I would also like to thank all the sisters for their vote, support and love.





Rejina Thapa Magar - Best specific Duty Holder - September 2021- (Assembly Card Incharge)

In the month September, I held the responsibility of Assembly Card In charge. I learned a lot from the responsibility. The first thing that I learned is to be responsible for what you're chosen in. It led me to learn about the value of time. I learned to be punctual. Punctuality is the first thing that one should have after holding a certain responsibility. I was able to monitor the sisters during assembly and make the assembly line. Everything went well during the month. I was able to learn more about the responsibility. All my hearty thanks go to the Vistare Management Team. Without the presence of Vistare Management Team I would not have been able to show my dutifulness in the responsibility that I've ever wanted.

Handicraft Workshop & Exhibition - September 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. September was the month in which we had to reuse the plastic bottles. 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 September 2021. The exhibition of the waste bottle crafts prepared by the girls in September was organized on 2nd October. Here are a few words of experiences shared by Handicraft In charge of September 2021.

Pema Yangji Sherpa - Handicraft In Charge of September 2021

On 2nd October 2021, handicraft exhibition of the month September, 2021 was held. On this day each and every girl prepared beautiful materials out of bottles that were not in use. They made a good use of bottles by making varieties of crafts. They exhibited their talent through art and craft in it. I guided all the girls in making the handicrafts. I also gave them some ideas and thoughts on what and how to make the crafts for the month. They were really co-operative and did the right things as per the time. I also made sure that no one had any problem during the session going on for handicraft time. I am very happy and thrilled that I did my best in my responsibility. I am very thankful to the Vistare Management Team for such a blissful opportunity.



Grade 10+2 completed Grade 12 Final Exam



The pandemic that began from China in the year 2019 and named as COVID-19 enveloped the entire world into its ill-fated grasp for considerably a long time. There isn't any sector that it has not unaffected. Education sector is probably the most affect one. The children were confined to home and were compelled to sit before the computer for online classes. The exams of college and university level saw their worst time due to the pandemic. Grade 12 board exam was scheduled to begin from 9th June 2021.

But due to adverse conditions caused by increasing number of COVID-19 cases, it was postponed to 24th July. However, unfortunately, it couldn't be conducted on the scheduled date on account of the same reason. Finally, after a long wait, the grade 12 students took exam on 15th September, 2021. VFGH girls Pema Yangji Sherpa, Kamireeta Sherapa, Chhamji Sherpa, Lhakpa Jangmu Sherpa and Suku Maya Tamang sat for the exam and completed successfully. They are waiting for the result which will be published very soon.

Physical Classes of all academic level begin

After a long sessions online in the schools and colleges, the government of Nepal has given the legal way out to resume all the activities in the sector of education. The lockdown has been withdrawn completely and the country is open for full-fledged run.

Schools and colleges have started to reopen. Six VFGH girls attend Oxbridge International College and one girl attend Man Mohan Memorial Institute of Health Sciences (MMIHS). Their classes resumed physically on 20th September. They attend their respective colleges being present in the class. Since the risk of the COVID-19 still exists, they have been instructed to follow the safety protocols while travelling to their colleges and attending the classes. They are equipped with safety equipment and also the vehicle of the organization in order to prevent contact with the people in the public transportation.





Father's Day- It is celebrated worldwide to recognize the contribution that fathers and father figures make to the lives of their children. This year on 7th September, 2021 was Father's Day in Nepal. Many people make special efforts for their fathers. Vistare girls celebrated the father's day this year.

Some of them met their fathers, while others gave cards, flowers and other gifts. So, on this day, the girls gave a phone call to their fathers and wished them happiest father's day.



Teej: Teej program was organized in Vistare Foundation Girls' Home at Sanepa. Teej is the greatest festival of Nepali women. This year, it was on 9th September 2021 (24th Bhadra 2078 B.S.) according to the Nepali Calendar.



It is a Hindu festival celebrated by women in Nepal. This day is celebrated with songs, dances and prayers dedicated to the goddess Parvati, and her union with Shiva. Many married women undergo a fasting on this day to wish and pray for their husband's long life.



This day women have a party and dress in joyful red dresses and dance down the street in groups, to the sound of music. This year the situation of COVID 19 affected the celebration in groups, consequently, the Hindu women in Nepal remained in their homes and observed this festival.

