



# VFGH THROUGH OUR EYES

## VFGH Monthly News letter



**SLOWLY  
BUT  
SAFELY**

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

**VOLUME: 67**  
**MONTH:**  
**NOVEMBER**  
**2022**

### Communication Team:

- Radha Bhujel
- Tulsi Maharjan
- Rohini Dhungel

### Short News :

- Radha Bhujel holds the responsibility of Monitor for December 2022.
- Winter Season Vegetables planted in the VFGH Kitchen garden.

### Seasonal Greetings and Wishes!

Peace, good will, and happiness for you this Christmas and every other! Vistare Foundation Girls' Home along with Asia Education Foundation extends 'Merry Christmas' to all the Vistare Family on the occasion of Christmas 2022 and New Year 2023. May this year shower peace, prosperity and long life!



On the auspicious occasion of Christmas and New Year, Asia Education Foundation (AEF) and Vistare Foundation Girls' Home (VFGH) family admires the continuous support and extends gratitude to all the partners, supporters and well-wishers. A number of underprivileged students have been benefited with the generosity of AEF and VFGH. The students have now been able to envision their better future under their support.

### Thanks Giving Day- 25 November 2022



Vistare Foundation - Asia Education Foundation are thankful to all those with the great heart who pour down their generosity upon the downtrodden people in the world. There is no other occasion than this to say 'Happy Thanks giving!'. Vistare Family takes this opportunity to extend gratitude to the well-wishers, supporters and their family. It is said 'Gratitude is not only the greatest of virtues, but the parent of all the others.'

### Congratulations to Higher Secondary Education Grade 11 2078 B.S. Graduates!

Congratulations on your incredible success!

The final exam result of the three of Vistare girls - Sabina Rai, Saraswoti Bhujel and Nga Chhoti Sherpa- has been published. Vistare Management congratulated Grade 11 Final Graduates of the Vistare Foundation Girls' Home on their successful graduation. Sabina Rai is a Computer Science student. Saraswoti Bhujel is Business Management and Nga Chhoti Sherpa is Computer Management student. VFGH knows how hard they worked for it. The result that came out shows that their effort in preparation has become fruitful. They need to make a lot more effort in Grade 12 than what they have done in the final exam of Grade 11. The girls have been officially promoted to Grade 12.





### Radha Bhujel—Monitorship Experience

These past months October and November have been an interesting challenge for me because I was chosen as the monitor for the two months. The experience was simple and powerful. I got an opportunity to become more confident and build my leadership skills. Throughout the month, I was focused and interested in my responsibility, and it helped me in my personal development. Monitorship was a big space for me for my personal growth as I was able to learn life lessons. I am thrilled to say that I am able to handle a big mass. I can also solve moderate to minor problems that arise in the group. I have learnt to communicate everyday. I was able to work with the time and until the time effectively.

I am so grateful for this opportunity to learn and experience. I will surely do my best in the days to come as I have learnt a lot during the months of October and November as a monitor.

### Pema Mingdik' s Visit Home after a Decade

Visiting home is like just tasting your favorite food. Staying home is like having it fully till you get content and happy. It felt awesome to be home after endless 10 years. When my village came into view, it had a different aura and the place really quickly reminded me of my childhood and the place where I spent my early childhood days. I still clearly remember the place where I had met Marcos uncle just a mile ahead of the Gumba. The place is still the same and familiar—just the roads were less developed than they are now.



When I saw my house reaching there, I was very curious about the condition inside. But it was a bit nicer than the old house that I had seen a decade ago. However, it wasn't as well off as other people's houses. The old house used to be very shaky and not worthy. It was small for five people to fit in, so my brother slept outside while I was there.



Seeing my mother after whole 10 years made me teary. Although I choked my tears, I was still at a loss of words because she didn't know I have forgotten my mother tongue. I mean what will anyone do when mother and daughter meet after a long time and they can't express themselves because of the language barrier and cannot understand each other? So, we just looked at each other and smiled, nothing more to do. When I reached home, they had just finished the work in the fields. The longing for meeting mom is a whole different story especially when she is 67 years old. I always thought that I would not be in time to meet my mom. Never did I think that my dad would leave first. He was always strong and fit. But we never know what tomorrow brings.

I met almost every person that I knew before. I met the person who had done me good back on those days and those people who always despised and tormented us just because we were poor. I also learnt countless things. I learnt that poverty is having soil just because you are hungry and poverty is reusing your sanitary pad. I also learnt that village life is tough and there isn't a place for educated people because labor is the main source of income. The ultimate goal of a girl is to get a rich man and marry them no matter the age, whether the man is nice or not, all they look at is the money that the man possesses. Therefore, they marry at a very early age if they get a rich man.



