



VFGH THROUGH OUR EYES

VFGH Monthly News letter



**SLOWLY
BUT
SAFELY**

Asia Education Foundation (AEF)

**VOLUME: 71
MONTH: APRIL
& MAY 2023**

Vistare Foundation Girls' Home (VFGH)

Communication

Team:

- Pema Mingdik Gurung
- Radha Bhujel
- Tulsu Maharjan
- Rohini Dhungel

Short News :

- Radha Bhujel holds the responsibility of Monitor for June 2023.
- 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 2080 B.S. Celebration

14 April, 2023, is a significant day for all the Nepalese. It marks the beginning of a new year in Nepal. Traditionally, Vistare Home organizes annual picnic. This year also Vistare Foundation Girls' Home (VFGH) organized the Yearly Nepali New Year Picnic at Chobhar, Manjushree Park picnic spot premises. Remarkable thing about it is that all Vistare Alumni girls, Asia Education Foundation Members, staff, well-wishers and the whole Vistare family join the picnic program and make a memory every year.



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 Chobhar and made the day more memorable and enjoyable.

Happy Earth Day 2023



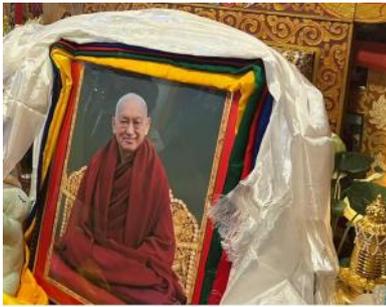
The mother Earth bestows a magnificent and adorable lap for her people. There is no other place as secure as her lap for the people. She has abundantly provided them with the environment. Earth Day is an annual event celebrated around the world to demonstrate support for environmental protection. On 22nd April 2023, Vistare observed World Earth Day. The theme for Earth Day 2023 is "Invest In Our Planet". This day is special for all the responsible citizens of this earth calling for people and businesses to work together towards building a healthy economy for the planet.

'According to Earth Day.org, which coordinates Earth Day events globally, the theme for the 2023 Earth Day calls on humanity to build a healthier economy while also making sure we work towards a more equitable future for everyone



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.

Paying Tribute to the Demised



Life is uncertain. Vistare is very sorry for having lost their Godfather's Mentor Kyabje Lama Thubten Zopa Rinpoche, at Kopan Monastery. Marcos Fernandez Sir came to say final good bye to his mentor Guru Kyabje.



Marcos sir also visited the organization, and had a friendly peaceful time at the organization among with its beneficiaries. Vistare family paid tribute to the departed soul by lighting candles.

Buddha Jayanti Celebration at Vistare Home



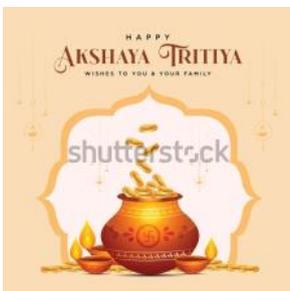
Buddha - the Light of Asia - was born in Nepal. He was the one who promoted peace and non-violence in the world by means of his preaching. Buddhism has made a remarkable influence in the people around the world. To honour the principles of Buddha and the Buddhism, Buddha Jayanti also known as Buddha Purnima in Nepal is observed throughout the country. In Nepal, it is also a festival that celebrates the birth of Gautam Buddha.

The festival is celebrated on Baisakh Purnima, the full moon day of Baisakh, the first month of Nepali calendar. Buddha Jayanti festival is observed with huge enthusiasm in Nepal. There are many events and ceremonies held around the Buddhist shrines and the stupas in different parts of the country. Grand celebrations occur in Lumbini, the birthplace of Gautam Buddha, Swayambhunath stupa on the west of Kathmandu, Boudhanath stupa and many other Buddha stupas.



The devotees perform special Puja and various programs to highlight the philosophy and teachings of Gautam Buddha. The paintings and images of Buddha are displayed in public. On this auspicious day, we Vistare girls also celebrated with great joy. We worshipped Lord Buddha at home, offer fruits, flowers to lord Buddha.