Rishi Panchami – This is the final day of Teej Festival. On this day, the women wake up early in the morning and do some ritual activities. The seven sages of Hindu pantheon are worshiped by women in a belief that it will cleanse all sins of the previous year. They take a bath with the holy red mud and revered leaves of *Datiwan*. The bath signifies that women are forgiven from all the sins they have committed. After this, they sit in a semicircle while a priest sitting in the middle chants devotional prayers.



This year, the day was observed on 11th September. The VFGH girls were involved in the rituals to mark the day. This was essential as they got the opportunity to learn the essence of the festivals we Nepalese observe.



Children's Day: On 15th September, 2021, Nepal celebrates Bal Divas/Children's Day. As Vistare Foundation Girls' Home is aware that every child is a different kind of flower, and all together, make this world a beautiful garden, the Home also observed this day with celebration. The Vistare Girls had a surprise program from the management. The girls got opportunity to celebrate and cherish this day by showing their talents before their sisters. They seemed quite cheerful to have been surprised with Children's Day Cake, sweets, & special dinner.

Constitution Day and National Day: On 20th September, 2021, Vistare Home celebrated the 6th Constitution Day and National Day of Nepal. VFGH family celebrated it all together at VFGH premises and wished all the entire Nepalese citizen a very Happy Constitution and National Day 2078 B.S. (2021 A.D.).



Vishwakarma Puja - Vishwakarma Jayanti is a day of celebration for Vishwakarma, a Hindu God, the divine architect. He is considered as Swayambhu(self-manifested) and creator of the world. He is believed to have constructed the holy city of Dwarka where Lord Krishna had ruled.



The credit of creating many fabulous weapons for the gods goes to the God Vishwakarma.



**Best speech of September
"The Best Day of My life" by Pema Mingdik Gurung**

There is hardly any living being who has never gone through ups and downs in life. Life is never a bed of roses rather it is a flowing river. There comes waves and tides. But you should not let the waves hamper your journey towards a mesmerizing life. Life is full of incidents both good and bad. Some of them may be forgotten with time whereas other leave an everlasting imprint on the mind and remain firmly in the heart and spirit forever.

One feels delighted when fortune favors but one plunges into despair during misfortune. A wise man is neither overjoyed in prosperity nor takes adversity to heart. Throughout life, I have had many memorable events. The memorable times in my life vary from being the worst times and some being the best, either way they have become milestones that will be remembered forever. I have had many good days in my life. But the best day of my life was the day I met the soul of Vistare in the end of 2012 and the day I stepped into the compound of Vistare Home in the first week of 2013. The day I stepped in Vistare, it was about mid-day and all the sisters were having lunch. I could see the smiles and hand waves from far. I had mixed feelings. I was happy, sad, afraid and lonely. Therefore, it was a colorful day. This day is also the most important day of my life.



I regard myself as a lucky girl because I became a part of Vistare family and living in a gigantic house with cozy and warm beds, better and healthy foods, better education with the opportunity to be enrolled in an English medium school. There is so much difference between whom I was back then and who I am now. It is all because of the lucky day, I got chance to meet the godfather. I have learnt countless lessons either good or bad and not leave any stone unturned since that day. I learnt to dream big and nothing is impossible because where there is a will there is a way.

Therefore, the best day of my life is the day that gave me opportunity to meet the godfather and get introduced to Vistare home as a beneficiary. It has completely changed my life and it was like miracle.

Drawing and its interpretation of September by Teeka Rai



The sketch alongside is representative of our society which is a male dominated society. Woman is being prisoned for she is not being born as son. Behind every successful man, there is woman. Success is not a possible thing to happen without the presence of woman. But still, why is it woman only who is kept in the darkness? There isn't any light given to her to be able to walk further in their life. They are being ceased to walk away from the coop like birdcage. People are unknown about how suffocating it is to just stay inside where there is only darkness.



Everyone is born free and equal. But the thing that keeps running on our mind is why are the women only there being tortured, ill-treated and abused?. It is just not fair. We are born free and equal which means treating the genders free and equal, too. No one is to be judged. Let the fate be the one and only thing to decide about the judgment of a human.





