



# VFGH THROUGH OUR EYES

## VFGH Monthly News letter



**SLOWLY  
BUT  
SAFELY**

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

**VOLUME: 65**  
**MONTH:**  
**SEPTEMBER**  
**2022**

### Communication Team:

- Pema Mingdik Gurung
- Sweta Dhungel
- Tulsi Maharjan
- Rohini Dhungel

### Short News :

- Radha Bhujel holds the responsibility of Monitor for October 2022.
- Seasonal Vegetables planted in the VFGH Kitchen garden.
- VFGH all level girls attend the internal exams conducted by their institutions in the last week of September 2022.
- World Tourism Day was on 27<sup>th</sup> September, 2022 VFGH also wishes all Happy World Tourism Day!

### Happy Festive Season



Happy Festive Season !  
Let the boundless happiness remain,  
In the minds and hearts of all of us,  
and blissful moments of prosperity remain!  
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,  
Deepawali and Chhath 2022.

### The Greatest Festival Dashain Vacation at Vistare Home

The festive Dashain holiday this year began from 26th September and ended on 10th October 2022. This year, out of 10 resident girls at Vistare, the parents/guardians of 8 girls took their daughters home to celebrate this festival during the holiday.

The other 2 girls remained at Vistare along with the Director of the organization during the holiday time as all the staff and most of the girls were 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.

### Higher Secondary Level Vistare Girls Graduate

On 2nd September, 2022, Grade 12 results were published by National Education Board (NEB). This year from Vistare Home, there were three girls (Pema Lhamu Sherpa, Pema Mingdik Gurung and Rejina Thapa Magar) who appeared the Grade 12 Final exam.



All the three girls obtained overall GPA B+. Pema Lhamu Sherpa was able to secure a GPA of 3.03, Pema Mingdik Gurung 3.02 and Rejina Thapa Magar was able to secure GPA 2.98.



**Monitor for September 2022 – Pema Mingdik Gurung**

In the month of September, I held the responsibility of monitor of the month. Since it was my first time holding the responsibility it was a bit harder than I expected. Yet, I got a chance to learn a lot of new things. I got an opportunity to improve my leadership skills. I also learnt how to deal with the situations and it was nice experiencing something new. At last, I would like to express my gratitude towards the Vistare Management team for this incredible opportunity. At Vistare, we are getting a big chance to gather all the experiences which are very important for our life.



**Best Specific Duty Holder of September 2022 - Dog in-charge – Nga Chhoti Sherpa**

"Dogs are not our whole life, but they make our lives whole." – Roger Caras

As for the month of September I became the dog in -charge. I used to look after the dog like by keeping clean water and giving the dog food on time.



It was good to be dog in-charge and I tried my best to do. I also to put mat at night time and also check the garden.

**Farewell to Higher Secondary Graduates**

Vistare Foundation Girls' Home Grade 12 graduated girls attended the Farewell Programme organized by their college Oxbridge International Higher Secondary School.



In Academic Session 2078 B.S., there were three girls who appeared the Grade 12 final exam from Vistare Home. However, out of three girls, two girls named Pema Lhamu Sherpa and Rejina Thapa Magar were released voluntarily from Vistare Foundation Girls' Home after they graduated the Higher Secondary (10+2) with good marks. Pema Mingdik Gurung is still a residential student at Vistare Home. Currently, she is attending Medical Entrance preparation institute and preparing for Common Medical Entrance Exam with the hope and aims to study medicine in near future.



**Internship Program - One more success to share in 2022!**

Vistare continues to succeed in its objective. One more news to begin cheerfulness in the face of Vistare team. One more independent journey has begun. Suku Maya Tamang 10+2 Graduate in Business Management and currently studying Bachelor in Business Studies (BBS) 1st year has started her Internship as an Office Assistant at a Travel Agency named Himalayan Trails Trekking and Climbing based at Jyatha, Thamel, Kathmandu, Nepal.

Himalayan Trails Trekking & Climbing is a locally established company located in Nepal, with its own distinguished brand. They are a team of local professionals, energetic and proficient youths working in the Himalayas and wilderness since 1993. Substantially, they are legally registered trekking company offering travelers and nature lovers with an ultimate adventure experience of a lifetime. They are very privileged and thrilled to give you the essence of Nepal, 'the roof of the world'.

**Suku Maya Tamang shares her experience:**

Profession can be understood as the activity that helps one to make their living or accept happiness in life. Not only that, the professions are the main key to stand on your own feet and live independently. I attended a few interviews in different companies without any success. However, eventually, I was selected in Himalayan Treks and Trekking & Climbing as an Assistant. I began doing an internship since 8th August 2022. I am very new for working atmosphere. In the beginning, it was quite difficult for me to adjust at working office and as well as outside of the office. I feel awkward to say that I was unknown about the way from office to home but slowly and gradually, I recognized and remembered the way and it is familiar to me now.



