



SLOWLY BUT SAFELY

Asia Education Foundation (AEF)

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Vistare Foundation Nepal (VFN)

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1st Baishakh—Nepali New Year Day

New Year marks new beginning with new perspectives and resolutions to march ahead. Every new beginning fosters a new zeal to make achievements. The cycle of time continues to manifest as long as there exists the mother earth. This cycle goes on and on bringing newness after a certain period of time. This is a perpetual process. New Year day is marked as a specific day in this cycle when people feel rejuvenated.



Nepali New Year Day (1st Baishakh in the B.S. calendar) falls in the month of April. 1st Bashakh 2082 was on 14th April this year. This is the day Nepali people spare themselves of their daily job and involve in merrymaking usually by family gathering, visiting religious shrines, picnicking, attending excursion and other types of celebration. Vistare Foundation wished 'Happy New Year' to all the stakeholders and well-wishers on this occasion. Two alumni Phura Chhechi Sherpa, Mingma Lhamu Lama and two of Vistare running girls Sabina Rai, Pema Mingdik Gurung of VFGH visited Vistare office at Dhumbarahi and spent their time with Vistare management exchanging new year greetings and good wishes.

Special Visit of Vistare Patrons from Spain (12th – 19th March 2025)



Vistare were honored to welcome Mr. Marcos Fernandez and Mr. Carlos Duran to Nepal for a short yet impactful visit from 12th to 19th March 2025. Throughout their stay, they were based at the Vistare Foundation/Asia Education Foundation office in Dhumbarahi, Kathmandu, where they actively engaged in official tasks from 12th to 18th March during regular office hours.

Their visit focused on reviewing the Foundation's ongoing activities, receiving updates from the team, and collaboratively planning future programs. Several key agendas were discussed in depth and finalized after thoughtful evaluation. Their time in Nepal concluded successfully, and Vistare esteemed patrons returned to Spain on 19th March, having fulfilled the core objectives of their visit.

A truly heartwarming highlight of their stay was the opportunity to reconnect with several Vistare alumni and current beneficiaries. Phura Chhechi Sherpa, Sapana Rai, Kamala Rai, Bipana Thapa Magar Radha Bhujel, Lhakpa Jangmu Sherpa, Mingma Lhamu Lama and Sajani Gurung — along with currently supported girls Sabina Rai, Pema Mingdik Gurung, Teeka Rai, and Suku Maya Tamang — visited the Dhumbarahi office to meet their beloved patrons. The reunion was filled with joy, emotion, and heartfelt exchanges, as the girls shared their life updates, achievements, and gratitude.

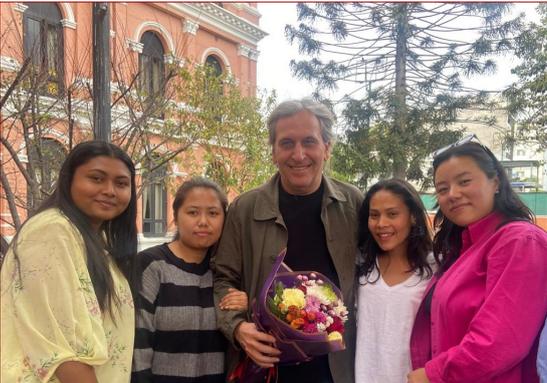


Another special and proud moment occurred on the final day of the visit. As Mr. Fernandez and Mr. Duran were preparing to depart from Tribhuvan International Airport, Kathmandu, they were warmly attended to by Pabitra Sapkota, a Vistare Alumni who is now working at the airport. She assisted them during the immigration and boarding process and bid them farewell on behalf of the entire Vistare family. Seeing one of their own alumni thriving in a prestigious workplace brought immense pride and happiness to Vistare patrons, reinforcing the impact and long-term vision of the Vistare program.

This memorable visit further deepened the connection between Vistare team, beneficiaries, and international supporters — strengthening Vistare shared commitment to empowering the next generation and building a brighter, sustainable future.

Meet and Greet Program

The patrons of Vistare Foundation girls, Mr. Marcos Fernandez and Mr. Carlos Duran, came around to Nepal from Spain on 12th March and stayed until 19th March 2025. Their week long visit to Nepal was made memorable with meet and greet program and other official tasks.



