



VFGH THROUGH OUR EYES

VFN Monthly News letter



SLOWLY BUT SAFELY

Asia Education Foundation (AEF)

Vistare Foundation Nepal (VFN)

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114th International Women's Day

Themed as 'Invest in women: Accelerate progress', the International Women's Day on 8 March was observed this year, capturing the essence of empowerment, equality, and unity in diversity, while promoting inclusivity and inspiring positive change through embracing equality.



Vistare Foundation Nepal recognizes the essence of this day which is marked with great significance around the world. This organization has been working to foster the status of girls by empowering them academically, mentally, socially and emotionally. This year's theme has become very relevant to Vistare's motive which it has been carrying along for about one and half decade. Vistare is committed to its social motive all the time.

Nepali New Year At Vistare



This Nepali New Year, Vistare did not organize the Annual Picnic, as this year was slightly different from past years. After the Vistare Residential Home project was successfully completed at the end of July 2023, this year's Nepali New Year was celebrated by wishing each other through social media and phone calls. A few days after the New Year, Vistare Alumni Board members visited its Dhumbarahi office. Although not all Vistare Alumni could make it, they gathered together to exchange heartfelt wishes on the occasion of Nepali New Year 2081 B.S. The Vistare Alumni convened at the Dhumbarahi Asia Education Foundation, wishing everyone a joyous and prosperous year ahead filled with happiness and success.



Final Exam of BSc. Nursing 1st year - Pema Mingdik Gurung



Pema Mingdik Gurung—who is a B.Sc. Nursing student at Om Health Science Campus, Chabahil—has attended the board exam of 1st Year B.Sc. Nursing. Her board exam started on 24th April 2024. It will conclude on 16th May 2024. The exam center is Innovative College of Health Science at Lalitpur. Pema Mingdik is a good beneficiary of Vistare Foundation Girls' Home. She is doing well in her studies. Vistare Management wished her all the best for her best performance in the exam.

Final Exam of BSc. Nursing Final Year - Radha Bhujel

Radha Bhujel—who is a B.Sc. Nursing 4th Year student at Manmohan (MMIHS) Science Campus, Rabibhawan Kathmandu—has started to attend the board exam of Final year (4th Year) B.Sc. Nursing. Her board exam started on 29th April 2024 and will conclude on 20th May 2024. This is the final exam of Radha. She is graduating after this. Her result will be out in about one and half month tentatively. After passing this exam, she will then sit for Nursing Licence examination which if passed will qualify her as a certified Nurse. She will be allowed to work as a Nurse then.



Radha Bhujel Attends the Annual Day Function of Her College



The Manmohan Memorial Institute of Health Sciences, nestled in Soalteemode, Kathmandu, celebrated its annual day in 2024, showcasing its commitment to healthcare education. Among the attendees was Radha Bhujel, a final year B.Sc. Nursing student from the esteemed Vistare Foundation. Radiating with enthusiasm, Radha's participation added a touch of inspiration to the event. Engaging with peers and faculty, she seized the opportunity to expand her network and enrich her academic journey. The celebration, adorned with cultural performances and academic achievements, highlighted the institute's dedication to progress in healthcare education and research. With Radha's dedication and the collective efforts of the institute's community, the event underscored the transformative power of education and the limitless potential of those dedicated to serving humanity in the field of healthcare.

Radha Bhujel's Experience on Clinical Posting

Nursing is a practical based paramedical course. Students learn by actively participating in the practice. Research, theoretical studies, clinical practices are parts of its course.



I completed a month of clinical duty at the hospital of my college as part of the B.Sc. Nursing 4th Year academic program. It was all part of learning and growing. I performed all the nursing activities as a student nurse and developed all the skills needed to be a nurse. I enjoyed this clinical assignment since it allowed me to practice all the duties and responsibilities of a nurse.



Annual Picnic Celebrations by Vistare Foundation Alight with Joy and Unity

In a vibrant departure from tradition, Vistare Foundation Organization marked its annual picnic festivities with exuberance and camaraderie on the 15th of Baisakh 2081 B.S. (27th April 2024), deviating from its usual date of the 1st of Baisakh 2081 B.S. (13th April 2024).

The picturesque Godavari Picnic spot played host to this year's event, orchestrated with finesse by the Vistare Foundation Girls' Home (VFGH). What made this occasion truly special was the convergence of 22 Vistare Alumni girls, members of the Asia Education Foundation, dedicated staff, well-wishers, and the Vistare family, all coming together to weave cherished memories. Under the thoughtful curation of the VFGH team, the day unfolded with a plethora of entertainment activities, ensuring every participant experienced sheer joy. From spirited games organized by the VFGH Alumni sports team to engaging group activities, the atmosphere buzzed with energy and laughter.



The spirit of unity and cooperation was palpable as Vistare Alumni Board members tactfully divided their sisters into groups, each assigned to various tasks including cleanliness, food preparation, extracurricular activities, sports, and capturing memorable moments through photography and videography. The presence of the organization's dedicated staff and members added an extra layer of warmth to the festivities, amplifying the sense of community and togetherness.



Indeed, this year's annual picnic was not just a celebration, but a testament to the enduring bonds and collective spirit that define the Vistare Foundation family.

Vistare Celebrates Earth Day 2024: Advocating for Environmental Awareness and Action

Vistare proudly joined the global community on April 22nd, 2024, to observe World Earth Day, a day dedicated to raising awareness and advocating for environmental protection. This year's theme, "Planet vs Plastics," underscored the urgent need to address the proliferation of plastics and its detrimental impact on our planet.



Under the banner of "Planet vs Plastics," Vistare emphasized the importance of environmental stewardship and the role each individual plays in protecting our planet. The day served as a call to action for the entire Vistare community to reflect on our responsibility to safeguard the environment for future generations. Through various educational initiatives and activities, Vistare imparted valuable knowledge to its students, highlighting the significance of reducing single-use plastics and investing in sustainable practices. Students were encouraged to recognize their collective power in effecting positive change and to embrace their role as stewards of the Earth.

Earth Day is not just a single day of observance; it's a reminder of our ongoing commitment to the planet. By working together and taking concrete steps towards sustainability, we can make a meaningful impact on the health of our planet.

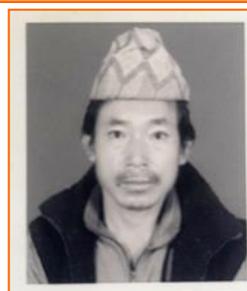


As Vistare continues to prioritize environmental consciousness, Earth Day serves as a catalyst for ongoing efforts to foster a culture of environmental awareness and action within the community and beyond.

Heartfelt Tribute

To

Lt. Mr. Suk Bahadur Rai



We are grieved to know that **Mr. Suk Bahadur Rai**, father of Ms. Teeka Rai - one of the beneficiaries of Vistare Scholarship Program and Alumni of Vistare Foundation Girls' Home Alumni Association - demised untimely. We would like to extend our heartfelt condolences to the bereaved family and pray to the Almighty that the departed soul of the deceased rest in peace in heaven.

May the god provide Teeka and her family strength to cope with this sorrowful situation and irreparable loss. Our heartfelt empathies are with you Teeka.

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