Celebrated Akshaya Tritiya



Vistare Foundation Girls' Home Girls Celebrated the Akshaya Tiritiya. Akshaya Tiritiya is the festival which falls on the third lunar day of Shukla Paksha in the month of Baisakha. It is known to bring happiness and prosperity to the lives of all. It was celebrated at Vistare Home by remembering the day and having the saatu and sarbat. It is one of the four most significant and sacred days in a year especially for the Hindus and Jains.

Grade -12 Pre-Board Result and Final Exam

Exams are inevitable parts of students' life. Students have to face numerous exams in their life. Exams are a way of evaluating the students' progress. In April 2023, Oxbridge International Higher Secondary School published Pre - Board Exam Result of Grade 12. Altogether, there are 3 VFGH girls in Grade 12 of Oxbridge International College. They all have improved their result this time in comparison to their performance in Second Term Exam. They have committed to achieve best result in the Final Exam by working hard according to their syllabus designed for the Final Exam.



Class 12 Board exam was started from 2023 May 9 Tuesday and ended on 2023 May 19 Friday. Vistare girls Sabina Rai Who is pursuing 12th standard in Science stream and Sarashwoti Bhujel and Nga Chhoti Sherpa are pursuing 12th standard in Management appeared the exam.



Pema Mingdik Gurung —Monitorship Experience

In the month of April, I got the opportunity to be the Monitor of the Month. It was such a good and meaningful experience to gain. It was a pleasure to learn new things and overall I enjoyed being the monitor. I also mastered the knowledge that being the monitor isn't an easy responsibility because in order to make other girls follow the rules, first one should follow the rules perfectly herself, then only it is possible to make others follow the rules, too. Thus, all in all I had a great time being the monitor and I also got the opportunity to know a lot of new things, too. I really appreciate the responsibility given to me.

Success in Medical Entrance Exam - BSc. Nursing

One of the Vistare girls named Pema Mingdik Gurung will pursue Bachelor's degree in Science – Nursing (B.Sc.-Nursing). After the completion of her 12th standard in Science stream, her ambition was to pursue further Bachelor's degree in medical field. For this, she had joined preparation class and was preparing for it. She passed the Medical Common Entrance examination (CEE). She got admission at Om Health Campus. Her classes have been scheduled to start on 18th June 2023.



Alumni's Blog



On 16th April, 2023, Binita along with her parents came to visit Vistare Home. They are awesome after seeing the place and express their sincere gratitude towards Vistare Family for providing best education and homely environment for their daughter.



On 17th April 2023, Binita Thapa and Chhamji Sherpa came to stay with Vistare girls for almost 2 weeks to prepare for their BBS 1st Year Board examination. They got the proper education environment for their preparation and attended well their whole exam. Vistare is very happy to accompany them and always wish for their best.



On 19th April, 2023, Vistare Residential Girls Pema Mingdik Gurung, Saraswati Bhujel and Nga Chhoti Sherpa along with Vistare Alumni girls Sisam Chaudhary and Anusha Moktan went to visit the Garden of Dreams located at Keshar Mahal Thamel.

The girls shared that they had a great time and gained beautiful memories to be remembered in the days to come. It was such a fine day with a lot of beautiful and jaw dropping scenery to enjoy according to them.

Photo to Cherish



The journey is tough but rewarding as well. As you see your children grow to become adorable, caring, sensible and responsible, you feel satisfied about a job well done.