A noteworthy 'Meet and Greet Program' was organized at Hotel Yak and Yeti Kathmandu on Saturday 15th March to bring together the Vistare Alumni girls. All the alumni girls had been invited to the get-together event at the venue. Twenty-five alumni girls spared their time of to materialize the motive of the program and gathered at the venue as their patrons had paid a visit to their beneficiaries' native land. Also, they were getting opportunity to see their patrons after a long time.

During the Meet and Greet program, the girls shared their experiences and updated to the patrons with their current status. This became an opportunity for everyone to feel zealous and refreshed as they were in jocund environment having got the opportunity to be together after such a long time. The patrons had an individual session with the alumni girls to feel closer and know them. The program concluded with lunch.

Mr. Marcos Fernandez and Mr. Carlos Duran had a quality time with all the 25 girls. Under their patronage, the Vistare girls had availed themselves of plenty of opportunities of quality education, health care services, skill development and many more during the operation of Vistare Foundation Girls' Home Project. The beneficiary girls have become independent and competent now.



Visit of a Special Guest: Mr. Jesus Valderrama

Vistare Foundation was delighted to welcome Mr. Jesus Valderrama, a long-time friend and close business partner of Vistare esteemed benefactor Mr. Marcos Fernandez, during his personal visit to Nepal from 22nd to 26th March 2025.



Although he was unable to visit the Dhumbarahi office due to time constraints, Mr. Valderrama made time on the final day of his stay to meet with Vistare Director. This meaningful interaction offered an opportunity to share updates on the Foundation's mission, key programs, and recent initiatives—particularly those aligned with the long-term empowerment and sustainability of Vistare alumni.

Mr. Valderrama expressed his heartfelt interest in the progress being made and conveyed his continued encouragement for the impactful work Vistare is doing. His visit symbolized the strong and ongoing commitment of Vistare international well-wishers and long-time supporters who believe in nurturing futures beyond the classroom.

Vistare look forward to welcoming him again for a deeper engagement in the days to come.

The 52 alumni girls of Vistare Foundation are the assets of the organization. They were enrolled, brought up, nurtured, molded, and prepared to stand up on their own proving themselves the prominent leading figures of the future in the sectors they choose. Vistare has left no stone unturned to do its best to bring up these young women. The ultimate goal of the organization was achieved as the girls were released voluntarily after the project concluded in August 2023.

After the voluntary release from the organization, all the girls ventured into the world with plenty of opportunities as well as challenges. Since they were equipped with all the fundamental and essential skills, they are easily adapting themselves in the new scenario.



Among the 52 alumni, four girls are still under the financial support of this organization, especially for their academic development. The following is the update of the girls:



Tika Rai - Tika Rai is a 4th Year Bachelor in Business Studies (BBS) student at Viswa Deep Multiple College Kathmandu. She is pursuing her graduate level course with the financial support of Vistare Foundation. This is her final year of BBS which is a university level course. She has successfully completed the other 3 year courses and now, she is preparing for the board exam of 4th Year BBS. The board exams are conducted by Tribhuvan University—the oldest university of Nepal.

Before her voluntary release in 2023, Tika had stayed in Vistare Foundation Girls' Home for 13 years getting all the facilities and opportunities of quality education and skill development. She lives in Kathmandu and holds a position as an employee at People2People job portal.

Suku Maya Tamang - Suku Maya Tamang is a 3rd Year BBS student. She has continued her studies having transferred to a college in her village. She was initially enrolled into Viswa Deep Multiple collage, but as she moved to her village, she needed to get transferred. She is preparing for the board exam of 3rd Year BBS.

Before her voluntary release from Vistare, she had stayed in the organization's residence for 12 years getting benefitted by the facilities provided by the organization. Her determination to continue her studies reflects the values instilled by Vistare in her during the ambitious project 'Vistare Foundation Girls' Home' operated from 2010 to 2023. She was one of the 52 beneficiary girls who were housed in the residential building at Sanepa, Lalitpur until it achieved its goal in 2023.



