



VFGH THROUGH OUR EYES

VFGH Monthly News letter



**SLOWLY
BUT
SAFELY**

Asia Education Foundation (AEF)

Vistare Foundation Girls' Home (VFGH)

**VOLUME:60
MONTH:
APRIL 2022**

Communication Team:

- **Binita Thapa**
- **Chhamji Sherpa**
- **Sweta Dhungel**
- **Tulsi Maharjan**
- **Rohini Dhungel**

Short News :

- SukuMaya Tamang holds responsibility of Monitor for May 2022.
- The Pre-board of Grade 11 and 12 and Bachelor level 1st Term Exam completed.
- Celebrated Mata Tirtha Aushi by remembering each and every mother of Vistare girls.
- Celebrated the Akshaya Tritiya by remembering the day and having the saatu and sarbat.
- Celebrated the Chaite Dashain; It is celebration of the victory of good over evil according to Hinduism. In Nepal, this festival is observed as the second Dashain.

Nepali New Year 2079 B.S.

14 April, 2022, as every year, this year also Vistare Foundation Girls' Home (VFGH) organized the Yearly Nepali New Year Picnic. This year the picnic day was spent at Balkumari Temple Sunakothi picnic spot premises. The New Year picnic is celebrated along with Vistare Alumni girls, Asia Education Foundation Members, staff, well-wishers and the whole Vistare family usually.



VFGH team did many entertainment activities to make the day more effective, girls got the full enjoyment. They played many games which were organized by VFGH sports team. Girls were divided into three groups like: Hibiscus (Cleaningness Part), Lotus (Food Preparation Part), Tulip (ECA, Sports, Photo & Video). Most of the staff and members of the organization had visited VFGH team at Sunakothi and made the day more memorable and enjoyable.

Radha Bhujel - BSc. Nursing Student - 1st Year Result published

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 passed with remarkable marks in her 1st-year final exam. She has completed her BSc 1st year and now studying in the 2nd year with hospital duty as practical requirement of the course. Vistare Foundation always encourages her to do best and is very delighted to see her effort in the study.



Happy Earth Day 2022



Earth Day is an annual event celebrated around the world to demonstrate support for environmental protection. On 22nd April 2022, Vistare observed World Earth Day. The theme for Earth Day 2022 is "Invest In Our Planet". This is the moment to change it all — the business climate, the political climate, and how we take action on climate.

'This Earth Day - and everyday - should encourage us to reflect on what we are doing to make our planet a more sustainable and livable place. This is the knowledge Vistare imparted to its girls on this day. This also makes the girls aware that they may not be able to make a huge impact in the planet, but at least, they should not carry out the things that harm its natural state.



Monitor for April 2022 – Binita Thapa

Though I had been chosen as a monitor many times, as the monitor for April, I was really nervous because I was given this responsibility after a really long time. I wasn't chosen because of the academic condition. This month, I tried my best to look after all the responsibilities. All the girls cooperated with me and helped me to fulfill my responsibilities easily. Although I tried my best to do my best, in the end I realized that I had many shortcomings and can't wait to improve them next time. At last, I would like to express my inner gratitude for providing such an amazing platform to experience astonishing experiences which are very helpful for my career, too.



Good Saturday In charge of April 2022 – Pema Lhamu Sherpa

For the month of April 2022, I was the Good Saturday Program in-charge and it was a great month. During the month, I planned to do different activities on different Saturdays. For the first Saturday, we decided to do Karaoke, solo performance, Zumba and even watched the slam poetry videos back to back. All Saturday evenings went effectively and were entertaining. We all enjoyed the evening. All in all, I learnt so much this month.



Best Specific Duty Holder - Shoes Rack and Wall Photo Frames, Painting, Fire Extinguisher, Statue Cleanliness Leader - Saraswoti Bhujel



During the month of April, I held the responsibilities of Shoes Rack and Wall Photo Frames, Painting, Fire Extinguisher, Statue Cleanliness Leader. Throughout the month, I tried my best to keep the shoe rack managed. I asked girls to keep the shoes and slippers managed. I cleaned wall photo frames, paintings, fire extinguisher, statue two days a week.

Finally, I would like to thank all the Vistare Family for giving me such a great opportunity.

Internship Program - One more news to share!

One more news to begin cheerfulness in the face of Vistare team. Teeka Rai started her internship as Data Entry Assistant at human resource consulting company "People 2 People"(P2P). People 2 People as a Human Resource Consultancy provides comprehensive services in the area of Human Resources to organizations within Nepal. As a strategic partner to clients, P2P helps build capacity to meet organizations' unique human resource challenges. Its registered office is located at Patan Dhoka, Lalitpur, Nepal.

