



# VFGH THROUGH OUR EYES

## VFGH Monthly News letter



**SLOWLY  
BUT  
SAFELY**

### Asia Education Foundation (AEF)

### Vistare Foundation Girls' Home (VFGH)

**VOLUME: 55  
MONTH:  
NOVEMBER  
2021**

#### Communication Team:

- Swastika Gurung
- Sweta Dhungel
- Tulsu Maharjan
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#### Short News :

- Chhamji Sherpa holds responsibility of Monitor for the month - December 2021.
- Winter Season Vegetables planted in the VFGH Kitchen garden.

#### Merry Christmas 2021 and Happy New Year 2022



Vistare Foundation Girls' Home along with Asia Education Foundation extends "May the beauty, spirit, and magic of this wonderful Season live with you through the New Year". Vistare Family wishes on the occasion of Christmas 2021 and New Year 2022!"

Asia Education Foundation and Vistare Foundation Girls' Home family expressed gratitude to all the partners, supporters and well-wishers for their continuous support. It is with the generous support that AEF and VFGH are able to educate and bring changes in the lives of numerous Nepali students who are in need of it.

#### Happy Thanks Giving- 25 November 2021

2021 has been a difficult year. Vistare Foundation - Asia Education Foundation are thankful to all who have been taking care of the sick and downtrodden people around the world.



Happy Thanks giving! Vistare Family is grateful to the well-wishers, supporters and their family - Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough.

#### Tihar Celebration at Vistare Foundation Girls' Home!

Second of the greatest festivals of Nepal began on 3rd November and ended on 6th November 2021. The first day was observed as Kaag (crow) Tihar. On the second day i.e. 4th November, Kukur (Dog) Tihar was celebrated. The pet dog at Vistare, Jambo, was worshipped traditionally by offering them Tika, garlands and their favorite food.



5th November 2021, VFGH celebrated Laxmi Puja, the third day of Tihar. They celebrated it by doing different activities. The surrounding of the home is neat and clean every day, but on this day, it's specially focused on more cleaning of Vistare home and surrounding to make the goddess Laxmi happy. The girls made beautiful Rangoli (a colorful art pattern made with Vermilion and other different colored powder) in front of the main entrance. They decorated the home with lights and flower garlands.

In the evening, they worshipped goddess Laxmi all together, since Laxmi is regarded as the goddess of wealth. Girls were blessed with Tika, they conducted Bhailo program (a special program usually observed in this festival in which a group of people visit houses in the community and the house-owner needs to give money and other food stuffs after finishing the song, Bhailo). They started it from their own home VFGH and visited other few houses around the community, too.



#### 6<sup>th</sup> Nov, Bhai Tika:

On the Bhai Tika or the main day of Tihar, the girls dressed up and prepared themselves for the puja of Brothers. They offered tika to Ronash and Shaisab - Vistare girls' brothers. They offered prayers and gave them different sweets and fruits. Girls also offered tika and garland to the brothers. The brothers received a variety of fruits and packaged food while the sisters received cash, sweets and warm sweatshirt as gift from their brothers.



**Monitor of November 2021- Swastika Gurung :**

The month of November, 2021 was a great month for me as I held the responsibility of captain. I had been monitor before but it didn't feel like what I had felt before. On those days, I used to have some sisters for assistance but this time I was alone and it was more or less difficult for me. The month was challenging. I learned many things and thus, came to know different situations that I needed to handle smoothly and safely. I did my best in the smooth running of the home. I listened to the girls and tried to maintain peace at home. I checked the cleanliness and discipline of the girls. Moreover, I evaluated the girls at the end of the month. I learned many things myself, like patience and discipline. This month has been the month of learning for me as I learned load of things.

I would heartily like to thank the Vistare Home management team for providing such a great opportunity to learn more and build more confidence. Thank you very much!

**Tihar Vacation - Suku Maya Tamang**

Tihar is the second biggest festival celebrated in Nepal after Dashain. Tihar is also called Dipawali. In Tihar Festival, people keep their houses and surrounding very neat and clean. They decorate their houses with flowers, pictures and keep oil lamps burning at night. Moreover, different patterns and designs are also made on the floor using colors, rice and sand etc.



During this Tihar vacation, I went to visit my uncle's home first and from there I went to my home with my father. I was really glad to meet my family after long time as it had been two years I had not got chance to meet them due to COVID-19 Pandemic. My 15 days Tihar vacation went really good and had had good words to share with each of us in family. I was really happy to feel my village life and then spent my vacation with all of the relatives, friends and neighbors. I got to know more about my village and family. In Tihar festival, many people play Deusure in the village. It was really entertainment part of it. After returning back to VFGH, I spent the whole day as a last day to stay with my family. I was really happy to see everyone. I got blessing and Tihar Festival special gifts from Vistare Home.