I am learning quite slow but I am learning my official work and assisting in day to day office activities. I learn tally, journal voucher for accounting assistance, Travel permit, insurance for the trekking purpose and for office assistant and how to withdraw and deposit money from bank. I got idea and knowledge about front office management. I am learning with cooperation and coordination from the office management and learning day by day which is needful for the post of Trekking Office assistant.

**Children's Day:** On Bhadra 25, 2079 B.S. (13<sup>th</sup> September, 2022) Nepal celebrates Bal Divas/Children's Day.

As Vistare Foundation Girls' Home is aware that every child is unique with different and special potential making this world a beautiful garden, the Home also observed this day with celebration along with the Academic team. Their cheerful face displayed bliss and contentment having got Swiss rolls & special dinner.

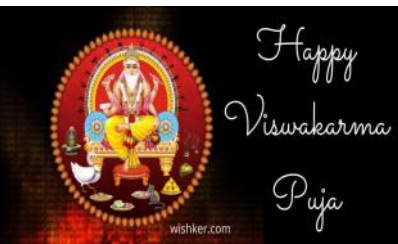


**Constitution Day and National Day:** On 20th September 2022, Vistare Home celebrated the 7th Constitution Day and National Day of Nepal. VFGH family celebrated it all together at VFGH premises and wished all the entire Nepalese citizen a very happy Constitution and National Day 2079 B.S. (2022 AD)



**Vistare Home observed the Vishwakarma Puja at Vistare Residence**

Vishwakarma Jayanti marks the birth of the celestial architect Lord Vishwakarma. Each year 17th of September is celebrated as Vishwakarma Puja, and likewise, it's the same for 2022. In Nepal, Biswakarma Diwas falls on the 1st of Ashwin. This day witnesses religious happenings all around the technological world. India and Nepal witness great devotion and enthusiasm on the day of worshipping Lord Bishwakarma. The Lord is hailed by offering worshipping and different delicacies in order to seek blessings and good fortune by the devotees on this day.



Architects, engineers, labourers, mechanics, smiths, welders, industrial workers and all others associated with this tech world celebrate Vishwakarma Jayanti or Vishwakarma Puja. Vistare Home followed the ritual of worshipping Vishwakarma to teach its resident girls the essence and value of festivals along with the religious rituals performed. The girls performed puja at Vistare for the proper functioning, abundance, sustenance, growth and prosperity of their vehicles, machinery and tools.

**Social Work Day - 6th Asoj (23 September )**

Vistare Foundation Nepal is involved in Social work since October 2007 till date with the slogan of "Walk Slowly and Slowly (Vistare,Vistare) and reach safely." Although Vistare's each and every moment is devoted for the social work and education of the few of underprivileged girls of Nepal, it cannot help all but by helping a good number of girl students, it is contributing to produce well educated citizens for Nepal.



Every day is social work day for Vistare but as a day indicated in Nepal is 6th Asoj (22,September ), all of the Nepalese celebrate the day on their own way and the Social Welfare Council celebrated the day with different programs and award distribution ceremony here in Nepal.



**Alumni Girl Gives a Hand to Vistare Home in Dashain Vacation**



During Dashain time, Rosy Karki helped to plan the time of those girls who wanted to go home for vacation. She coordinated and cooperated with Vistare Management team to do the documentation and paper work for temporary release of the girls for Dashain vacation. She carried out the official paper work by filling up form taking note of the things the girls took during the vacation. She also filled up the legal document and paper work after completion of the vacation form. She clicked the photos of the guardians and the girls.

**Happiness of Seeing Vistare Alumni at Vistare Home** - During September 2022, Alumni girls Rosy Karki, Kala Rai, Pema Lhamu Sherpa, Rejina Thapa Magar, Puja Moktan visited Vistare Home. Vistare family has always taken such visits of the alumni as an opportunity to strengthen two-way bond between the Vistare Foundation Management team and the alumni girls.



**Essence of Vistare – Success Stories to Cherish- Rejina Thapa Magar released from Vistare Home**



Success story of continues in the year 2022 too. Rejina Thapa Magar, a permanent resident of Basa -9 Solukhumbu, Sagarmatha, was a resident girl at Vistare Foundation Girls' Home (VFGH) from 8th April 2010 to 5th September 2022. She was released voluntarily from Vistare on 5th September, 2022 on her guardian's request.

