



VFGH THROUGH OUR EYES

VFN Monthly News letter



SLOWLY BUT SAFELY

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

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Celebrating Remarkable Support!

Vistare Foundation Nepal - Asia Education Foundation is at a position now having achieved its goal, i.e., making the underprivileged young people equipped with skill, knowledge and attitude ready to expose their potentials in the world. It is undoubtedly an achievement to cherish. There lies the patronage of people with great heart and motive behind this achievement. The patrons have played the most crucial role in this cause. The benefactors and well wishers definitely deserve a heartfelt of gratitude in this regard. The young people with plenty potentials have been led towards genuine destinations on account of their boundless generosity.

Their incredible support has fueled the relentless pursuit of achieving 100% literacy in Nepal. The collaborative spirit has ignited a powerful force for change, propelling all the concerned people towards brighter tomorrows.



Empowering Education: Sabina Rai's Journey from Adversity to Achievement

Sabina Rai, a distinguished alumna of Vistare Foundation Girls' Home Project, has embarked on her Bachelor's Degree journey in Information Management (BIM) at the esteemed College of Applied Business, affiliated with Tribhuvan University. Sabina's remarkable academic achievements and perseverance have led her to this significant milestone, supported by Vistare Foundation - Asia Education Foundation Scholarship program. Following her successful completion of the Vistare Foundation Residential Program i.e. Vistare Foundation Girls' Home, in July 2023, Sabina's dedication to learning and her passion for Information Management is evident as she begins this new chapter, reflecting the transformative power of education. Sabina ventures to success as she pursues her academic aspirations and makes valuable contributions to the field of Information Management.



Vistare Alumni Elects New Board Members, Embracing Renewed Vision for Unity and Growth

In a spirit of unity and renewed commitment, Vistare Alumni recently convened to revitalize its leadership, selecting a team of passionate individuals dedicated to the continued growth and impact of the association. Established in January 2020, Vistare Alumni has long served as a beacon of connection and support for its members. However, recognizing the need for increased engagement and activity, the alumni community came together to re-elect board members, ensuring alignment with the evolving needs and aspirations of its members.

The new board, led by Phura Chhechi Sherpa as President, embodies the values of dedication, inclusivity, and forward-thinking. Joining her are Tsering Chhoti Lama as Vice President, Mingma Lhamu Lama as Treasurer, and Sabina Rai as Secretary. Additionally, the board appointed two dynamic members, Binita Thapa and Kamala Rai, each bringing fresh perspectives and enthusiasm to the table.



This reinvigorated leadership team aims to foster greater unity, collaboration, and empowerment within the Vistare Alumni community. By leveraging the collective wisdom and experiences of its diverse members, Vistare Alumni seeks to create meaningful opportunities for growth, networking, and mutual support. As they embark on this journey together, the board is committed to upholding the legacy of Vistare Alumni while embracing new possibilities for innovation and positive change. With a renewed sense of purpose and a shared vision for the future, Vistare Alumni stands poised to inspire and uplift its members, ensuring that every individual feels valued, heard, and empowered to contribute to the collective success of the association. As they embark on this exciting new chapter, they invite all Vistare alumni to join them in building a vibrant community rooted in friendship, solidarity, and shared achievement.

Exploring Community Health Nursing Practices: A First-Year Journey

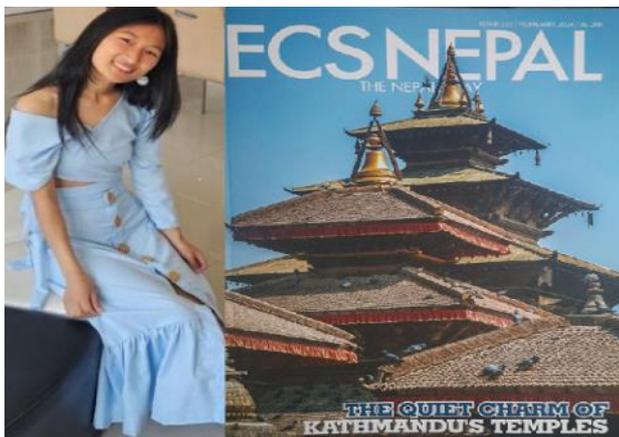
Pema Mingdik Gurung, a first-year Bachelor of Science in Nursing student at Om Health Campus under Purbanchal University Nepal—recently embarked on a community visit to Tokha Ward No. 11 as part of her Community Health Nursing course. Accompanied by classmates and her teacher, they conducted a thorough survey to evaluate the health status and lifestyles of local residents. Engaging with the community was a joy, as they were incredibly cooperative and eager to share their experiences. Their activities included health teaching sessions, participation in health campaigns, organizing a school health exhibition, interactive plays, and data presentations.



Following this initial phase, they embarked on a four-day field visit, where they explored various healthcare aspects. They visited a Nutritional Rehabilitation Centre, observed Hospital Waste Management practices at Kathmandu Model Hospital, learned about water purification processes, and gained insights into the operations of the Dairy Development Corporation. Subsequently, they underwent a seven-week hospital posting, during which Pema Mingdik and her classmates acquired practical experience in nursing procedures. She actively participated in nutritional exhibitions and drug presentations, aligning with her curriculum objectives. Overall, this first-year journey has been immensely rewarding, offering invaluable learning experiences and enjoyable practical sessions to Pema Mingdik Gurung.

