



SLOWLY BUT SAFELY

Asia Education Foundation (AEF)

Vistare Foundation Nepal (VFN)

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Alumni Rekindle Bonds on 5th Anniversary Day

25th January is celebrated as the 'VFGH Alumni Day' by Vistare Foundation and the Vistarean because VFGH - AA was established on this very day 5 years ago. With establishment of Vistare Foundation Girls' Home Alumni Association (VFGH - AA) on this day in 2020, Vistare management exemplified leadership, mentorship and guidance with the hope to instill these attributes in the young generation and foster their capacity building.

Marking its 5th anniversary, VFGH - AA hosted a special get-together program to bring together its alumni and strengthen the mutual bond among its members as well as with its mother organization. The meeting point was set to a restaurant at Sokedhara in Kathmandu. This anniversary day was observed as a day of celebration on 25th January 2025. VFGH - AA had planned to visit an Old Age Home to give away some foodstuffs there but it was postponed to next date due to some circumstances.



Under patronage and supervision of Vistare Management, alumni gathered at the designated location. Vistare office team was with them. From VFGH - AA, two executive members along with the Secretary Sabina Rai and the President Phura Chhechi Sherpa were present at the moment. There were nine alumni who joined this get-together. The location of the meeting was well organized with seats and other adornment. The alumni took their chance to capture the moment in their cellphone cameras. Everyone enjoyed the dish that they were served in the restaurant. The moment that all dined together was a moment to cherish for all. The fifth-year anniversary celebration was made memorable with everyone enjoying one another's company.

Clinical Posting Experience - Pema Mingdik Gurung

On 19th January 2025 (Sunday), I began my clinical posting at Relife Wellness Nepal as part of the Psychiatric Nursing practicum in my second-year B.Sc. Nursing curriculum. This experience provided me with invaluable learning opportunities, allowing me to bridge the gap between theoretical knowledge and real-world clinical practice.

During my time there, I enhanced my critical thinking skills, gained confidence in handling psychiatric patients, and deepened my understanding of the multidisciplinary approach essential for comprehensive mental health care. I witnessed firsthand how collaboration among healthcare professionals significantly improves patient outcomes. Additionally, my geriatric posting offered a holistic perspective on elder care, emphasizing both physical health and emotional well-being. I learned the importance of social engagement in promoting the overall quality of life for elderly patients, reinforcing the significance of compassionate, patient-centered care.



This clinical experience not only broadened my knowledge but also strengthened my commitment to providing empathetic and effective nursing care in diverse healthcare settings.

A Generous Act of Charity

"I have found that among its other benefits, giving liberates the soul of the giver". — Maya Angelou

Charity is the act of giving help, resources, or kindness to those in need without expecting anything in return. It can take many forms, including donating money, volunteering time, or providing essential goods to disadvantaged communities. Charity plays a crucial role in addressing social inequalities, promoting compassion, and fostering a sense of shared responsibility within society. Many charitable organizations work globally and locally to support causes such as education, healthcare, poverty alleviation, and disaster relief. Ultimately, charity reflects the human spirit of generosity and the desire to make the world a better place.



Asia Education Foundation/Vistare Foundation Nepal has carried along a splendid history of carrying out charitable programs for more than a decade. Scholarship program, funding programs, accommodation programs, health checkup programs are a few to name. Recently, this organization felt the need to support senior citizens under shelter of a generous heart Lion Mr. Dhan Raj Bhadel who is the founder of the Old Age Care Home. Lions Old Age Care Home based at Dhumbarahi in Kathmandu shelters a number of elderly people from various regions and ethnic backgrounds of Nepal. They are very well taken care of there.

On 26 January 2025, Vistare Foundation Team and two VFGH alumni loaded with provisions to give away on charity headed towards the Old Age Care Home a few meters away from Vistare Office. On reaching the Home, the team had a small talk with some elderly ladies there while waiting for the founder. That was the most cherished moment for all the attendees talking with the elderly ladies because they felt like having an intimate chat with own grandmother/mother. Then, the rations were handed over to the ladies as soon as Mr. Bhadel arrived. This act of charity was captured in camera and Mr. Bhadel led Vistare team showing them around the home. The Home is well maintained to keep the elderly ladies comfortably. Vistare team returned brimming with happiness and contented hearts.



