



# VFGH THROUGH OUR EYES

## VFGH Monthly News letter



**SLOWLY  
BUT  
SAFELY**

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

**VOLUME: 69**  
**MONTH:**  
**JANUARY &**  
**FEBRUARY 2023**

### Communication Team:

- Suku Maya Tamang
- Saraswoti Bhujel
- Tushi Maharjan
- Rohini Dhungel

### Short News :

- Nga Chhoti Sherpa holds the responsibility of Monitor for March 2023.

### Vistare Alumni Day Celebration

Once Vistare Girl, always Vistarian. Vistare Alumni will always be there actively involved with the members of the Vistare Family.

Vistare Alumni's establishment day is marked as reunion day. As a yearly Alumni Day gathering on 25 January 2023 having completed the third year, Alumni meeting was organized at Vistare Home as a get together program at 11 am Nepal Time.



In total, Vistare Foundation Girls Home Project has 44 former and 8 running girls currently. Out of 44 former girls, some are out of Kathmandu valley and some other are abroad. The girls who are in Kathmandu valley had been informed and invited to attend the program. Among them, 13 girls attended it. By organizing a short program, the day went very well and all of the girls benefited from it. All the girls cherished each other's company and had a great afternoon all together having delicious lunch and snacks at Vistare Home.

### Maghe Sankranti

Magh is the tenth month of the Nepalese calendar, and Sankranti is the first day of Zodiac Makar (Capricorn). It is a typical Nepali festival and also one of the most auspicious days, marking the end of winter, the start of spring, and New Year's Day for the Tharus of Nepal's far west.



It is also regarded as the major government declared annual festival of the Magar ethnicity. Vistare Foundation Girls' Home residential girls along with duty staff celebrated Maghe Sankranti. Maghe Sankranti is also called Makar Sankranti or Maghi. On the day of Maghi, Vistare girls ate special meal which included sesame seed laddus, molasses, ghee, yams, sweet potato and Khichadi (Mixture of Ghee Black-lentil, Ginger, Salt, Turmeric, Palungo Spinach, Rice & Water) a typical menu for the day as lunch together all together at Vistare Home. To mark this auspicious occasion, senior members of the home offered Tika, Tilak with blessings to entire residential girls of Vistare Home. The day was spent very well.

### Vasanta Panchami Puja at Vistare Girls' Home

Vasanta Panchami day is dedicated to Saraswati, the Goddess of knowledge, music, arts, science and technology. Goddess Saraswati is worshipped on Vasanta Panchami day.

Vasanta Panchami is also known as Shri Panchami and Saraswati Panchami. Vistare Girls' Home arranged pujas in the morning to seek blessing of the Goddess Saraswati and worshiped Goddess Saraswati to get enlightened with knowledge and to get rid of lethargy, sluggishness and ignorance. On this very day, Nepalese devotees flock to the holy temples of Goddess Saraswati along with their infants. They make their children hold a pencil and scribble something. This ritual of initiating education to children is known as Akshar-Abhyasa or Vidya-Arambha/Praasana which is one of the famous rituals of Vasanta Panchami.





### January 2023 Monitor, Suku Maya Tamang

As it was not my first time leading the sisters according to the Vistare Foundation Girls' Home routine, it was quite easy this time. However, at times, it was really hard to co-operate with some and understand them. I, sometimes, felt like I didn't act very responsibly as monitor should have. Nevertheless, I have committed to myself to never repeat such act of irresponsibility ever again. It was not as hectic as it used to be when there were more girls in the home. However, I didn't let any opportunity to learn go off.

I am thankful to Vistare Managements for giving me this opportunity to polish my competency.

### February 2023 Monitor, Saraswoti Bhujel

Being the monitor of the home for one month was a great experience. The challenges that I learned to face with all sisters were a great time for me. I was very happy to handle this opportunity. This opportunity gave me a courage to be strong in each and every situation. The situation that I tackled during my monitorship was a great challenge. It was my first time handling this responsibility. Throughout the month, I tried my best to fulfill all my responsibilities and duties.