It is well known that Vistare Foundation Girls' Home conducts monthly evaluation of performance in academic and overall home activities 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 each month, it does the evaluation and announces the top one girl of the month. Rejina Thapa Magar grabbed the first position in academic and overall home activities evaluation in September 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: September- 2021
Published Month: October, 2021

Top Girl Of Overall Evaluation in 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	11	Rejina Thapa Magar	12	17.5	16.0	18.0	9.5	9.5	19.6	90.1	1st
2	41	Binita Thapa	12 - Passed	15.5	16	17.6	9.0	7.5	18.4	84.0	2nd
3	43	Swastika Gurung	12 - Passed	14.0	17.0	19.3	8.0	5.5	17.9	81.7	3rd
4	22	Chhamji Sherpa	12 - Final	16.0	16.0	18.0	6.5	6.5	17.8	80.8	4th
5	23	Kamirita Sherpa	12 - Final	14.5	15.0	16.5	9.0	7.5	17.6	80.1	5th
6	48	Nga Chhoti Sherpa	11	13.0	15.0	18.0	7.0	6.5	16.9	76.4	6th
7	9	Saraswoti Bhujel	11	14.0	15.0	16.0	6.5	7.5	16.8	75.8	7th
8	5	Lhakpa Jangmu Sherpa	12 - Final	15.5	17.0	13.5	7.5	5.0	16.6	75.1	8th
9	46	Pema Yangzi Sherpa	12 - Final	12.5	15.0	16.5	6.5	8.0	16.6	75.1	8th
10	24	Kamala Rai	Bachelor	15.0	14.0	17.0	6.5	6.0	16.6	75.1	8th
11	40	Pema Mingdik Gurung	12	15.0	15.0	15.5	6.5	5.5	16.4	73.9	9th
12	13	Tika Rai	Bachelor	11.5	15.0	15.8	7.0	6.0	15.8	71.2	10th
13	30	Radha Bhujel	BSc. Nursing-2nd Y.	15.0	13.0	13.3	7.0	6.5	15.7	70.5	11th
14	44	Pema Lhamu Sherpa	12	13.0	15.0	12.5	8.0	5.0	15.4	68.9	12th
15	10	Sukumaya Tamang	12 - Final	9.0	14.0	15.8	5.5	7.5	15.0	66.8	13th
16	25	Sabina Rai	11	14.5	13.0	9.5	7.5	6.5	14.8	65.8	14th



Name: Rejina Thapa Magar
Grade : XII
Faculty : Computer Management

Top Girl Of Academic Evaluation in September 2021!

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



Name: Rejina Thapa Magar
Grade : XII
Faculty : Computer Management

S. No.	VFGH No.	Name	Grade	Result of the month (10)	Class Performance (3)	Attitude (3)	Speech of the month (4)	Total (20)
1	11	Rejina Thapa Magar	12	9.0	2.5	3.0	3.0	17.5
2	22	Chhamji Sherpa	12 - Final	8.0	2.5	3.0	2.5	16.0
3	5	Lhakpa Jangmu Sherpa	12 - Final	8.0	2.5	2.5	2.5	15.5
4	41	Binita Thapa	12 - Passed	8.0	2.0	3.0	2.5	15.5
5	40	Pema Mingdik Gurung	12	9.0	2.0	1.5	2.5	15.0
6	24	Kamala Rai	Bachelor	7.0	2.5	3.0	2.5	15.0
7	30	Radha Bhujel	BSc. Nursing-2nd Y.	7.0	2.5	3.0	2.5	15.0
8	25	Sabina Rai	11	9.0	1.5	1.5	2.5	14.5
9	23	Kamirita Sherpa	12 - Final	7.5	2.5	2.5	2.0	14.5
10	9	Saraswoti Bhujel	11	8.0	1.5	2.0	2.5	14.0
11	43	Swastika Gurung	12 - Passed	7.5	2.0	2.0	2.5	14.0
12	48	Nga Chhoti Sherpa	11	7.0	1.5	2.0	2.5	13.0
13	44	Pema Lhamu Sherpa	12	8.0	1.5	1.0	2.5	13.0
14	46	Pema Yangzi Sherpa	12 - Final	5.0	2.5	2.5	2.5	12.5
15	13	Tika Rai	Bachelor	6.5	1.5	1.0	2.5	11.5
16	10	Sukumaya Tamang	12 - Final	3.0	2.0	2.0	2.0	9.0



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