



# VFGH THROUGH OUR EYES

## VFGH Monthly News letter



**SLOWLY  
BUT  
SAFELY**

**Asia Education Foundation (AEF)**

**VOLUME: 56  
MONTH:  
DECEMBER  
2021**

**Vistare Foundation Girls' Home (VFGH)**

### Communication Team:

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### Happy New Year 2022!



Vistare Foundation Girls' Home residential girls, staff celebrated Happy New Year 2022 at Vistare with joyful involvement in dancing, enjoying a special lunch. The girls and all the staff joined the grand celebration to make it one of the memorable moments all together.

### Christmas 2021 Celebration

25th December, 2021 was the day of greatest festival Christmas. Vistare Girls Home family celebrated a joyful Christmas festival in its home with whole Vistare family. Vistare girls decorated the Christmas tree with shining ornaments, colorful lights and the lucrative gifts with beautiful dolls. The respected staffs and members of Asia Education Foundation (AEF) were together with all the girls in the celebration.



### Short News :

- Suku Maya Tamang holds responsibility of Monitor for the month - January 2022.
- On 5<sup>th</sup> December, 2021 VFGH expressed gratitude to its all the former Volunteers on the occasion of Volunteer's Day.
- Suresh Magar, a beneficiary of Vistare Scholarship Program from 2009 to 2016 (From Grade 6 to Grade 12), paid visit to Vistare.



A small program was set to present the girls' talent in singing and dancing. The girls were also distributed splendid chocolates, cookies and Christmas cake as Christmas gifts, which was the core of attraction at the celebration. Girls enjoyed singing, dancing, and merry-making till the lunch time. Vistare captured pictures with Christmas caps with the most endless joy and jubilation on the day.

In this way, this Christmas celebration became the most memorable one for everyone at the home.

### Grade XI- XII - First Term Exam Result

Oxbridge International Higher Secondary School has published 1st Term Exam result of Grade 11 & 12. Among six Vistare girls attending this college in Grade 11 & 12, the girls' performance seem to be less satisfactory than their potentials. In aggregate, the girls have to focus in uplifting their academic grades.



The Academic team at VFGH had a counseling session with the girls for analysis of the results. All the girls have made a commitment that in upcoming exam, which is Second Term Exam, they will perform better than they have done now.

### Grade XII - 2077 B.S. Final Exam Result



Grade 12 final exam result of 2078 B.S. has been published by Nepal Education Board. The Final Exam was held in September 2021. In total, from Vistare Home, 5 girls (Lhakpa Jangmu Sherpa, Pema Yangzi Sherpa, Kamireeta Sherpa, Chhamji Sherpa and Suku Maya Tamang) had appeared the exam and all of them have passed it. VFGH congratulates them and wishes for the best in next academic step they are going to take soon.

“Families are the compass that guides us. They are the inspiration to reach great heights, and our comfort when we occasionally falter.” On 5th December, 2021, Mr. Marcos Fernandez Fermoselle the Founder President of Vistare Foundation Spain, came all the way from Spain to visit the project. Two of his friends Mr. Febrizio Pallotti and Mr. Jesus Valderrama also visited the project along with him. This year his visit was 5th to 12th December, 2021.



All of the moments for them as well as Vistare were precious. There were informal talks and some special programs conducted to honour them.



Vistare girls received clothes and shoes from Montse Rat Corula, and 'ornament hearts' from Denise O'Sullivan as gifts from Spain. The hearts had been sent to keep and know that she holds Vistare family dearly. Along with the gifts, they sent good cheer and special prayer for good health and serenity of the Vistare family. Vistare family extended warmest gratitude to them for their special gifts and sweet words of affection.

Vistare girls were very happy to receive gifts all the way from Spain. The gifts were very adorable and all the girls loved them.



Mr. Jesus Valderrama - a Founding Partner at IBA Capital Partners in Spain - held a session of an hour for the girls to share the knowledge of business on account of his experience in the business sector.



The girls benefitted from the session in which he shared his experiences related to investment in business. Vistare is very glad for his time and informative words that he shared with Vistare girls. The girls also had a pleasant and friendly time with Mr. Marcos Fernandez and Mr. Jesus Valderrama together. There were very friendly chat session, singing and experience sharing sessions which allowed everyone to know one another more.

The following day, the girls had individual session with their Godfather Marcos Fernandez Fermoselle in order to update their current status in terms of academics and future plan. This session was very helpful for each girl to have a vivid idea on their academic status and their plan for the future.