Therefore, I learnt many things and I also made sure that I won't have anything to regret in life. I enjoyed my stay there. I also learnt my mother tongue to some extent.

**Happiness of Seeing Vistare Alumni at Vistare Home - November 2022**

During November 2022, Alumni girls Kala Rai, Kami Rita Sherpa, Rejina Thapa Magar & Pema Lhamu Sherpa 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.



**Alumni Girls' Cheerfulness of Success**



Academics is the foundation of all the successes that are upcoming on the way. Vistare congratulated four alumni girls for successfully completing Bachelor's Degree from Tribhuvan University (TU).

Tsering Dolma Gurung, Mingma Chhoti Sherpa, Sajani Gurung and Sujata GC succeeded in completing the degree. TU organized the convocation program for all its graduates in various faculties. The four graduate Vistare Alumni attended the program to receive the graduation certificates. Vistare Family wished them all the best for their future. It believes they will go further ahead in the days to come.

**One More Success in the Journey of Independence!**

Professionalism is a way of marching on towards individual's progress and success. It begins with a person's readiness to cope up with the world filled with diversified people. Vistare Foundation Girls' Home paves the way to making its girls professional eventually making them independent.

In the series of success stories that Vistare has created, there is one more story to cheer for Vistare team. Chhamji Sherpa commenced her internship on 19th July 2022 as Account Assistant at the head office of a growing channel restaurant 'Dalle'. Now, she is a paid employee there. 'Dalle' is a highly flourishing restaurant with its franchises in various cities of Nepal and other countries as well.



Vistare Home/ Asia Education Foundation congratulated Chhamji for beginning her first steps to professionalism. Vistare extends its gratitude to Mr. Subash Gauchan for his help to enroll Chhamji at Dalle. Chhamji is on the path of independent career. Vistare expressed their best wishes for the new stage of her professional career.



**Chhamji Sherpa shares her experience:**

It's been long since started internship at the head office of Dalle, a channel restaurant. I started doing internship from 19th July, 2022. I have been learning a lot. It has been a great experience working with the professional seniors. I have been encountering the knowledge related to accounts. Above all, I have been assisting to manage files and recording them, which is practically making me better every day. I am learning to do things systematically. Apart from recording and filing, I am also learning Tally—an accounting software. It has really been fun gaining all those skills and knowledge. Having supportive and helpful seniors to guide me has been making my work easier.

I must take this opportunity to thank Dalle and Vistare Management team for leading me towards the steps of independence.

**Best Speech of November 'Online Teaching or Physical Teaching' - By Sabina Rai**

Education plays prominent role in an individual's life. If one wants to succeed, they will need education. People are imparted education by various means. One of them is by running classes in academic institutions. But due to the pandemic, the classes were hindered. Hence, the solution only remained was to run the classes virtually. People have done lots of comparison since then.

Advantages of online teaching are:

- The presentation is great.
- Student focusing can have easy interpretation.
- The assessment system is great.
- Saves Time.

Having online teaching is not really bad. There are numerous benefits that we can gain from online classes. The first and foremost advantage is the presentation is dynamic. The teacher can display the slides on the monitor and present. On top of that, teacher can even present videos to make the course easier and efficient. Since it is done virtually, they are connected with microphones and speakers. Hence, the sounds are loud and clear unlike physical classes where teacher has to repeat over and over again. The next benefit is that student who focuses can have better interpretation. To the contrary, if students do not focus, they are in great loss. In addition, the virtual class has additional feature i.e. recording system. The teacher can record their lectures and send them to the students. This way the absentees can review the recordings. Similarly, the assessment system is wonderful in online teaching. Teacher will have sorted data of assessment. They will have data of what and who have their assignments turned in. Finally, it is the time saving teaching. Students and teachers do not have to bother going back and forth to institute, rather use that time in self-study. The online teaching has all these wonderful advantages.

Being a student and talking from my experience, I still prefer physical learning though. There are various points to support why I prefer physical teaching. Some of the points are:

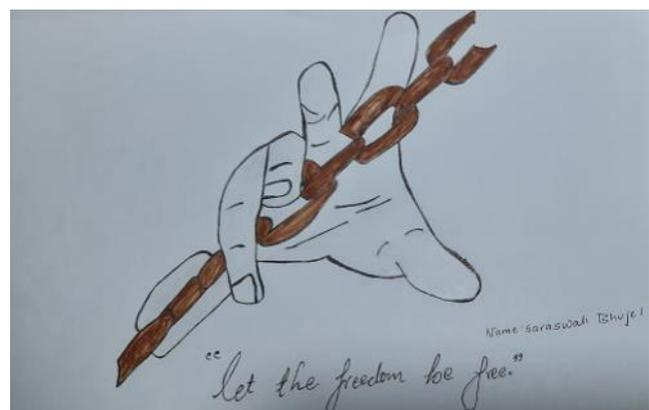
- Physical teaching has two way interaction.
- Easier to solve the confusion.
- No internet disturbances.
- No escape from problems.



