



# VFGH THROUGH OUR EYES

## VFGH Monthly News letter



**SLOWLY BUT SAFELY**

**Asia Education Foundation (AEF)**  
**Vistare Foundation Nepal (VFN)**

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### **Communication Team:**

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### **Merry Christmas 2023**

Nepal's secularism is further fostered when its citizens pay equal respect to every religion and the followers. In the last few years, Nepal has considerably seen its people promoting their cultures and traditions, while at the same time, regarding other religious norms and values equally. Christmas has been one of such festivals in Nepal. Nepali Christians basically observe this festival on the day.

Vistare Foundation Girls' Home has been adopting secular idealism since its establishment. The girls in the home are taught to respect all the human beings and their idealism. Subsequently, the girls believe in the fact that the norms and values of all the religions are equally respectable. Be it the Dashain and Tihar of the Hindus, or Lhosar of the Buddhists, or Christmas of the Christians, they accept the existence of all kinds of religions and their followers.



In the previous years, the girls observed the festivals and accompanied feasts at Vistare Foundation Girls' Home at Sanepa. This year, Vistare alumni girls gathered at the new office at Dhumbarahi for Christmas celebration. The gathering was organized two days prior to the actual Christmas Day because it was Saturday and everyone would feel this day convenient as the other days would be office days.

Eighteen of the VFGH Alumni had a wonderful opportunity to meet one another. All the alumni had been informed and invited to join though. It was a joyous occasion, bringing together Vistare alumni, board members, former staff, and everyone else to celebrate the day together. They graced a lively game during the gathering and also savoured delicious food served to them. The moment they spent clicking photos was full of jubilation. The Vistare management wished them merry Christmas in advance. After the celebration was over, they departed making promises to meet again in January 2024 for Vistare Alumni Day.

### **Radha Bhujel's Result of Internal Exam 4th Year**

Radha Bhujel is one of the beneficiaries of Vistare Foundation Girls' Home (VFGH) Project. Currently, she is the beneficiary of Vistare Scholarship Program. She joined B.Sc. Nursing under VFGH project. After the conclusion of the project, she is continuing her studies under Vistare Scholarship Program.

Her Internal Assessment result has been published. She is in the Final Year of B.Sc. Nursing at Manmohan Institute of Health Sciences at Soalteemode, Kathmandu. In the Internal Assessment, Radha Bhujel has scored good marks. Her aggregate is 70.08% in the assessment. She has obtained good marks in all the three subjects viz. Management and Health Economics, Educational Science, and Nursing Research and Biostatistics.

Vistare wished her all the best in the exams that she will take in the future. It believes that she will do better in all the future endeavours proving herself a competent girl to face the global challenge in the sector she has chosen.





**Kritika Lama's Graduation** - Vistare Alumni's success is the success of Vistare Foundation Girls' Home (VFGH) itself. All the efforts Vistare had made during the operation of Vistare Foundation Girls' Home are solely for the girls' betterment. Vistare is very happy to hear about one of the Vistare Alumni Kritika Gurung. She completed her Bachelor's Degree from Tribhuvan University, Nepal. Vistare congratulated her for this academic achievement. Vistare also wished her all the best in her future endeavor.

**Deepa Karki Ties Knots** - Deepa Karki has entered conjugal life. On 7th December 2023, she tied knots with Arjun Thapa. Vistare Foundation Girls' Home alumni Deepa Karki was a bona fide beneficiary of Vistare Foundation Girls' Home project. She had proved her leading capability during her stay at Vistare. She had walked out of Vistare Home well equipped with all the life skills, leadership skill and professional skills to cope with the world outside Vistare. Vistare family wished her happy and eternal married life.



**Sabina Rai's Initiative in Writing**

Writing is unquestionably an influential form of self-expression. Someone who writes has numerous ways of expressing their thoughts, emotions, ideas, and knowledge. Writing does possess a power to captivate readers and evoke a wide range of emotions in them. Writing skill is the most in-demand skill in the present context. A person is likely to be more creative if they have writing skill.

Sabina Rai's two articles titled 'Craft Your Perfect Weekend' and 'Monastic Wisdom: Unraveling the Vital Roles of Lamas in Nepal' have been published in a popular magazine ECS NEPAL. 235th issue (December 2023) of the magazine has provided considerable space for her articles. Her first article explores the ways of crafting the weekend. She has elaboratively suggested various activities to undertake throughout the day to recalibrate and recharge. Breaking the day into 'Morning', 'Afternoon', 'Mid-Afternoon', 'Late Afternoon' and 'Evening', she has proposed activities such as Yoga, Visit the Garden of Dreams, Discern Pottery, Explore the Markets of Thamel, Taste Exotic foods respectively. Likewise, her second article published in the same magazine is about Lamas of Nepal. In this article, she discusses and unravels the vital roles that lamas play in Nepal.

ECS NEPAL explores and discovers unique cultural issues of the Nepali society. The objective of this magazine is highlighting Nepal's rich culture and heritage, promoting Nepal's art and architecture, crafts and cultural lifestyle and showcasing Nepal's diverse and attractive destinations.



**Photo To Admire**



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