Following this, the next day, a great program- titled 'Meet, Greet and Cherish- was organized at Vistare Home to entertain Marcos sir and his friends along with the entire Vistare family and the Vistare alumni. Vistare had set a schedule with singing, dancing and experience sharing programs which went for about an hour. The current resident girls performed dances and songs. The alumni girls shared their experiences about their time, things they had learnt at Vistare. Likewise, Marcos sir and his friends also shared a few words.

Vistare family thanked everyone present at the moment for making the day and the program complete according to its theme 'Meet, Greet and Cherish'.



On 12th December, 2021 Vistare Foundation girls bid farewell to Marcos Fernandez Fermoselle and his friends. Vistare saw them off hoping to see again in 2022.



**Monitor of December 2021– Chhamji Sherpa :**

In December, I became the monitor. I tried all my best to lead along the month very smoothly. The girls were all very co-operative and the month went splendid. There were times when difficult situations came while monitoring all the girls, but as the time went by, I learned to handle them very efficiently. I am very much thankful towards Vistare family for making me capable to do things that didn't even exist within me.

So, I would like to express my deepest gratitude towards Vistare home for providing such an incredible platform to build up my confidence.

**Good Saturday In charge (Swastika Gurung and Pema Mingdik Gurung)**

For December, we - Swastika and Pema Mingdik— were in charge of Good Saturday Program. During the Saturdays of the month, we enjoyed the different occasions. We performed karaoke and played games. Many occasions such as Christmas, New Year Eve fell on Saturdays of this month. This added to our enjoyment of Good Saturday Program. The month was full of enjoyment with learning. As a whole, the month went well and we got the opportunity to learn new things and we enjoyed them, too.

**Handicraft Lesson - December 2021 – Pema Lhamu Sherpa**

As In charge of handicraft for December 2021, I would say the experience was different and not easy one. We failed in making so many stuffs using wet paper because we weren't used to making crafts out of wet papers, however, we learnt a lot. Firstly, I collected different ideas from different videos and I sent the videos via mail to all the girls.

December wasn't as expected. Fortunately, I was able to guide and make few items out of the wet paper with the coordination of all the sisters at home.

I would love to express my deep gratitude towards the Vistare Management team for the platform where I have space to grow and learn.

**Best Specific Duty Holder of December 2021**

Throughout December, I had the responsibility of monitoring grade 11 and 12 and also maintaining the shoe rack. I tried all my best to perform best. Being monitor of the class, it wasn't easy because the in charge has to look after all the cleanliness. I did all I could to keep the classroom and shoe rack clean.



I would like to thank Vistare management team for giving me this opportunity to face a great learning through experience. Now, I am capable of looking after all the things and that is all because of the VFGH Management.



(Saraswoti Bhujel was the Monitor of grade 11 and 12 and shoe rack cleanliness in charge for December)

**Extra Curricular Activities- 4th Wall magazine**



Extra Curricular Activities- 4th Wall magazine of Vistare foundation Girl's Home - Girls' activities done to sharpen their creativity. Wall magazine presentation was conducted on 9th December, 2021. The Vistare management is doing regular wall magazine activities to engage its girls in creative activities with the motive of bringing out their creativity and capabilities. The girls were divided into two groups according to their academic grades with a number of members in each group, like; Grade 11 & 12 - 6 girls with the topic 'Himalaya' (Biography of Himalaya) and Grade 12 Passed & Bachelor level - 7 girls with the topic Nourriture (Food in French). All the girls did their best to utilize their time by doing and learning new creative writing things during presentation. They wrote different kinds of things related to their wall magazine topics with the contents drawn from the internet from which they learnt many things and got new experience.

AEF Management team, Academic team and all the girls observed the presentation and exhibition. The entire group presented their work extra ordinarily and uniquely with theme of prepared materials and their hard work during their presentation. It was really good program which each and every one appreciated. The management and academic team which had visited and observed the wall magazine commented and appreciated that every girl had done their best. Everybody found it much better than last Wall Magazine Workshop and presentation, and hoped that they would do even much better next time.



**Sincere Sympathies**

Vistare Management team, academic team and entire family are grieved to have known untimely and unexpected demise of the reverend mother and father of Puja Moktan, a former residential girl.