Pema Mingdik Gurung - Pema is the only girl who has been fully supported till now even after the project has completed. The ambitious project titled 'Vistare Foundation Girls' Home' concluded in 2023 and the 52 girls were voluntarily released. Many of them moved back to their native place and reunited with their family. Some stayed in Kathmandu with an ambition to establish themselves, while some others moved abroad for better opportunities of education and employment. Pema Mingdik is a 2nd Year B.Sc. Nursing student at Om Health Campus in Kathmandu. She stays in the college hostel. All the financial expenses are covered by Vistare. She has just appeared the Pre-board exams of 2nd Year. She is preparing herself to attend the Board Exam of 2nd Year. She has successfully completed the 1st Year.

Sabina Rai - Sabina Rai is a 3rd Semester Bachelor in Information Management (BIM) student at College of Applied Business and Technology in Kathmandu. She has completed 1st and 2nd year successfully. Currently, she appeared the Pre-board exam of the 3rd Semester. She is preparing for the Board exam conducted by her university.

She 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.



New Year 2082 Refreshment Gathering

The Nepali New Year, 1st Baisakh 2082 (14th April 2025), arrived with renewed promises and commitments, bringing joy and happiness to Nepalese people both in Nepal and around the world. This special occasion also brought the same spirit of hope and celebration to the entire Vistare family. In tradition, Vistare organizes a picnic to celebrate the first day of the Nepali New Year, providing a wonderful opportunity for the Vistare community to come together and share in the festivities.

This year, **Saturday, 26th April 2025** was chosen as the most convenient day for the gathering. Vistare hosted a picnic at **Jagadol Park**, located in the peaceful and green surroundings of Kapan, Kathmandu. The event saw warm participation from all **AEF Board members, Vistare staff, Vistare alumni,** and their families



Many alumni from the Vistare Foundation Girls' Home (VFGH), their siblings, staff, and other guests joined the celebration. The serene environment of the picnic spot added to the joy of the day. Everyone arrived around 9 a.m. and actively participated in preparing breakfast, snacks, and dinner together. The group enjoyed delicious food and lively company, capturing memories on their cell phones and sharing laughter throughout the day. The gathering concluded at around 5 p.m., with everyone leaving the spot filled with happiness and renewed camaraderie.

Vistare's Meet up with Sapana Magar

At a tender age of 12, Sapana Thapa Magar had become a part of Vistare Foundation Girls' Home. She became one of the beneficiary girls who were being taken care of under Vistare Scholarship Project. She used to go to a village school attending grade 5 before she joined Vistare in 2010. This became a turning point in her life as she was given a complete support in terms of quality education, health and hygiene, accommodation, skill development and many more at Vistare Home. As she grew up, she was nurtured in such a way that she progressed in all the aspects such as education and language skills. Eventually, she completed School Level Certificate (SLC) exam from Radiant Readers' Academy and was enrolled in grade 11 at Oxbridge International H.S.S. After she completed 10+2, she was released voluntarily from Vistare Foundation Girls' Home.



After she left Vistare, she joined Japanese Language class and started learning Japanese Language with the aim to go to Japan for further studies and employment. She was granted Japanese Visa. She then headed to Japan. She studied Japanese language there for two years.

After seven years of stay in Japan, Sapana Thapa Magar resolved to come to Nepal. She paid a visit to Vistare at Dhumbarahi, Kathmandu with her parents 3rd March 2025. She seemed quite delighted to have got opportunity to meet those people who had once been mentors in her life at Vistare. She shared with Vistare management her experience gathered in Japan as well as recollected her moments she had spent in Vistare. Vistare management was pleased to see Sapana after such a long time. Vistare wished her all the best for her future.

Alumni Spotlight: Vistare Foundation Girls' Home



Deepa Karki (VFGH release no. 15/2015)

The best thing I like about Vistare is that I got to learn so many things. So many subjects and topics that I didn't know existed are a part of my knowledge now. Now I am a wise and smart woman. Vistare provided me with a wide network of wisdom. I was provided with good education, and one of the most important subjects- computer technology. I became a part of the communication team and so I know how to communicate with people around the world.

