



SLOWLY BUT SAFELY

Asia Education Foundation (AEF)

VOLUME: 84 MONTH: MAY & JUNE 2025

Vistare Foundation Nepal (VFN)

Communication Team:

- Tulsi B Maharjan
Rohini Dhungel

Nepal Prime Minister KP Oli Meets Spanish Business Leaders in Madrid

Prime Minister of Nepal, Mr. KP Sharma Oli, met with business leaders from the Kingdom of Spain during his official visit to Madrid.



Mr. Fernandez and Mr. Duran highlighted that Fundación Vistare Spain has been implementing Vistare Foundation Nepal's projects in Nepal since 2008 A.D., marking an important period for the Foundation's continued humanitarian work.

During the meeting, Prime Minister Oli invited the attending Spanish business community to invest in Nepal, emphasizing that the country is now safe and secure for foreign investors.



Academic Promotion

Vistare Alumni and Vistare Scholarship beneficiaries — Pema Mingdik Gurung, Sabina Rai and Suku Maya Tamang—have been promoted to upper grades of their respective academic degrees.



Pema Mingdik Gurung is a B.Sc. Nursing student and has begun the 3rd Year classes at her college Om Health Campus at Chabahil in Kathmandu.

Sabina Rai is a BIM student at College of Applied Business situated at Chabahil, Kathmandu. She has begun her 4th Semester classes in the college.

This prepares competent and skill human resource capable to work in the sector of management. Sabina is expected to venture into the world of management loaded with computer skills after she completes this course of 8 semesters.



Suku Maya Tamang is a BBS student at a college in Solukhumbu. She has joined the 4th Year BBS classes at the college and has given continuity to her studies despite adverse circumstances at her home.

## Vistare Foundation - Girls' Academic Support Program

### - Academic Progress Update

At Vistare Foundation, we believe that educating a girl transforms not only her life but also the lives of her family and community. Through the Girls' Academic Support Program, we continue to support and uplift young women in their educational pursuits. Below is the latest academic progress of four dedicated and resilient girls currently receiving our support. Their commitment to learning, despite life's challenges, reflects the true essence of empowerment through education.



#### **Tika Rai – On the Brink of Graduation**

Tika Rai has recently completed her 4th Year Board Examinations for the Bachelor of Business Studies (BBS) at Viswa Deep Multiple Campus, Tripureshwar, Kathmandu. She is now awaiting the results, which will mark her official graduation and make her eligible to pursue a Master's in Business Studies (MBS).

In addition to her academic commitments, Tika is employed at People2People, where she continues to balance her work and studies with maturity and dedication. Her ability to manage professional duties alongside higher education showcases her resilience and strong determination. Tika's academic journey is an inspiring example of focus, hard work, and the will to rise above circumstances.

#### **Suku Maya Tamang – Education Amidst Motherhood and Responsibility**

Suku Maya Tamang has rejoined her studies and is now enrolled in the 4th year of her BBS program at a college in Solukhumbu. Despite being married and recently becoming a mother, Suku remains determined to complete her education and secure a better future for herself and her child. She is currently staying at her maternal home, where her sister lovingly cares for her infant daughter. This support system enables her to attend classes and focus on her studies. Suku believes in the transformative power of education and continues to prove that life's challenges can be stepping stones when met with courage and commitment. Her journey is a testament to the strength of women and the importance of continuous learning.



#### **Pema Mingdik Gurung – A Steady Path Toward a Career in Healthcare**

Pema Mingdik Gurung is currently pursuing her Bachelor of Science in Nursing (B.Sc. Nursing) at Om Health Campus, Chabahil. She has successfully completed two academic years and has now progressed to the third year of this comprehensive four-year program. Pema stands out for her discipline, compassion, and deep interest in healthcare. With each passing year, her skills and confidence continue to grow as she moves closer to her dream of serving communities as a qualified and empathetic nurse. Her progress is a proud reflection of Vistare Foundation's mission to support not just academic success, but meaningful, service-driven careers.