Her mother had been bearing with the acute stage of lungs cancer since the end of 2020. She expired on 20th December 2021 while undergoing treatment. Vistare family was shocked to know that her father met with a road accident on 24th December 2021 and expired in span of four days of her mother's expiry. Vistare family expresses its heartfelt condolences to the bereaved family and pray to the Almighty that the departed soul rest in peace in Heaven. May the God give Puja and her family strength to endure this loss.

**Happy Nepal National Flag Day 2078**

The day, 17th December 2021, was very important for every Nepalese to pay respect to one of the national emblems of their country Nepal, its National flag. To teach its value to Vistare girls so that they would always inculcate the feeling of nationality, there was a small event organized here at Vistare. They were given short information about the flag and its structural meanings.



**Pleasant Visit to Vistare by a Former Teacher**

On 9th December, 2021, one of the former teachers of Vistare Foundation Girls' Home - Mr. Nishant Sigdel - visited Vistare Home after four and half years. He had left Vistare due to his further studies abroad (Canada).



The Vistare girls seemed quite pleased and cheerful to have met their former teacher after such a long time. Mr. Nishant Sigdel and the girls sat together for a moment of bliss sharing their feelings and experiences. Vistare family is very glad to have known about his success and wishes him all the best for his future.

**Best speech of December 'Money can't buy love and happiness'****- By Pema Mingdik Gurung**

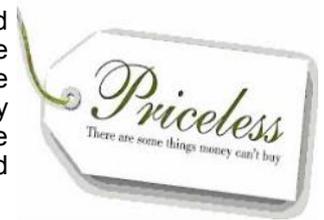
"Money can't buy love and happiness." This quote is very true because happiness is an emotional state that we get into by doing certain things, thinking about situations and even feel in ways that trigger our happiness. Whereas, love is not about money or material things or how much you can buy for a person, rather it should be earned through trust, mutual understanding, loyalty and other human traits.



We human beings are never satisfied. We always think if we just had a little bit more money, we would be happier. But when we get there, we are still not satisfied. Indeed, the more you have the more you want. So possessing more money only creates a further desire and longing for what you don't have. And this, in turn, makes you unappreciative of your current situation and consequently, not happy. In fact, money only brings you temporary happiness, but not love. It is because we humans have to survive the reality despite thick and thin and money plays a part of it but does not remind us about happiness and love.

So, human shouldn't rely on money for seeking happiness and love as the search may never succeed as when you have more, you want even more. As a good human, realizing and recognizing the true worth of money and spending it wisely can be a wise deed.

There are indeed various reasons why money can't buy love and happiness. And the first and foremost thing is that money can't buy true friends and true friendship. The next thing is that money can't buy time. Rather than wasting time to stop and buy, spend your time doing what you love to do. Moreover, money can't bring lasting happiness. The more you use money to make yourself, the more you want happiness that way which will only lead to stress and unhappiness.



Therefore, in order to be happy, you must do the things that you love doing and always be satisfied with what you have. Also, give time to see the one you love. In this way happiness and love can be obtained.

**Drawing and its interpretation of December by Radha Bhujel**

The name 'sunflower' and 'common sunflower' are usually used to refer to *Helianthus annuus* - the famous yellow sunflower. Besides *Helianthus annuus*, there are about 70 types of sunflowers. The tallest types of sunflower can grow over 16 feet tall. Most Sunflowers are native to North America and Central America except for three types that originate in South America. Young sunflowers are Heliotropic which means that they turn to follow the movement of the sun across the sky from east to west and turn back towards the east overnight. When they become mature flowers, they begin to only face the east. Like many flowers, sunflowers need a pollinator - usually a bee (but sometimes other insects) - to spread their pollen between flowers.



The sunflower is valuable from economic as well as from an ornamental point of view. The leaves are used as fodder. The flowers field a yellow dye and the seeds contain oil and are used for food. The sweet yellow oil obtained by compression of the seed is considered equal to olive or almond oil for table use. Sunflower oil cake is used for stock and poultry feeding. The oil is also used in soap and paints as a lubricant. The seed may be eaten dried, roasted or ground into nut butter and are common in birdseed mixes. My all-time favorite flower is Sunflower. They are well known being happy flowers and the perfect bloom for a summer flower to brighten someone's mood.



Vistare Foundation Girls' Home conducted its academic and non-academic regular activities in the month of December 2021.