In Giving that We Receive



When someone who is leading pursues a good path, the followers are ensured of reaching the destination. The followers adopt the same pathways. Following Vistare Foundation Nepal's path of social service, its alumni carried out a deed of charity on 24 January 2025. On initiation, support and supervision of Asia Education Foundation Nepal/Vistare Foundation Nepal, Vistare Foundation Girls' Home Alumni Association (VFGH—AA) conducted 'Stationery and Sports Goods Distribution Program' at a public school 'Mahendra Rastriya Secondary School, Bluewater 4, Kathmandu on the very day. Mahendra Rastriya Secondary School is a Kathmandu based community school that runs classes from ECD to Grade 12.

VFGH - AA executive members, on initiation of Vistare Office, distributed various stationery items and sports goods to the Early Childhood Development (ECD) students. 28 ECD students were benefited by the charity. On their return, the participating alumni seemed joyous having involved in an act of giving. This has set an example of giving to the needy. Vistare team is assured of continuity to such deeds by the alumni in future.



The most ambitious program of Asia Education Foundation/Vistare Foundation Nepal concluded in 2023. It was named 'Vistare Foundation Girls' Home' with an aim of empowering girls of the marginalized, underprivileged ethnicities of Nepal. 52 young women having been empowered with skills, education, ensured future, determination and a strong intuitive to lead the world walked out of Vistare Home at Sanepa, Lalitpur. They had been benefited with all the basic to essential facilities having been enrolled to Vistare Home for more than a decade.

Though all the 52 girls have been released voluntarily now, five girls were still under the support of Vistare on account of the need to do so. Among those five, Radha Bhujel completed B.Sc. Nursing and Nursing Licensing exam on support of Vistare and was released. She is staying with her mother and sister independently. The rest of the girls are on support of Vistare financially to complete their Bachelor's Degree.



Tika Rai - Tika Rai was one of the beneficiaries of Vistare Foundation Girls' Home. She was enrolled into Vistare Home in 2010 and stayed up to 2023 until its closure. She had completed 10+2 in the faculty of Business Management from Oxbridge International Higher Secondary School/College when she was enrolled into Bachelor's Degree at Viswa Deep Multiple College under support of Vistare.

Since she needed further support financially to complete the studies of Bachelor's Degree, Vistare continued to support her covering the academic fees of the college. She is pursuing Bachelor's Degree in Business Studies (BBS) 4th Year at the same college. She is also involved in a job. She is an employee at People2People job portal.

Suku Maya Tamang - Another beneficiary of Vistare Foundation Girls' Home is Suku Maya Tamang, who joined the home in 2011 at the age of 11. During her time at Vistare, she received love, care, and full educational support, enabling her to complete her Secondary Education Examination (SEE) and 10+2 successfully. After completing her higher secondary education, she was enrolled at Viswa Deep Multiple Campus to pursue a Bachelor's Degree in Business Studies (BBS) with support from Vistare.

With the conclusion of the Vistare Foundation Girls' Home project, she voluntarily transitioned out of the program and returned to her village. She later transferred to a college near her home, where she continues her studies with dedication. Currently, Suku Maya is in her third year of BBS, preparing for the Tribhuvan University (TU) Board Examination and working toward her academic goals. Her journey reflects the lasting impact of Vistare Foundation in empowering young girls through education and support.



Pema Mingdik Gurung - Pema Mingdik is a bona fide beneficiary of Vistare Foundation Girls' Home. She was enrolled into Vistare Home in 2013. She is from a very remote Himalayan region Dolpo in Nepal. With full support of Vistare Foundation, she completed SEE and 10+2. She is pursuing her studies in Nursing. She was enrolled into B.Sc. Nursing at Om Health Campus, Kathmandu. She is continuing her studies in the 2nd year. She has successfully completed 1st Year. She stays at her college hostel. Vistare covers all the expenses related to her such as tuition fees, accommodation charges, stationeries, and dresses.

Sabina Rai - Sabina Rai was the youngest girl among all the Vistare Girls when Vistare Home was established. She was enrolled into Vistare Home in 2010. She was also provided everything she needed at Vistare. She completed SEE and 10+2 with support of Vistare. When Vistare Home concluded, she and her elder sister Kamala were released from the home. They went to live together on rent. However, Sabina needed further support to complete Bachelor's Degree. Vistare has continued to support her covering the fees of Bachelor's degree in Information Management (BIM). It is an eight semester course. She has completed 1st and 2nd Semester successfully and is continuing 3rd Semester at the college.



Dipa Khanal (VFGH release no. 11/2015)

Vistare was my second home. This is the place where I got all the opportunity to make myself bold and competent. The strict schedule that we had to follow made us disciplined and well-organized.