I would like to thank all the Vistare team for giving me great opportunity.



### Best Specific Duty Holder of February 2023 - Notice Board In-charge - Suku Maya Tamang



This is the second time being the in-charge of Notice Board and board marker. I did my best to fulfill my responsibilities with my hard work. I decorated my notice board stuff related to animals as I am an animal lover.



It took one week to prepare. I planned to re-manage previous work. I did my best without anyone's help and this is my extra talent to express in the big mass. It was less time to prepare it. Finally I finished my work.

### Sports Week at Oxbridge International H.S / College: Grade 12



Oxbridge International H.S / College organized Sports Week. It was from 18<sup>th</sup> February to 21<sup>st</sup> February 2023. There were a few games only. They are Basketball, Football, Badminton and Chess. Three girls from VFGH Ngachhoti, Sabina and Saraswati participated in different games.

Ngachhoti and Sabina played basketball. They were able to stand in the third position in the events that they participated. Next day, it was badminton. Ngachhoti played this game. She was able to secure the second position. The last day was futsal. Saraswati participated in this game and secured second position. It was a great time for them.

### Annual Sports Day: Radha Bhujel

The annual sports day is celebrated in our college with great participation. This year, it was held in Laboratory College for 4 days. As usual, interesting games were conducted throughout the annual sports week. The events began at 8 am. The first events were 100 meters race and relay race. I also took part in it. I enjoyed and did my best but didn't win any game. But it was a great fun. I enjoyed watching football of boys and girls, Basketball of both boys and girls and volleyball of girls. The match was won by many of my friends. I had fun while cheering up and supporting my favorite team. Sports are a crucial part of student's growth and development. Playing various games helps them to remain healthy. It also teaches us life skill such as teamwork, leadership, accountability, patience and self-confidence and prepares us to face life challenges.





**Experience of Field Visit: Radha Bhujel**

My community field survey started. We student nurses had to go door to door to meet the family members and take interviews about their health condition, about family planning, check blood pressure and also assess the pregnant women.



Furthermore, we had to take the height and weight of under-five year children to assess their growth as per age. As required by the curriculum, we had also the task to impart ideas, information, and ways to prevent disease in the days ahead.



So, we transformed knowledge to the public through Role play on 'Self Breast Examination and Kegel exercises' via a drama. We were able to explain its purposes, procedure of doing it, especially to the reproductive age so that they could prevent uterine prolapse through Kegel exercise.

More importantly, the community people would be able to detect breast related problems at the earliest. It has been wonderful time for me to enhance communication skills, listen to their stories and to advocate for them to do routine check-up. It feels so good pouring our heart and soul for their better health and gaining positive feedback at the end of the day.



**Sixteenth Annual Day—MMIHS**



On 21st February 2023, Radha Bhujel –a student of BSc. Nursing Third Year- attended 16th annual day program organized at Pragya Pratisthan Kamaladi by her Institution Manmohan Memorial Institute of Health Sciences, MMIHS.

**Alumni's Blog**

**My Experience of Quality Time with VFGH Family After a Long Time - Sisam Chaudhary**

I was already excited when I got permission from my parents to go to Kathmandu . At first, I was really worried that how I was going alone that far? And my journey from Surkhet to Kathmandu was not as good as I had expected. I met VFGH sisters on 23<sup>rd</sup> of January and then after two days of spending my day at Chabahil, I met my friend Anusha. I was really excited to come to Vistare after so long. I came with my friend Anusha. It was a day of Vistare Alumni Girls' meeting. So, I got to meet all other friends and sisters, too. We all shared our experiences and I was so much happy to see them all. I was also pleased to meet ma'am, aunts and teacher. I enjoyed a lot with all sisters. I had delicious food. I danced a lot and also chatted with them. I also used computer. I had forgotten to use it and sisters were surprised.