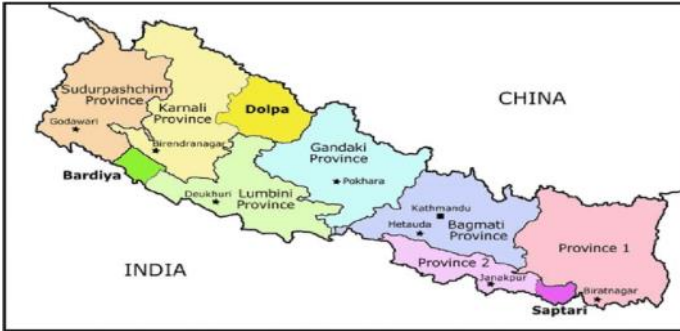
Vistare Home/ Asia Education Foundation congratulated Teeka who is on the path of independent career and expressed their best wishes for the new stage of her professional career. Vistare extended its special thanks to Ms. Rashmi Joshi, board members of Asia Education Foundation, for the coordination and cooperation to enroll Teeka at her company "People 2 People".

Teeka Rai shares her experience:

It's been a month and half that I've done my intern in a company named "People 2 People". It is a human resource consulting company. I work there as a "Data Entry Assistant". During this period, I have learned a lot. First day for me was confusing one. But later, I learned, and the things have got a lot easier day by day. Though the work there is a load one, I have been trying to manage my time in doing my work perfectly and patiently. Still I have to learn a lot. I have taken this as an opportunity to grow my knowledge and skills. Life is all about experience. So, it really is one of the best and important experiences for my life. The best thing about it is that every one in the organization is very supportive and cooperative. I feel quite comfortable working there as I have two days off i.e. on Saturday and Sunday which is very favourable for me as I am also doing my Bachelor's level second year studies. I can give my full time for my studies during the off days.



Best Speech of the Month, "New Nepal"- By Kamala Rai



Our country Nepal has carried many histories to become a new Nepal. At present, Nepal is governed according to the constitution which came into effect on 20th September 2015 replacing the interim constitution of 2007. The constitution reconstructed Nepal into a federal republic by dividing the nation into seven provinces.

In the 68 years history of constitutional development up to this constitutions in different time periods, with previous constitutions being enacted in 1951, 1959, 1962, 1990 and 2007. The Nepalese people involved in movements, armed conflict, dedication and sacrifice for the country's progressive change. Many great martyrs i.e Sukraraj Shastri, Gangalal Shrestha, Dharma Bhakta Mathema, Dashrath Chand were executed while making contributions for the welfare of the nation and to remove the Rana Regime and bring the sweet dream in whole nation.



After the mass movement second, the autocratic monarchy had been removed from Nepal. Everyone believes that this system will lead Nepal towards the path of development and success. As the whole nation has been divided, it will encourage decentralization of power and facility. Due to the federal system, the local development activities will be more efficient. In New Nepal, Nepalese people will be free from inequality, social evils, and chain of discrimination, untouchability, class division and so forth. Both boys and girls will be provided quality education; given a chance to participate in making policy, decisions also get a chance to work in government offices. There will be healthy competition among the states and people will be more enthusiastic to develop their states.

To sum up, I want to share something about the poem 'New Nepal' by Siddhicharan Shrestha in which he encourages us to change Nepal by transforming old Nepal into New Nepal. And this is all possible if we unite and destroy social evils from our country. The poet asks us to speak up the truth and speak up for the rights. He suggests us not to follow the chain of discrimination, false belief, corruption and instead he encourages us to be brave and move on to a bright day.



Drawing of "Women Empowerment " and its interpretation of April 2022 by Sabina Rai

Women Empowerment

Women are the medium of the world to move the wheel of life. They are the real architects of society. The empowered women are powerful beyond measure and beautiful beyond description. A strong woman has a faith that she is strong enough for the journey. But a woman of strength has faith that it is in the journey that she will become strong.



Evaluation is one of the safest ways of assessing a person's progress and learning competencies. Academically and non-academically, the girls at Vistare Foundation Girls' Home are assessed every month in order to bring out the best in them and most importantly, to encourage them to move towards perfection sorting out their shortcomings.

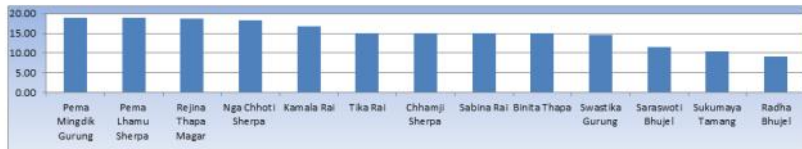
The following tables present the monthly evaluation of the Vistare Residential girls in April 2022. This month, two girls - Pema Mingdik Gurung and Pema Lhamu Sherpa - stood on the top in academic evaluation. Likewise, Rejina Thapa Magar stood on the top in overall evaluation. VFGH congratulates the three girls for the achievement and encourages rest of the girls to do better than this.