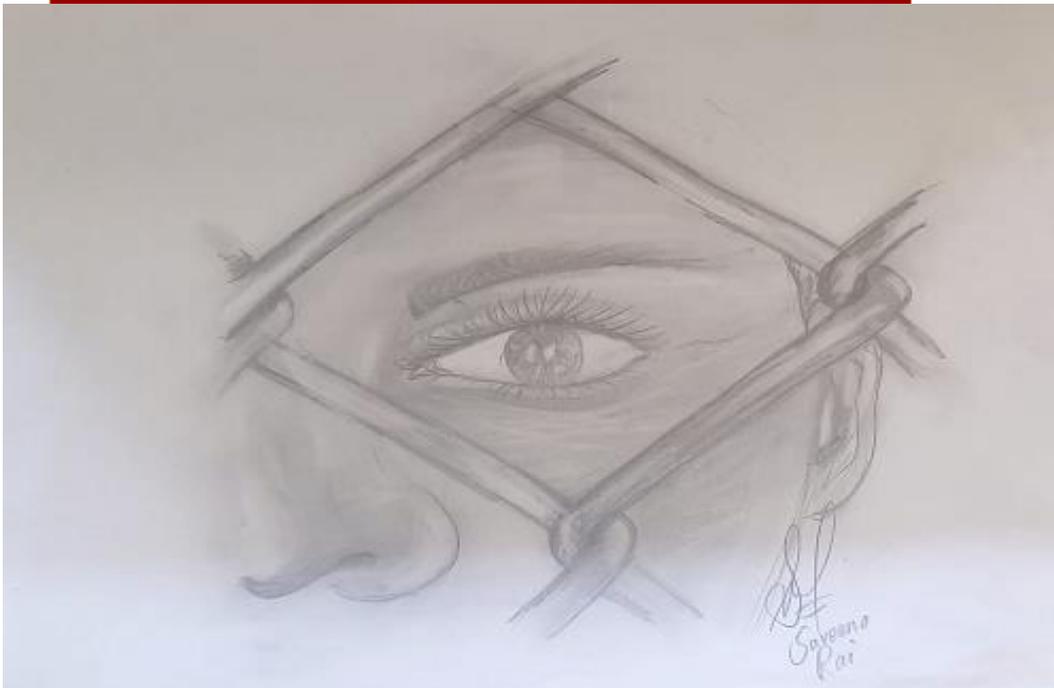
Best Speech of May 2023 'Mother as my Inspiration' - By Nga Chhoti

What comes to mind when you hear the word "mother"? Well, some people may say most loving and caring person or some people might say mother is someone who is always there in need. But in my opinion, mother is the best and most beautiful queen who has to suffer a lot during her pregnancy period and also who cares about children. In fact, mother is always there in need no matter what the situation is. Without a mother, people cannot imagine their life because children don't get proper love, caring, and so on. So, mother is really essential for everyone and she is the person who protects us in every trouble.

Mother is someone who treats us like princesses and makes us smile every time we are lonely and sad. Similarly, mothers encourage us unconditionally. So, we should respect our mother. Furthermore, some people might hate their mother whenever she scolds or beats them. Well, in this situation, children don't understand their wrong doings and instead children blame their mother. However, this type of concept should be completely removed from children's minds. As for me, her scolding, beating are something that she does for her children's bright future. People have someone who is his/ her inspirational person. But for me, my mother has always become my inspiration. Because she encourages me in every step of life and she has never discouraged me.

Not only this but also, she has taught me many things, like, to be disciplined, kind, honest and the main thing that she taught me is to respect seniors and love juniors. I am really proud of my mother today who I am and who got to see the world because of her. I salute my mother for everything that she has done for me and I feel really lucky to be the daughter of Pasang Buti Sherpa. Sometimes, there might be someday when she used to get angry at me but she never showed that anger in front of me. She instantly kept a smile on her face. Besides this, I also consider my mother as my friend. Because I feel very comfortable to be with her and also to share everything that has happened to me. I also feel that mothers can understand me more easily than for other people. My mother is a cheerful person who makes other people laugh and understand feelings as well. I thank her for being there for me and also for raising me with the best care and love. In fact, I am also very happy to have such a beautiful mother. The mother who encourages me in everything and protects me from every trouble.

Sketch - 'Slavery System' - Interpretation - by Sabina Rai



The above sketch depicts the Slavery System. In context of America, The blacks were dominated and were forced to work for the Whites. The Black people were prone to Slavery System. Slavery is a system in which people are bought and sold as property, forced to work, or held in captivity against their will. The sketch shows that the black weren't given the right to their freedom. They were kept behind the bars. They had no choice to do what they wanted but followed the orders they were given.