I also gained extra knowledge like gardening, cooking, handicrafts, Spanish language classes, home activities and most importantly to be a disciplined woman. I wished though we had had more freedom with using our cell phones as it was only on Saturdays that we were allowed to contact our families. Keeping in mind all the positives as well the negatives of living here, I am proud to say that I am a fighter and can compete with any hardships in this world.

My nurturing at Vistare was such that I have become capable enough to stand for myself in any circumstances in my life. I am indebted to Vistare Foundation and all the generous people who set up such an abode for underprivileged girls like me.

Pallavi Shah (VFGH release no. 16/2016)

I came to Vistare because I knew that I would get the platform to become more educated, be stronger and wiser and have the ability to help my family in future. I am very happy to have been a Vistare girl. At Vistare, I learnt to be punctual, disciplined and independent. The things I love about Vistare are the Spanish language classes and computer skills but I wished though that we had had more time to socialize with our parents and friends.

In the course of my stay at Vistare home, I must not forget about the opportunities that I was availed of. Though there were numerous ups and downs in my life during the stay at Vistare, I learnt to overcome all the hurdles and make myself stronger every moment. This capability wouldn't have come if it hadn't been Vistare in my life.

I want to thank all the sponsors of Vistare Foundation. Because of you all I got the platform of becoming a successful and independent woman. I got good education and facilities that I had never even dreamt of. Thank you all for taking care of me so lovingly. I will always make you all very proud.



Mingma Khandu Sherpa (VFGH release no. 17/2016)

I was little shy girl. In my childhood, I used to go to school, and after coming from school, I would help my daddy in house hold works. Later, I got an opportunity to be enrolled into Vistare Home. Vistare is the place where I grew up to become an independent woman with all the skills and knowledge to cope with the world.

Being at Vistare, it helped me to be independent and made me stand on my own feet. I want to give my deepest appreciation for generous support I was provided with. During 6 years of my stay at Vistare, I became fully equipped with social, mental and physical skills.

Sujata GC (VFGH release no. 18/2017)

It was quite a great trouble for my parents to bring up 6 children. Therefore, I had to go to a government school where there was no opportunity of quality education. Somehow, I passed SLC and after that the door to higher studies was almost closed for me because my parents couldn't afford that. Vistare Foundation became my Savior.

I got opportunity to join 10+2 at an English medium college with the help of Vistare Foundation Scholarship Program. I learned innumerable things being at Vistare for which I will always be very grateful. I am continuing my studies and I am becoming an able woman now.

I am thankful to everyone from Vistare whoever played crucial roles to make my life meaningful.





We are grieved to know that one the VFGH Alumni Sapana Thapa Magar and Bipana Thapa Magar's beloved mother
Mrs. Bishnu Maya Thapa Magar
 demised unexpectedly and untimely on 29 March 2025. May the Almighty provide strength to the bereaved family to endure this loss. We would like to express our heartfelt condolences to the family members who are suffering this irreparable loss. May the departed soul rest in peace in the heavenly abode.

We have our deepest sympathy, Sapana!
 Stay strong. The time will heal this anguish soon!

**Vistare Foundation/Asia Education Foundation Family
 Dhumbarahi-4, Kathmandu**

We are grieved to know that one the VFGH Alumni Kami Rita Sherpa's dearest father
Mr. Chhuldung Karsang Sherpa
 demised unexpectedly and untimely on 19 April 2025. May the Almighty provide strength to the bereaved family to endure this loss. We would like to express our heartfelt condolences to the family members who are suffering this irreparable loss. May the departed soul rest in peace in the heavenly abode.

We have our deepest sympathy, Kami Rita!
 Stay strong. The time will heal this anguish soon!

**Vistare Foundation/Asia Education Foundation Family
 Dhumbarahi-4, Kathmandu**


Photo To Admire

A cherished throwback from the winter of 2011, captured at the Vistare Foundation Girls' Home premises in Sanepa. This timeless photo features the youngest members of the Vistare family—our little girls—together with the Vistare Director. It beautifully reflects the warmth, care, and strong foundation upon which Vistare's journey has grown over the years. A heartfelt reminder of our roots and the bright futures we continue to nurture.


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