Vistare provided me with good education, computer knowledge, and knowledge about how to work in an office, Spanish language learning opportunity, and many more things. I wished I had had more time to visit my parents and a bit more freedom. I would like to thank Vistare for every opportunity it provided me with.

I would like to thank everyone for all the opportunities Vistare provided me so as to help me make my dreams come true. I am very grateful to all concerned. Thank you very much.



Kala Rai (VFGH release no. 12/2015)

I love Vistare because it has given me everything I once lacked—education, food, clothes, shelter, a family, and, most importantly, love. It has been the place where I found not just care and support but also the strength to dream and the courage to pursue those dreams. Every moment spent here has shaped me into the person I am today, filling my life with hope, warmth, and endless opportunities.

Vistare has been more than just a home; it has been a sanctuary of learning, growth, and transformation. From the lessons I learned in the classroom to the values instilled in me through love and discipline, every experience has played a role in guiding me toward a brighter future. The kindness, generosity, and unwavering support I have received will always remain in my heart.

I hope to make everyone proud one day and give back in the best way I can. Words cannot fully express my gratitude, but I promise to honor everything Vistare has given me by striving to be the best version of myself. Every morning, I pray to God, feeling incredibly blessed to be one of the luckiest girls in the world. I will always cherish and carry forward the love that has shaped my journey. Thank you, Vistare, for being my foundation, my family, and my guiding light.

Sharika Lamsal (VFGH release no. 13/2015)

I always had walked in the world of fear, surprises, struggle and unpredicted situation. The only thing I could reveal my sufferings to was my silent self. My silent self was my god. I shared each deed I did to it, my desire, problems, with my silent self. There was always someone replying and guiding me. It was my voice inside me. This time, my voice became free as there was other voice behind me. It was right by my side saying, "Don't get scared. You can do it. Just move a bit. It's just close to you. I will take your problems and you go ahead with your ambition. That was none other than Vistare. I started to regain confidence, enthusiasm and happiness. One thing, I learnt best from Vistare was to have patience and move slowly. Actually, it's what Vistare is. I still remember first day of Vistare in warm arms of Carlos Uncle. I felt safe. Vistare never set back to fulfill my dream of joining a good university.

In Vistare, I learnt 'Nothing is Impossible'. Only one has to build guts to get victory. I only knew I had to take the chance to win this world. My life in Vistare was incredible. It never made myself realize of loneliness. I was rich with 44 sisters, different among all. This Vistare Planet is amazing; there are thousands of moments I passed from here. Whenever, I got down there were always helping hands from Vistare who strengthened my weakness. Academics were always there. Along with it, I was provided many responsibilities and a chance of playing role of student, monitor, captain, accountant assistant, communication supervisor, event in charge was incredible. When I was in phase of Intern I was with the skills of language, Tally operation, computer knowledge and most important thing was to work under pressure and on time. I really appreciate things I received from Vistare.

I always tried to make best out of it. That's why I put full effort to make it successful. Today I am holding degree of graduation. Thank you so much for letting my dream live. It's not the end, I have just begun my journey. I will be moving on and on.



Raksha Pandey (VFGH release no. 14/2015)

I am thankful to Uncle Carlos from the bottom of my heart for accepting me. Coming here has been one of the best things of my life. Now, I feel that my life, too, is of some worth and I feel confident about myself. I eat healthy, follow a healthy routine and live in a healthy environment. Vistare is like my own personal heaven. Yet, I wish we had got a chance to visit our family members and friends a little more often. I am thankful to everybody at Vistare for giving me a chance to live an amazing life, a life where I can hope and dream. And I know that if I work hard enough, I have all the possibilities of achieving it.

I would like to thank my supporter for all the help I was given. Without the love and care I wouldn't become the wise woman I'm growing up to be.



Because of what I learnt from here, I can one day spread my knowledge to all the other unfortunates in my village. We are 44 girls, each a missile with a mission to spread knowledge. You are the father figure I have been missing since childhood. I love you and thank you with all my heart for everything.

Photo To Admire

The photo from Vistare's 2nd Alumni Day in January 2021 captures not just a gathering of individuals, but a powerful testament to the strength of community and the transformative impact of education. It symbolizes the growth and success of Vistare's alumni, who have come together to celebrate the milestones they've achieved, inspired by the values instilled in them through the program. This moment frozen in time speaks of perseverance, unity, and the shared journey of each individual who has been a part of this inspiring movement. It's a reminder of how far they've come and the endless possibilities ahead.



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