



VFGH THROUGH OUR EYES

VFGH Monthly News letter



**SLOWLY
BUT
SAFELY**

Asia Education Foundation (AEF)

**VOLUME: 72
MONTH: JUNE
& JULY 2023**

Vistare Foundation Girls' Home (VFGH)

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Compliments to Teachers at Vistare



Teachers are not just the learners' pride, they are the super humans who hold the capability to mold the learners into any desired shape and size. Teachers have more roles than any other person has in shaping the future of the learners. Having realized this value of teachers, the auspicious day 'Teacher's Day' was celebrated in Vistare Foundation Girls' Home on 3rd July, 2023.

A short complimentary program was organized at Vistare Home to honour the teachers of Vistare. Vistare takes pride on the personnels who mentor its girls in terms of academics, manner and discipline, life skills and overall. The Vistare resident girls offered a few gifts and shared words of gratitude and reverence to their teachers in the program.



They also sent emails to their former teachers and people who have always mentored and played crucial roles in accumulating knowledge and becoming competent enough to face the world.

New Academic Session Proceeds

Radha Bhujel Advances to 4th Year B.Sc. Officially

Radha Bhujel is a B. Sc. Nursing student at Manmohan Memorial Institute of Health Sciences (MMIHS) located in Kathmandu. She has been attending the college for three years now.

When no stone is left unturned to achieve a goal, no obstacle hinders success. Radha Bhujel—one of the Vistare girls— has proved this to be true. Radha Bhujel has completed her 3rd year B. Sc. Nursing successfully. It is a four year paramedic course. The result was published on 18th July 2023. Her hard work and perseverance have paid off. Vistare family congratulated Radha Bhujel for her achievement. She proceeded to attend 4th year B. Sc. Nursing classes at her college from 25th July 2023 as her college had announced to resume the classes from the very day.



Pema Mingdik Gurung Joins B.Sc. Nursing

One of the beneficiary girls of Vistare Foundation Girls' Home, Pema Mingdik Gurung, started Bachelor's degree in Science – Nursing (B.Sc.-Nursing). She got admission at Om Health Campus, Chabahil, Kathmandu. She had been preparing for the entrance test which is known as Common Entrance Exam (CEE) in order to get into one of the medical colleges in Nepal. She took the exam and passed it which proved her eligible to join B.Sc.—Nursing.

Her classes at Om Health Campus were scheduled to begin from 25th July 2023. She began attending classes at the college. After the completion of her 12th standard in Science stream, her ambition had been to join Bachelor's degree in medical field. For this, she had worked really hard as she was going to enter the academic field of her dream.



Kamala Rai, Sabina Rai, Nga Chhoti Sherpa, and Saraswati Bhujel were officially released on 21st June 2023 in presence of board members from Asia Education Foundation (AEF). Kamala Rai and Sabina Rai were received by their mother, maternal uncle's son and daughter. Likewise, Nga Chhoti Sherpa was handed over to her mother and sister. Saraswati Bhujel's father and brother-in-law received her.



Kamala Rai is a Bachelor in Business Studies (BBS) second year student at Viswa Deep Multiple College. She is also a Receptionist at Himalayan Rescue Association. As a Vistare girl, she has learnt all the life skills. She has been one of bona fide girls of Vistare. Language skill, computer skill, managerial skill are some of the assets that she has carried away from Vistare as she walked away from the organization.



Sabina Rai is a 10+2 graduate from Oxbridge International College, Lalitpur. She joined the college in Science Stream and completed it successfully in the year 2023. She developed herself to be a creative, smart and skillful girl having been at Vistare for more than ten years. She wants to continue her studies of Bachelor's degree in IT field.



Another 10+2 graduate from Oxbridge International College is Saraswati Bhujel. She also graduated in 2023. She is a Business Studies student who attended the college from Vistare. She is known for her hard working nature at Vistare. During her stay at Vistare, the attributes she acquired are remarkably worthy. Her competencies in language, computer operation and communication are undoubtedly her pride.



The third 10+2 graduate girl attending the same college, i.e. Oxbridge International College, from Vistare Foundation is Nga Chhoti Sherpa. She completed her 10+2 in Computer Studies in the same year—2023. She developed the habit of working hard at Vistare. She grew up to be a higher secondary graduate at Vistare home and accumulated precious skills and knowledge for her better future.

Once Vistarean,
Always
Vistarean!



Suku Maya Tamang, walked ahead towards her independence after she was released voluntarily from Vistare Home on 3rd July 2023 in presence of the board members of Asia Education Foundation (AEF). With all the mandatory paperwork, she was handed over to her father and maternal uncle.