Academic and Non-academic Evaluation Report

The result of the regular academic and non-academic evaluation of April and May 2023 are presented in the following tables. In the month of April and May 2023, Radha Bhujel succeeded in reaching on the top position in Academic Evaluation. Likewise, in April Pema Mingdik Gurung and Radha Bhujel in May 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 Report - April & May 2023

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

S. No.	VFGH No.	Name	Grade	English Language Evaluation (20)	Spanish Language Evaluation (10)	Computer Typing Evaluation (20)	Total (50)	Position
1	30	Radha Bhujel	BSc. Nursing- III	16.5	9.5	15.0	41.00	1st
2	48	Nga Chhoti Sherpa	12	14.8	9.5	16.5	40.80	2nd
3	25	Sabina Rai	12	17.2	9.5	14.0	40.70	3rd
4	40	Pema Mingdik Gurung	12 - Final	15.2	9.5	16.0	40.70	3rd
5	9	Saraswati Bhujel	12	15.6	9.0	14.5	39.10	4th
6	24	Kamala Rai	Bachelor Level - II	14.5	9.5	15.0	39.00	5th
7	13	Tika Rai	Bachelor Level - II	14.3	9.5	15.0	38.80	6th
8	10	Sukumaya Tamang	Bachelor Level - I	10.9	8.5	14.0	33.40	7th

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No.	VFGH No.	Name	Grade	English Language Evaluation (20)	Spanish Language Evaluation (10)	Computer Typing Evaluation (20)	Total (50)	Posit
1	30	Radha Bhujel	BSc. Nursing- III	16.8	10.0	14.1	40.87	1st
2	24	Kamala Rai	Bachelor Level - II	15.2	10.0	15.0	40.20	2nd
3	25	Sabina Rai	12 - Final	17.1	10.0	13.0	40.10	3rd
4	40	Pema Mingdik Gurung	BSc. Nursing- I	16.0	10.0	14.0	40.00	4th
5	48	Nga Chhoti Sherpa	12 - Final	16.3	10.0	13.0	39.30	5th
6	9	Saraswati Bhujel	12 - Final	15.7	10.0	13.5	39.20	6th
7	13	Tika Rai	Bachelor Level - II	12.2	10.0	15.0	37.20	7th
8	10	Sukumaya Tamang	Bachelor Level - II	11.3	9.0	14.5	34.80	8th



Name: Radha Bhujel
Grade : BSc. Nursing – III
Faculty : Science



Name: Radha Bhujel
Grade : BSc. Nursing – III
Faculty : Science

Top Girl Of Non - Academic Evaluation - April & May 2023

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

S. No.	VFGH No.	Name	Grade	Home activities (20)	Specific Duties (20)	Discipline (10)	Total Marks (50)	Position
1	40	Pema Mingdik Gurung	Medical Exam Entrance	15.61	18.71	8.58	42.91	1st
2	30	Radha Bhujel	BSc. Nursing- III	17.00	15.00	9.00	40.00	2nd
3	48	Nga Chhoti Sherpa	12 - Final	16.00	15.07	7.92	39.59	3rd
4	13	Tika Rai	Bachelor Level - II	16.00	14.00	7.50	37.50	4th
5	9	Saraswati Bhujel	12 - Final	12.50	17.00	7.38	36.88	5th
6	24	Kamala Rai	Bachelor Level - II	12.50	16.00	7.13	35.63	6th
7	25	Sabina Rai	12 - Final	12.50	15.00	6.88	34.38	7th
8	10	Sukumaya Tamang	Bachelor Level - II	12.50	14.00	6.83	33.13	8th

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S. No.	VFGH No.	Name	Grade	Home activities (20)	Specific Duties (20)	Discipline (10)	Total Marks (50)	Position
1	30	Radha Bhujel	BSc. Nursing- III	18.79	15.79	9.04	44.21	1st
2	48	Nga Chhoti Sherpa	12 - Final	17.50	11.50	8.25	37.25	2nd
3	24	Kamala Rai	Bachelor Level - II	17.50	11.00	8.13	36.63	3rd
4	25	Sabina Rai	12 - Final	14.50	14.00	8.13	36.63	3rd
5	40	Pema Mingdik Gurung	BSc. Nursing- I	15.00	13.00	8.00	36.00	4th
6	9	Saraswati Bhujel	12 - Final	15.50	12.00	7.88	35.38	5th
7	13	Tika Rai	Bachelor Level - II	17.00	9.00	7.50	33.50	6th
8	10	Sukumaya Tamang	Bachelor Level - II	12.50	12.00	7.38	32.88	7th



Name: Pema Mingdik Gurung
Grade : BSc. Nursing - I
Faculty : Science



Name: Radha Bhujel
Grade : BSc. Nursing – III
Faculty : Science

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