Taking physical teaching and having a way to interact is privilege. The student and teacher can interact freely at the same time. Hence, understanding is sharpened. It is the wonderful benefit to enjoy. Students can ask as many questions until they fully understand the context of the study unlike online classes where student might not get that opportunity. Physical teaching is done in real life. It is not connected via any devices. So, the problems of hindrance in network, power cutoff donot turn up. Unlike, online classes, students can't run away from teacher's reprimand. Hence, I prefer the physical teaching over online teaching after reviewing all the points.

**Sketch - 'Let the Freedom be Free' - Interpretation - by Saraswati Bhujel**

There is so much to this life, so much we can experience and give to others. Life of people should be free. They should get freedom to enjoy each and every rights that are necessary for them. People should not force one another to be confined. They should not be afraid of anyone else. From the picture, we can view that the person is trying to fight for his/her right. He/she wants to be free from every kind of binding force that chains them. Also, it is to be considered that when exercising one's rights, they should not violate other's rights.



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

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

Asia Education Foundation  
Vistare Foundation Girls' Home  
Monthly Academic Evaluation Report  
Month: November 2022  
Published Month: December 2022

S. No.	VFGH No.	Name	Grade	English Language Evaluation (20)	Spanish Language Evaluation (10)	Computer Typing Evaluation (20)	Total (50)	Position
1	22	Chhamji Sherpa	Bachelor Level - I	18.5	10.0	15.0	43.50	1st
2	41	Binita Thapa	Bachelor Level - I	17.3	10.0	16.0	43.25	2nd
3	24	Kamala Rai	Bachelor Level - II	16.5	10.0	16.5	43.00	3rd
4	30	Radha Bhujel	BSc. Nursing- III	17.9	10.0	14.0	41.90	4th
5	48	Nga Chhoti Sherpa	12	14.5	10.0	15.0	39.50	5th
6	13	Tika Rai	Bachelor Level - II	14.3	10.0	15.0	39.25	6th
7	40	Pema Mingdik Gurung	12 - Final	15.4	10.0	13.5	38.91	7th
8	25	Sabina Rai	12	16.8	10.0	11.0	37.80	8th
9	9	Saraswoti Bhujel	12	14.0	9.0	14.0	37.00	9th
10	10	Sukumaya Tamang	Bachelor Level - I	10.0	9.0	14.0	33.00	10th

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

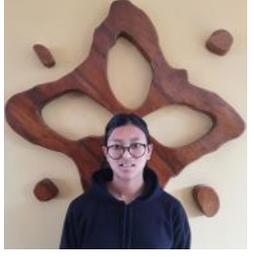


**Name:** Chhamji Sherpa  
**Grade :** BBS - I  
**Faculty :** Management

Asia Education Foundation  
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S. No.	VFGH No.	Name	Grade	Home activities (20)	Specific Duties (20)	Discipline (10)	Total Marks (50)	Position
1	48	Nga Chhoti Sherpa	12	18.00	16.50	9.63	44.13	1st
2	30	Radha Bhujel	BSc. Nursing- III	18.28	16.07	9.59	43.93	2nd
3	9	Saraswoti Bhujel	12	18.00	16.00	9.50	43.50	3rd
4	13	Tika Rai	Bachelor Level - II	16.50	15.00	8.88	40.38	4th
5	10	Sukumaya Tamang	Bachelor Level - I	15.50	13.00	8.13	36.63	5th
6	22	Chhamji Sherpa	Bachelor Level - I	16.50	12.00	8.13	36.63	5th
7	24	Kamala Rai	Bachelor Level - II	16.50	11.00	7.88	35.38	6th
8	40	Pema Mingdik Gurung	12 - Final	14.00	13.06	7.77	34.83	7th
9	41	Binita Thapa	Bachelor Level - I	11.50	12.00	6.88	30.38	8th
10	25	Sabina Rai	12	11.00	9.00	6.00	26.00	9th

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



**Name:** Nga Chhoti Sherpa  
**Grade :** 12  
**Faculty :** Computer Management

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