It was nice going to visit Patan with some of the sisters. It was also great staying with Binita, Chhamji and Anusha. I also enjoyed celebrating Phura's birthday. I was enjoying a lot staying with them and I didn't want to come back to home. Actually, I went there for 10 days but I stayed for a month and I really didn't know how fast time passed. All were asking me to stay more, but I had to come back for my college. There is saying "Memories with right people will always remain priceless". So, I will always and always miss them all. After I came back home, I was missing them all and I was laughing alone by watching videos of them. I am hoping to see them all soon.



## Best Speech of January &amp; February 2023 'Benefits of Yoga' - By Nga Chhoti Sherpa



The term 'Yoga' refers to something that makes people's mind and body calm and peaceful. In other words, yoga is physical exercise used to balance the mind and body. People do yoga for the sake of their health. Because no matter how strong they look from outside, the main thing is their health. So, yoga helps people to stay strong and young. Patanjali is known as the father of modern yoga. However, in some parts of India, tirumalai Krishna Acharya is also considered as the father of yoga.

Yoga originated over 5,000 years ago in India. The word **yoga** was first mentioned in ancient text called the Rig-Veda. In fact, the main motto of yoga is to bring calmness, peace and relaxation in people's mind. Also doing regular yoga helps in relaxation and flexibility. Yoga not only helps to reduce the negative effects of stress, but also leads to a better sense of health, mind and body. Furthermore, yoga is so much essential that in some places or school, we can see students doing yoga. This means that it can be done by people of every age. Some benefits of yoga are given below:

- Yoga helps to get relief from back pain.
- Yoga relaxes you to help you sleep better.
- Yoga helps to get relief from depression and anxiety.
- It helps to boost concentration and focus.
- It helps to improve our mood.
- It improves strength, balance and flexibility.



## Sketch - 'Impact of Technology' - Interpretation - by Sabina Rai



The drawing depicts how human beings are attached to recent technology. People are so dependent on technology that they cannot live without it. Technology is important and useful in all areas of human life today. It has made life easy and comfortable by making communication and transport faster and easier. But humans have misused its benefits and have fallen deep into its trap. It has negatively affected human interactions and socialization. Technology has affected in almost every single respect one can think of, be it communication, entertainment, studies, industrialization, food industry, social efforts, business, education, comfort, luxury, and efficiency. Some people are surrounding themselves with modern technology while paying little attention to the needs of others.

## Academic and Non-academic Evaluation Report

The result of the regular academic and non-academic evaluation of January and February 2023 are presented in the following tables. In the month of January and February 2023, Pema Mingdik Gurung succeeded in reaching on the top position in Academic Evaluation. Likewise, in January Suku Maya and in February Saraswoti Bhujel stayed on the top in Non-academic evaluation category. Vistare congratulates the top girls on their achievements and wishes other girls to strive hard to do best in the following month.

### Top Girl Of Academic Evaluation - January & February 2023

Asia Education Foundation  
Vistare Foundation Girls' Home  
Monthly Academic Evaluation Report  
All Level Girls (8)  
Month: January 2023  
Published Month: February 2023

S. No.	VFGH No.	Name	Grade	English Language Evaluation (20)	Spanish Language Evaluation (10)	Computer Typing Evaluation (20)	Total (50)	Position
1	40	Pema Mingdik Gurung	12 - Final	19.7	7.5	13.0	39.20	1st
2	24	Kamala Rai	Bachelor Level - II	16.7	7.0	15.0	38.70	2nd
3	30	Radha Bhujel	BSc. Nursing- III	15.5	7.0	15.0	37.50	3rd
4	13	Tika Rai	Bachelor Level - II	16.7	7.5	13.0	37.20	4th
5	9	Saraswoti Bhujel	12	16.3	7.5	13.0	36.80	5th
6	10	Sukumaya Tamang	Bachelor Level - I	18.0	6.5	12.0	36.50	6th
7	48	Nga Chhoti Sherpa	12	15.2	7.0	14.0	36.20	7th
8	25	Sabina Rai	12	13.5	7.5	13.5	34.57	8th