**Handicraft Lesson - November 2021- Chhamji Sherpa**

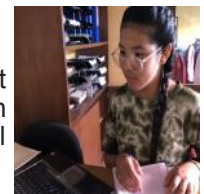
The foremost thing of being handicraft in charge for me was that I could share my imaginative ideas with all the sisters building co-operation and teamwork. I am very much content because all the plans I have made was successful and this November I had planned to utilize most of the natural elements such as stone, wood etc. also the unwanted tissues so as to give them a second chance. Many thanks to the VFGH management team for giving me the opportunity to unleash my potential.



**Best Specific Duty Holder of November 2021 - Pet care and TV, CD/ DVD/ In charge Pema Mingdik Gurung**

For the month of November 2021, I was sports in charge, pet care in charge and TV, CD/DVD/ in charge. During this role, I was responsible to take good care of Jambo, feed him well and clean the kennel. My responsibility was also to make all the sisters play games as part of entertainment as well as to stay healthy.

Likewise, I was also the TV, DVD\CD in charge. Thus, during the month, I got to learn a lot of useful things that will help me in the near future. Moreover, I feel happy to have been entrusted with such responsibilities as it makes me feel more responsible. Therefore, I will do my best in the coming days, too.



### Best speech of November "Importance of Good Hygiene." - By Pema Lhamu Sherpa



Good Hygiene in a word can be said as the state of the body that is away from illness and dirt. It is the method of staying safe, neat and clean and aware all the time. As a human, the importance of good hygiene is very high and it is mandatory to practice on daily basis. Good hygiene is like a protective uniform that makes you look smart wherever you step. When you maintain good hygiene, you are half way better and successful in your daily work. Additionally, you are also healthy mentally and physically. Most importantly, you are welcomed and liked by people around you. They also tend to appreciate and learn from you. Hygienic people are smart and comparatively better. They simply stand out of the crowd. They are health conscious and alert.

They know the right and wrong along with what to do and not to do. Similarly, good hygiene doesn't only mean a clean and fit body but it also includes clean thoughts, better behavior and best health. On the other hand, the people with poor hygiene are disliked by people and barely welcomed by people. Worst of all, even their friends dislike and avoid them. The people with poor hygiene might even force discrimination. People with poor hygiene are odd and weak because the people around them don't care and support them. Moreover, the people with poor hygiene must apply some good traits in their life and should gradually head towards good hygiene and good health. They should learn to believe in changes and improvements rather than stay stuck in the same place. They should realize its importance as early as possible because they might end up regretting after they realize. Implementing good habits to go towards good hygiene should never be an option as it's the need to also follow up the important methods.

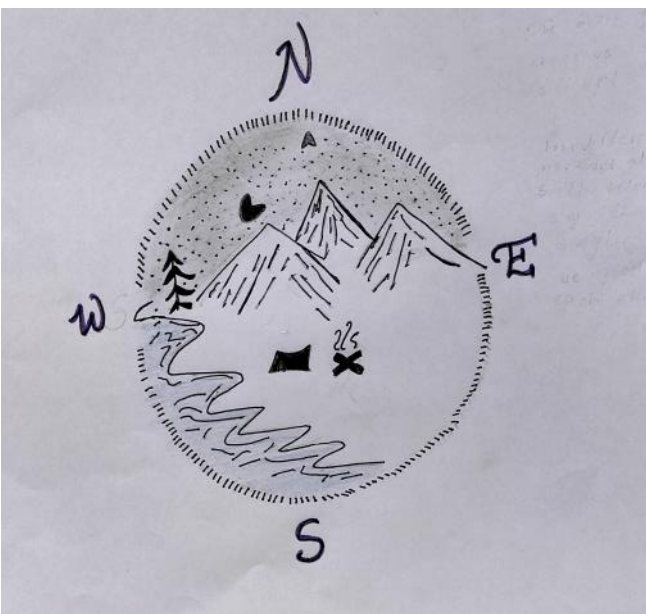
For example, if two friends grew up together but only one of them knew about the importance of good hygiene, then the other one is most likely to remain back while the one, who knew leads happy and better life. When the friend is moving on with great life, the next friend is most likely to remain at the back and discourage and tend to draw his limitation by himself instead of realizing and learning.