She completed her Higher Secondary Education (10+2) in Computer Management Faculty under the support of Vistare Foundation Girls' Home. Vistare holds it their pride to say that Rejina learned all the basic activities required as life skill for her secure future. Outstanding skills of housekeeping, gardening, kitchen & dining management, office administrative assisting management and so forth have been instilled in her during her stay at Vistare. She is very good in different languages like Spanish, English, and Nepali.

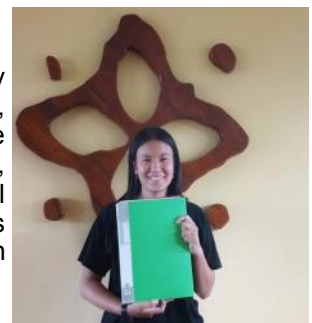


VFGH takes its pride on the fact that she is Higher Secondary Graduate in Computer Science. Now, her parents take care of her further study. Vistare believes that it should be essence of Vistare - teach girls to be independent. Vistare has complete faith in her that she will walk ahead determined, proud and strong. Vistare expects to hear about her progress and achievements in the time to come.

Rejina Thapa Magar stayed at VFGH for 12 years and 5 months (8th April 2010 to 5th September 2022).

Rejina's words regarding VFGH:

I am thankful to Vistare for all the love, support and unconditional love. Time really does fly. It is like just yesterday when I stepped foot on the premises of this home, but it turns out that already 13 years have passed. This home has always been the favourite home where I learned more about the world. I learned many great things, developed good behaviors, gained knowledge about the world and many more. All these things would not have been possible without Vistare Home. Its trust on us has turned us into intelligent girls. I know that my thankfulness is not enough in just a few words but I am very grateful from the bottom of my heart for everything.



Looking at the present makes me feel proud of myself and it would not have been possible without what I got in this organization. The days passed by really fast and it's soon time to enter the vast world. I am nervous as well as excited about my life outside the Vistare Home facing everything on my own.



**'My Favorite Fictional Character'  
Best Speech of September  
- By Sabina Rai**

Who doesn't love picking up a fictional book to read or watch an interesting movie? I personally love reading and watching movies a lot. So, among all the fictional characters that I've known, one stands out amongst the rest. From Harry Potter's Hermione Granger to Pride and Prejudice's Elizabeth Bennet, there is an array of most popular fiction characters that truly leave us inspired whenever we think of them.

The character that was able to steal my heart is Hermione Granger. She is the character from the Harry Potter series by JK Rowling. She is one of the strongest female characters in the world of fiction. Harry Potter is a worldwide famous series after it was sold in the market and then inspired for the movie series. Hermione is a motivated and ambitious young girl with her own opinion on everything. She is very hardworking and intelligent. There's really no shortage of reasons to Hermione Granger. She is smart and endlessly brave. If you were a Harry Potter fan, you probably would know beyond any doubt that Hermione is one of the best fictional characters of all time. If you ask the most die-hard fan of Harry Potter for their favorite character, people tend to pick Hermione. Hermione is the best character for her wonderful traits. She is the most loyal friend. She is ready with knowledge, girl power, and detail oriented brain to deal with the problems that she and her friends faced. She is the perfect example for inspiring women.



JK Rowling has perfectly made her a talented and strong woman who dares to do anything. But, she is not perfect though. She has been sketched as freckled, with large front teeth and frizzy hair. She is completely against muggle discrimination and house-elf discrimination. Even in the face of being bullied for her being mud blood, she fights back with dignity. There are more traits about her. A few of the most inspiring and ironic are she is proud of herself and is not embarrassed at her background. She does not change herself for others but remains herself. This is the main reason why many people tend to choose her. Hermione has won my heart and will always stay deep down. I respect and adore her very much.

**Sketch - 'The full moon ' - Interpretation - by Pema Mingdik Gurung**



The drawing depicts the beautiful night view. The full moon is visible in the night sky. The wire lines are seen as a connection between the houses which indicates them as neighbors. The tree near the house looks beautiful even in the darkest of the night.

The presence of the full moon says many things, such as, it is a time to be receptive, to take the light and awareness of spirit into our emotional and physical body. As a whole, the drawing shows a certain phase or day in life. The light from the full moon lightens people's life although it's night and the moon doesn't always stay as a full moon. Someday, it's completely dark with no moon at all indicating the downs of the life.



**Academic and Non-academic Evaluation Report - September 2022**

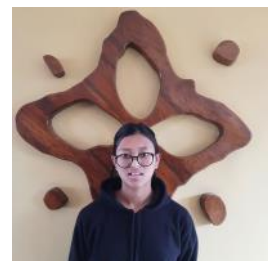
The following tables present the monthly evaluation of the Vistare Residential girls in September 2022. This month, Nga Chhoti Sherpa secured the top position in both Academic and Non-academic evaluation category. VFGH took its pride on her achievements and expressed her appreciation.