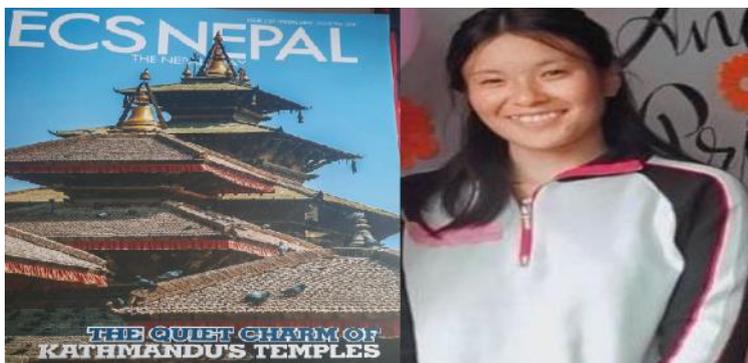
'Either write something worth reading or do something worth writing.'

Sabina Rai has taken one step ahead in the realm of writing. She has unleashed her creativity in writing by means of yet another article titled 'Crafting Crusts and Connections: The Artistry of Chef Pierre Storti' for the magazine 'Living'. Previously, her articles had been featured in the renowned magazine 'ECS Nepal'. The issue 181 2024 of the magazine 'Living' has featured her aforementioned article in which she has highlighted Chef Pierre Storti and his career as Chef. Pierre is from France and excels in ingredient selection, fermentation, production methods, and quality assurance, all aimed at elevating the flavour and texture of his creations.



The writer's line-up from Vistare has one more promising writer's name. She is Mingma Lhamu Sherpa. Mingma Lhamu is a Vistare Alumna who is pursuing her Bachelor's Degree in Fashion Designing. She has debuted in the field of writing by writing on the topic 'Panchpokhari Experience' in the magazine 'ECS Nepal' issue 237 February 2024. Her article in the magazine features a popular place named Panchpokhari in Sindhupalchok district of Nepal. Basically, this article is her travelogue in which she has detailed her journey from Kathmandu to Panchpokhari.

That is not just over. A bona fide beneficiary of Vistare and now a Vistare alumna, Rejina Thapa, writes about 5 things to buy as souvenir in Nepal in the 237th issue of ECS Nepal. She has enlisted Khukuri, Pashmina Shawl, Singing Bowl, Dhaka products and Thangka Paintings as the five things a foreigner can buy during their visit to Nepal and take them to their country as a keepsake.



Vistare Foundation takes great pride in its roster of writers who undoubtedly possess the talent and potential to carve out a distinguished reputation in the field of writing, promising to leave an indelible mark on the literary landscape in the future.

Book Giving Day 2024

Vistare Foundation Nepal – Asia Education Foundation strongly believes in the power of education to change students' lives. It has witnessed many success stories, especially among girls and students who have transformed their lives through education and reading. Vistare's commitment to promoting education and its transformative impact is unwavering.



Vistare Team is thrilled to announce their participation in International Book Giving Day, celebrated every February 14th, as part of the ongoing efforts to advocate for literacy. This worldwide initiative encourages people from all backgrounds to unite and share the joy of reading by giving books to others. By fostering a love for reading and promoting literacy, Vistare aims at empowering individuals and communities across its project area and sector. 14th February reminded the magic of reading and making a real difference in people's lives by simply sharing a book. Together, it can ignite a lifelong love for learning and unlock endless opportunities for personal growth and development.



Saraswati Puja: A Celebration of Knowledge and Learning at Vistare Foundation Nepal

On February 14th, Asia Education Foundation - Vistare Foundation Nepal team, accompanied by Vistare Alumni, displayed their dedication at their office premises by conducting prayers to Goddess Saraswati. This observance transcends mere ritual; it embodies reverence for knowledge, art, and culture, as students seek blessings for academic excellence and enlightenment. Traditionally, participants place books near the statue or image of the goddess and engage in worship. For many, this day symbolizes the commencement of children's journey into the realm of learning and literacy.

Reunited Resilience - Sanjana Dahal's Remarkable Reconnection with Vistare Foundation

In a recent development in the Sanjana Dahal case, there is uplifting news as Vistare has been successful in reconnecting with her through the Fundación Vistare's Facebook page. Sanjana had been out of contact since her departure from the organization in May 2012. She is in contact with Vistare as a result of Vistare's persistent efforts to locate her and maintain communication through calls to her guardians. The hope to find her had remained steadfast, and with the help of her father Pradip Dahal's updated contact information, she was successfully located on Facebook.



Upon reconnecting, it was surprising and delighting to discover that Sanjana is married, and a mother to a baby girl. This revelation came as a joyful surprise rebuilding the strong bond shared with the rest of the Vistare Alumni. The circumstances leading to her departure were rooted in her parents' separation and subsequent remarriages, which prompted her mother's return to India, where her grandparents were prepared to care for her.

Despite the challenges, Vistare Foundation's reconnection with Sanjana Dahal via social media offers hope for a positive outcome.

Photo to Admire



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