Name: Pema Mingdik Gurung  
Grade : 12- Final  
Faculty : Science

Asia Education Foundation  
Vistare Foundation Girls' Home  
Monthly Academic Evaluation Report  
All Level Girls (8)  
Month: February 2023  
Published Month: March 2023

S. No.	VFGH No.	Name	Grade	English Language Evaluation (20)	Spanish Language Evaluation (10)	Computer Typing Evaluation (20)	Total (50)	Position
1	40	Pema Mingdik Gurung	12 - Final	17.4	8.0	18.0	44.40	1st
2	24	Kamala Rai	Bachelor Level - II	14.3	8.0	17.5	40.80	2nd
3	48	Nga Chhoti Sherpa	12	14.1	8.5	18.0	40.60	3rd
4	13	Tika Rai	Bachelor Level - II	15.0	8.0	18.5	39.50	4th
5	9	Saraswoti Bhujel	12	13.4	8.5	17.5	39.40	5th
6	30	Radha Bhujel	BSc. Nursing- III	15.9	8.0	14.5	38.40	6th
7	25	Sabina Rai	12	15.7	6.5	14.0	36.20	7th
8	10	Sukumaya Tamang	Bachelor Level - I	9.7	5.5	12.5	27.70	8th

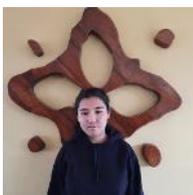


Name: Pema Mingdik Gurung  
Grade : 12- Final  
Faculty : Science

### Top Girl Of Non - Academic Evaluation - January & February 2023

Asia Education Foundation  
Vistare Foundation Girls' Home  
Monthly Non - Academic Evaluation Report  
All Level Girls (8)  
Month: January 2023  
Published Month: February 2023

S. No.	VFGH No.	Name	Grade	Home activities (20)	Specific Duties (20)	Discipline (10)	Total Marks (50)	Position
1	10	Sukumaya Tamang	Bachelor Level - I	16.54	12.50	8.26	37.29	1st
2	24	Kamala Rai	Bachelor Level - II	17.50	11.50	8.25	37.25	2nd
3	30	Radha Bhujel	BSc. Nursing- III	17.50	11.50	8.25	37.25	2nd
4	40	Pema Mingdik Gurung	12 - Final	17.50	11.50	8.25	37.25	2nd
5	9	Saraswoti Bhujel	12	17.50	10.50	8.00	36.00	3rd
6	48	Nga Chhoti Sherpa	12	18.25	9.50	7.94	35.69	4th
7	13	Tika Rai	Bachelor Level - II	14.50	10.50	7.25	32.25	5th
8	25	Sabina Rai	12	13.00	8.50	5.88	25.38	6th



Name: Suku Maya Tamang  
Grade : B.B.S. - I  
Faculty : Management

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Vistare Foundation Girls' Home  
Monthly Non - Academic Evaluation Report  
All Level Girls (8)  
Month: February 2023  
Published Month: March 2023

S. No.	VFGH No.	Name	Grade	Home activities (20)	Specific Duties (20)	Discipline (10)	Total Marks (50)	Position
1	9	Saraswoti Bhujel	12	16.58	17.07	8.41	42.07	1st
2	24	Kamala Rai	Bachelor Level - II	14.50	17.00	7.88	39.38	2nd
3	40	Pema Mingdik Gurung	12 - Final	13.83	16.00	7.46	37.29	3rd
4	48	Nga Chhoti Sherpa	12	13.50	16.00	7.38	36.88	4th
5	30	Radha Bhujel	BSc. Nursing- III	13.50	13.50	6.75	33.75	5th
6	13	Tika Rai	Bachelor Level - II	15.00	13.50	7.13	35.63	6th
7	10	Sukumaya Tamang	Bachelor Level - I	15.00	12.50	6.88	34.38	7th
8	25	Sabina Rai	12	15.00	10.00	6.25	31.25	8th



Name: Saraswoti Bhujel  
Grade : 12  
Faculty : Management

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