Asia Education Foundation
Vistare Girls Home Academic Evaluation
All Level Girls (13)
Month: April 2022
Published Month: May 2022

S. No.	VFGH No.	Name	Grade	Result of the month (10)	Class Performance (3)	Attitude (3)	Speech of the month (4)	Total (20)	Position
1	40	Pema Mingdik Gurung	12	10.0	3.0	3.0	3.0	19.00	1st
2	44	Pema Lhamu Sherpa	12	10.0	3.0	3.0	3.0	19.00	1st
3	11	Rejina Thapa Magar	12	10.0	3.0	3.0	2.8	18.80	2nd
4	48	Nga Chhoti Sherpa	11	9.5	3.0	3.0	2.8	18.30	3rd
5	24	Kamala Rai	Bachelor Level - II	8.5	2.0	3.0	3.2	16.70	4th
6	13	Tika Rai	Bachelor Level - II	8.0	2.0	2.0	3.0	15.00	5th
7	22	Chhamji Sherpa	Bachelor Level - I	6.0	3.0	3.0	3.0	15.00	5th
8	25	Sabina Rai	11	10.0	3.0	2.0	0.0	15.00	6th
9	41	Binita Thapa	Bachelor Level - I	6.0	3.0	3.0	3.0	15.00	7th
10	43	Swastika Gurung	Bachelor Level - I	7.5	2.0	2.0	3.0	14.50	8th
11	9	Saraswoti Bhujel	11	3.0	3.0	3.0	2.4	11.40	9th
12	10	Sukumaya Tamang	Bachelor Level - I	2.0	3.0	3.0	2.4	10.40	10th
13	30	Radha Bhujel	BSc. Nursing- II	0.0	3.0	3.0	3.2	9.20	11th

Top Girl Of Overall Evaluation - April 2022 !

Name: Pema Mingdik Gurung
Grade : XII
Faculty : Science



Name: Pema Lhamu Sherpa
Grade : XII
Faculty : Hotel Management

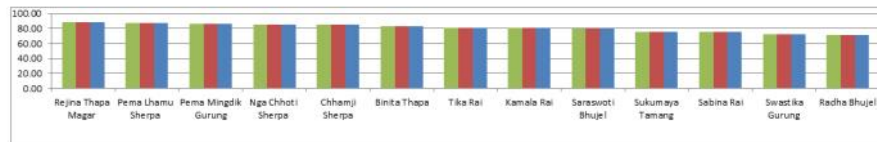
Top Girl Of Academic Evaluation - April 2022 !



Name: Rejina Thapa Magar
Grade : XII
Faculty : Management

Asia Education Foundation
Vistare Foundation Girls' Home
Monthly Evaluation Report
Month: April 2022
Published Month: May 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	11	Rejina Thapa Magar	12	18.80	17.00	16.50	9.00	8.50	18.95	88.75	1st
2	44	Pema Lhamu Sherpa	12	19.00	16.50	17.00	8.00	8.50	18.25	87.25	2nd
3	40	Pema Mingdik Gurung	12	19.00	18.50	14.50	9.00	7.00	18.00	86.00	3rd
4	48	Nga Chhoti Sherpa	11	18.30	17.00	17.00	7.00	8.00	18.33	85.63	4th
5	22	Chhamji Sherpa	Bachelor Level - I	15.00	17.00	18.00	9.00	8.00	18.25	85.25	5th
6	41	Binita Thapa	Bachelor Level - I	15.00	16.75	17.35	8.58	7.83	17.38	82.89	6th
7	13	Tika Rai	Bachelor Level - II	15.00	18.50	16.33	7.50	6.50	17.46	81.29	7th
8	24	Kamala Rai	Bachelor Level - II	16.70	16.50	15.50	6.50	8.50	17.43	81.13	8th
9	9	Saraswoti Bhujel	11	11.40	16.50	18.00	7.50	9.50	17.23	80.13	9th
10	10	Sukumaya Tamang	Bachelor Level - I	10.40	17.50	17.17	6.00	9.00	16.00	76.07	10th
11	25	Sabina Rai	11	15.00	14.00	15.50	8.50	6.50	15.88	75.38	11th
12	43	Swastika Gurung	Bachelor Level - I	14.50	18.50	10.50	7.50	6.00	15.25	72.25	12th
13	30	Radha Bhujel	BSc. Nursing- II	9.20	17.00	13.50	8.00	8.00	15.43	71.13	13th



United we stand, divided we fall



The proverb – united we stand, divided we fall, is a proverb that encourages people towards unity. The term 'united we stand' means that as long as a group of people stay united and protect each other, they will be able to protect themselves from bigger threats. We stand with you, be a part of change.

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