The table presents the monthly evaluation of the Vistare Residential girls in December 2021. It was prepared on the base of their performance in their Study, Computer, English Language, Spanish language, Household activities and over all discipline during the month of December 2021 at VFGH. This month, Chhamji Sherpa stood on the top in overall evaluation and two girls named Binita Thapa and Radha Bhujel got the same marks in academic evaluation and are in the top of list. VFGH congratulates all the three girls for the achievement and encourages rest of the girls to do better than before.

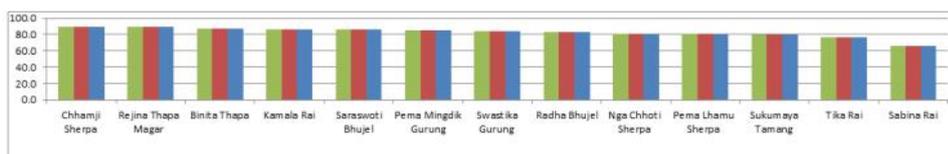
Asia Education Foundation  
Vistare Foundation Girls' Home  
Monthly Evaluation Report  
Month: December - 2021  
Published Month: January 2022

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	22	Chhamji Sherpa	12 - Passed	16.5	16.0	19.6	9.5	9.0	19.1	89.7	1st
2	11	Rejina Thapa Magar	12	18.7	17.0	18.0	9.5	7.5	18.7	89.4	2nd
3	41	Binita Thapa	BDS- Preparation	19.2	16	18.8	9.5	6.0	18.1	87.7	3rd
4	24	Kamala Rai	Bachelor	18.4	17.0	17.5	10.0	5.5	18.1	86.5	4th
5	9	Saraswoti Bhujel	11	16.8	15.0	18.0	9.5	8.0	18.8	86.1	5th
6	40	Pema Mingdik Gurung	12	17.4	16.5	18.0	9.5	6.0	18.4	85.8	6th
7	43	Swastika Gurung	PCL Nursing - Preparation	18.2	14.5	18.3	9.5	6.0	17.6	84.2	7th
8	30	Radha Bhujel	BSc. Nursing-2nd Y.	19.2	16.5	14.5	9.5	6.0	17.9	83.6	8th
9	48	Nga Chhoti Sherpa	11	13.0	17.0	18.0	9.0	6.5	17.9	81.4	9th
10	44	Pema Lhamu Sherpa	12	15.2	15.0	16.5	9.0	7.5	17.8	81.0	10th
11	10	Sukumaya Tamang	12 - Passed	10.3	16.5	18.5	8.0	7.5	18.7	79.5	11th
12	13	Tika Rai	Bachelor	10.0	16.5	18.2	8.5	6.5	17.4	77.1	12th
13	25	Sabina Rai	11	14.5	13.0	10.5	8.5	5.0	14.9	66.4	13th

**Top Girl Of Overall Evaluation in December 2021!**



Name: Chhamji Sherpa  
Grade : XII Passed  
Faculty : Management



**Top Girls Of Academic Evaluation in December 2021!**



Name: Binita Thapa  
Grade : MCEE Preparation



Name: Radha Bhujel  
Grade : BSc. Nursing 2nd Year

Asia Education Foundation  
Vistare Girls Home Academic Evaluation  
All Level Girls (13)  
Month: December 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	41	Binita Thapa	BDS- Preparation	10.0	3.0	3.0	3.2	19.2
2	30	Radha Bhujel	BSc. Nursing-2nd Y.	10.0	3.0	3.0	3.2	19.2
3	11	Rejina Thapa Magar	12	9.5	3.0	3.0	3.2	18.7
4	24	Kamala Rai	Bachelor	9.0	3.0	3.0	3.4	18.4
5	43	Swastika Gurung	PCL Nursing -Preparation	10.0	3.0	2.0	3.2	18.2
6	40	Pema Mingdik Gurung	12	10.0	2.0	2.0	3.4	17.4
7	9	Saraswoti Bhujel	11	9.0	2.0	3.0	2.8	16.8
8	22	Chhamji Sherpa	12 - Passed	7.5	3.0	3.0	3.0	16.5
9	44	Pema Lhamu Sherpa	12	8.5	1.5	2.0	3.2	15.2
10	25	Sabina Rai	11	9.5	1.0	1.0	3.0	14.5
11	48	Nga Chhoti Sherpa	11	5.0	2.0	3.0	3.0	13.0
12	10	Sukumaya Tamang	12 - Passed	2.5	3.0	2.0	2.8	10.3
13	13	Tika Rai	Bachelor	10.0	0.0	0.0	0.0	10.0

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