Vistare Home is the home where she spent 13 years of jubilant time making herself academically, socially, physically, and mentally smart and competent enough to face this challenging world. She had equipped herself with language skill, computer operation skill and life skills staying at Vistare. Staying at Vistare Home, she completed her 10+2 in Business Management from Oxbridge International College, Lalitpur. She also availed herself an opportunity to be an intern at an organization as an assistant since 8th August 2022. She acquired knowledge of office work at the organization. Her job was to assist day to day office work. During her internship, she learnt about Tally software, journal voucher for accounting assistance, travel permit, insurance for the trekking purpose and many more. She shared that she got idea and knowledge about front office management.

The organization is Himalayan Trails Trekking & Climbing. This organization is a team of local professionals, energetic and proficient youths working in the Himalayas and wilderness since 1993. 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 is a 2nd Year student of BBS at Viswa Deep Multiple College, Kathmandu. She has moved to Salleri, her birth place in Solukhumbu, to join her family. She has given continuity to her studies of Bachelor's level at a college in



Teeka Rai, was released voluntarily from Vistare Home on 9th July 2023. Teeka was released and handed over officially to her uncle. Vistare had availed her with every opportunity to unleash her potential during her stay of 13 years at the residence. As a 10+2 graduate and a BBS student, she got an opportunity to serve an organization named People2People which is a Human Resource Management Solutions provider established in 2002 AD at Patandhoka, Lalitpur Nepal. As a Human Resource Consultancy, they aid organizations in understanding, developing, implementing and quantifying the effectiveness of their human resources.

She Success is not just one aspect or the other. Vistare cherishes its successes in terms of the Vistare Girls and their achievements. Successes are measured in terms of achievements. The released girls are the pride of the organization as they have become capable enough to cope with the challenges of the world. Vistare family bid farewell to the released girls wishing them all the best for their future.



Vistare Alumni Association members got together at Vistare residence on 17th June, 2023. Since Vistare Foundation Girls' Home project was going to be concluded shortly after making a considerable number of girls qualified and skilled, the former girls gathered at the Vistare residence on the day. Remarkably good number of alumni were present on the day to spend a quality time with one another. They spent a few hours together recalling their childhood and the past at Vistare. They also shared about their independent life, and they departed in the evening.



Vistare Alumni Association members got another opportunity to gather at Vistare Home on 1st July 2023. Vistare Home was closing and the office was going to be shifted. The Vistare management decided to give away useful goods and furniture to the Alumni girls. For this purpose, the girls gathered at Vistare Home. Vistare management handed over goods such as furniture, utensils, books, computers, equipment etc. to the aspiring alumni girls on the day.

On 22nd July, a few of the Alumni girls stepped in to Vistare Home to help pack up the office stuff as the office was being shifted to Dhumbarahi, Kathmandu from Sanepa, Lalitpur. Since the documents and other office goods are extremely important, they had to be brought together carefully and efficiently. The Vistare management and girls seemed quite busy throughout the day putting the goods together, packing them and labeling them.



The World Environment Day

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The World Environment Day is celebrated to inform people the importance of nature and to raise awareness for its protection. It aims at raising awareness and celebrating environmental action. The day reminds every responsible human that nature is an indispensable part of the living beings.



The theme of the World Environment Day 2023 is 'Beat Plastic Pollution' that advocates the less use of plastic, and reduction of the environmental pollution caused by this.



Vistare Home has always placed environment in the first place and the resident girls are taught the same. The lush front yard and the backyard of the Vistare residence prove this. Keeping their surrounding clean and tidy is the first thing they think of as they wake up in the morning. They are taught that it is because of the environment that we exist in this world. In order to mark The World Environment Day this year, the Vistare resident girls cleaned the entire premises of the Vistare Foundation Girls' Home.

Vistare Observes a Special Food Day

Vistare Home observed the National Paddy Planting Day by enjoying Dahi Chiura along with other foods prepared at the home on 30th June 2023. The girls obviously got the sense of the typical Nepali livelihood being at Vistare and participating in the activities that have cultural, traditional, religious and national significance.



The 15th day of Nepali month Asar marks a special day in Nepal. Majority of the people in Nepal are involved in agriculture. Asar 15 or National Paddy Day (June 30 this year) has equal significance as any other festival for farmers of Nepal. Marking the arrival of monsoon season, Nepalese regard this day as the time to begin paddy plantation. Dahi Chiura (curd and beaten rice) is the special food that Nepalese value highly on this day. They fondly eat Dahi Chiura on this day.

Rice Pudding Day at Vistare



On 31st July 2023, Vistare family fondly participated in celebration of Kheer Khane Din, i.e. a specific day to eat rice pudding in Nepal. This was the 15th day of the Nepali month Shrawan. Vistare kitchen in charge and the girls seemed enlivened in the kitchen preparing Kheer and curry. After it was ready, they sat together to enjoy it. Kheer or rice pudding is a delicacy that people of every age in Nepal love to eat. A curry accompaniment adds to the taste of Kheer. As Kheer and Tarkari (rice pudding and curry) gets ready, Nepali family assemble together in the dining with all the family members to enjoy it.

Photo to Admire



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