Asia Education Foundation  
Vistare Foundation Girls' Home  
Monthly Academic Evaluation Report  
Month: September 2022  
Published Month: October 2022

S. No.	VFGH No.	Name	Grade	English Language Evaluation (20)	Spanish Language Evaluation ( 10)	Computer Typing Evaluation ( 20)	Total (50)	Position
1	48	Nga Chhoti Sherpa	12	15.5	8.0	16.0	39.50	1st
2	22	Chhamji Sherpa	Bachelor Level - I	16.5	7.0	15.5	39.00	2nd
3	41	Binita Thapa	Bachelor Level - I	16.0	7.5	15.5	39.00	2nd
4	13	Tika Rai	Bachelor Level - II	15.0	8.0	15.5	38.50	3rd
5	40	Pema Mingdik Gurung	12 - Final	15.0	7.5	16.0	38.50	3rd
6	30	Radha Bhujel	BSc. Nursing- III	17.5	7.0	13.5	38.00	4th
7	24	Kamala Rai	Bachelor Level - II	14.5	7.5	14.0	36.00	5th
8	25	Sabina Rai	12	14.5	7.0	14.5	36.00	5th
9	9	Saraswoti Bhujel	12	13.0	7.0	14.0	34.00	6th
10	10	Sukumaya Tamang	Bachelor Level - I	12.0	6.5	13.0	31.50	7th



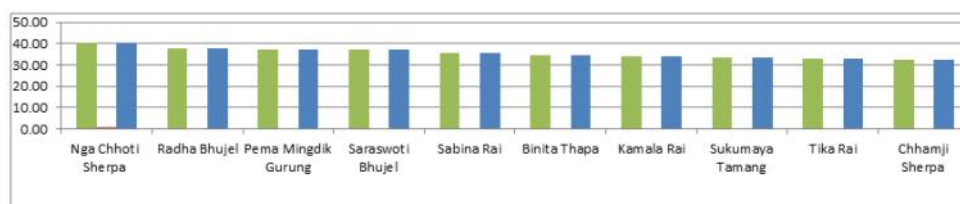
**Top Girl Of Academic Evaluation - September 2022**



Name: Nga Chhoti Sherpa  
Grade : XII  
Faculty : Management Computer

Asia Education Foundation  
Vistare Foundation Girls' Home  
Monthly Non - Academic Evaluation Report  
Month: September 2022  
Published Month: October 2022

S. No.	VFGH No.	Name	Grade	Home activities (20)	Specific Duties (20)	Discipline (10)	Total Marks (50)	Position
1	48	Nga Chhoti Sherpa	12	16.00	16.50	8.13	40.63	1st
2	30	Radha Bhujel	BSc. Nursing- III	14.00	15.00	8.75	37.75	2nd
3	40	Pema Mingdik Gurung	12 - Final	12.76	17.19	7.49	37.43	3rd
4	9	Saraswoti Bhujel	12	16.50	14.50	6.25	37.25	4th
5	25	Sabina Rai	12	15.33	13.00	7.08	35.42	5th
6	41	Binita Thapa	Bachelor Level - I	14.00	14.50	6.13	34.63	6th
7	24	Kamala Rai	Bachelor Level - II	13.50	12.50	8.00	34.00	7th
8	10	Sukumaya Tamang	Bachelor Level - I	13.00	13.00	7.50	33.50	8th
9	13	Tika Rai	Bachelor Level - II	13.00	12.50	7.38	32.88	9th
10	22	Chhamji Sherpa	Bachelor Level - I	13.00	14.00	5.25	32.25	10th



**Top Girl Of Non - Academic Evaluation - September 2022**



Name: Nga Chhoti Sherpa  
Grade : XII  
Faculty : Management Computer

**Contact Address**

**Asia Education Foundation**  
**Vistare Foundation Girls' Home**  
Sanepa-2, Lalitpur  
G.P.O.Box: 8975 E.P.C.No.:2358  
Kathmandu Nepal  
Phone No: **5403137/ 5405598 / 5400254**  
Email: rohini@vistare.org

**Websites :**  
<http://vistarefoundation.org>  
**Face book :**  
FUNDACION VISTARE  
**Instagram :**  
fundacion.vistare

**Vistare Foundation Spain**  
**Madrid, Spain**  
C/Rosas de Aravaca, 31 -28023  
Phone No: +34911891610  
Email: info@vistarefoundation.org