Thus, Good Hygiene is similar to armor to war. The struggle and phases that a human goes through requires it and presence of it in life makes life go safe and healthy. It also supports us with good and clear thoughts along with better energy to move ahead. Realizing the importance of good hygiene, it is the best thing that a person can do before it's too late. Good hygiene is a plus point in this competitive yet fast moving world.

### Drawing and its interpretation of November by Saraswoti Bhujel

The picture shows four different directions. It shows that all the directions have different climatic conditions. East, West, North, and South.



Throughout the year different kinds of changes in the climate can be seen. It is a natural process. Furthermore, when it is day in the South the North is night and also when the East is cold, the West is hot.

So, the picture relates the life of a person. Our life may not always be full of good things. We may need to go through different ups and downs. But we shouldn't panic when we are suffering and shouldn't be overwhelmed in our good time.




The month November was also the time of festivities in the entire country. VFGH observed the greatest festival Tihar in this month. The vacation was short time and celebrated inside the Vistare Foundation Girls' Home though it was the festive time with 5 days festival vacation. Vistare Foundation Girls' Home conducted its academic and non-academic activities as usual with a slight modification in its regular schedule.

The table presents the monthly evaluation of their performance in academic and overall home activities at VFGH. This month, Rejina Thapa Magar stood on the top in overall evaluation and three girls named Rejina Thapa Magar, Chhamji Sherpa & Pema Lhamu Sherpa got the same marks in academic evaluation and are in the top of list. VFGH congratulates both 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: November- 2021  
Published Month: December, 2021

S. No.	VFGH No.	Name	Grade	Academic Performances (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	18.5	18.0	18.8	9.0	8.5	18.9	92.7	1st
2	43	Swastika Gurung	PCL Nursing -Preparation	15.0	18.9	19.1	9.8	8.8	19.0	91.7	2nd
3	22	Chhamji Sherpa	12 - Passed	18.5	17.0	19.0	9.0	7.0	18.9	90.4	3rd
4	41	Binita Thapa	BDS- Preparation	15.0	18	19.4	9.0	9.0	18.9	90.3	4th
5	40	Pema Mingdik Gurung	12	17.5	18.0	16.0	9.0	9.5	18.8	89.8	5th
6	48	Nga Chhoti Sherpa	11	18.5	17.0	18.5	9.0	9.0	18.8	89.8	5th
7	44	Pema Lhamu Sherpa	12	18.5	17.0	17.0	9.0	8.5	18.5	89.5	6th
8	10	Sukumaya Tamang	12 - Passed	18.5	17.0	19.1	7.0	7.5	18.3	86.4	7th
9	24	Kamala Rai	Bachelor	18.0	18.0	18.0	8.0	8.0	18.0	85.0	8th
10	13	Tika Rai	Bachelor	11.5	16.0	19.8	9.0	7.0	18.0	82.3	9th
11	9	Saraswoti Bhujel	11	15.5	16.0	16.0	7.0	7.0	18.0	80.5	10th
12	30	Radha Bhujel	BSc. Nursing-2nd Y.	15.5	15.0	17.0	8.0	6.0	18.0	80.5	10th
13	25	Sabina Rai	11	16.0	14.0	13.0	8.0	6.0	16.0	74.0	11th

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



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

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



Asia Education Foundation  
Vistare Girls Home Academic Evaluation  
All Level Girls (13)  
Month: November 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	11	Rejina Thapa Magar	12	10.0	3.0	2.5	3.0	18.5
2	22	Chhamji Sherpa	12 - Passed	10.0	3.0	2.5	3.0	18.5
3	44	Pema Lhamu Sherpa	12	10.0	3.0	2.5	3.0	18.5
4	40	Pema Mingdik Gurung	12	10.0	2.5	2.5	2.5	17.5
5	10	Sukumaya Tamang	12 - Passed	10.0	2.5	2.0	2.0	16.5
6	48	Nga Chhoti Sherpa	11	9.0	2.5	2.5	2.5	16.5
7	24	Kamala Rai	Bachelor	7.5	3.0	2.5	3.0	16.0
8	25	Sabina Rai	11	9.0	2.0	2.0	3.0	16.0
9	9	Saraswoti Bhujel	11	8.0	2.5	2.5	2.5	15.5
10	30	Radha Bhujel	BSc. Nursing-2nd Y.	7.5	2.5	2.5	3.0	15.5
11	41	Binita Thapa	BDS- Preparation	7.5	2.0	2.5	3.0	15.0
12	43	Swastika Gurung	PCL Nursing -Preparation	7.5	2.0	2.5	3.0	15.0
13	13	Tika Rai	Bachelor	7.5	1.5	1.0	1.5	11.5



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