#### **Sabina Rai – Merging Business Insight with Digital Skills**

Sabina Rai Sabina Rai is currently in the 4th semester of her Bachelor in Information Management (BIM) program at the College of Applied Business, Chabahil, Kathmandu. She has resumed regular classes and remains focused on her academic goals.

Her program blends business studies with modern information technology, preparing her for diverse roles in Nepal's growing digital economy. Sabina's enthusiasm for learning and her steady progress reflect her ambition to become a well-rounded professional in the fields of business and IT. She is a promising young woman who continues to develop her confidence, communication skills, and technical abilities..



## Alumni Spotlight: Vistare Foundation Girls' Home



### Sajani Gurung (VFGH release no. 23/2018)

Vistare Foundation is not just an organization for me, it is everything—parents to feel secure with, an abode of learning skills, a temple to worship, and a shelter to grow up. The day I entered Vistare Home is the day that I will cherish forever in my life. I am very proud to have been a Vistarean.

This Foundation provided girls like us a place to call home, a place to feel safe in, a place to feel a part of. We're living a life full of facilities, getting things I couldn't even dream about back at home. I am very thankful to everybody associated to Vistare for giving me a chance to fulfill my dreams and live a life full of happiness.

I want to thank everyone from the bottom of my heart for everything. You have always been there as my pillar of support, loving me and caring for me. You mean a lot to me. I love you very much.

### Pushpa Kala Rai (VFGH release no. 24/2018)

Vistare provided me with a whole lot of facilities. I learned so much. The best part about this home is the wonderful happy environment I am lucky enough to grow up in.

I am very grateful to everyone who supported me so much. They helped me achieve my dreams, something my parents couldn't do. I am extremely thankful to all for everything they did for me and especially for all your love and care. I love you very much.

I would love to say that whatever I am today, it is all because of Vistare Home. Vistare home helped me to transform into an independent girl by providing all the necessities like proper education and required skills which are helping me in my current status.

I would love to say thank you so much to all the family. Today, I am able to stand on my own feet and able to support my family only because of your love and support. I always feel I am the luckiest to get to raise in family like Vistare.



### Tsering Chhoti Lama (VFGH release no. 25/2018)

The days in the past were tough with a lot of financial difficulties before I was enrolled to Vistare home. The hardships that my family had to go through are just unimaginable. The moment I stepped into Vistare is the most memorable moment in my life. That day was the most important day in my life as it marks a turning point in my life.

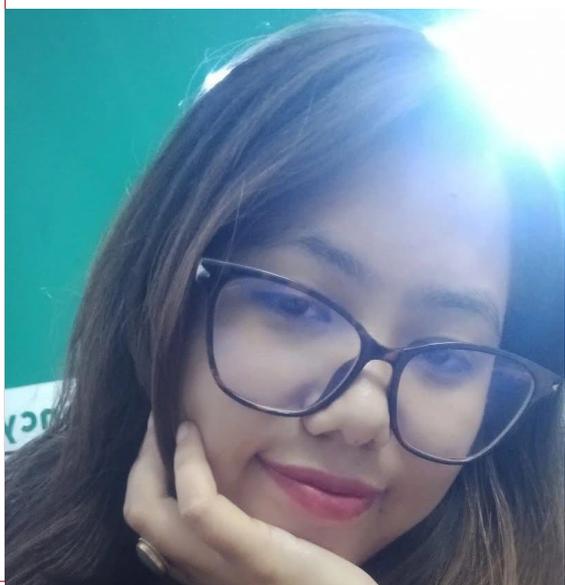
Discipline I learnt from this home and the attitude of not saying 'No' to any work are valuable assets of my life. I must mention that the training I got from this home and the English and Spanish language skills I acquired here are helping me in current situation. Vistare shaped me into a disciplined girl learning to grab opportunities.

Vistare was not just a shelter for me, it was a comprehensive nurturing and grooming home for needy girls like me. The more-than-home environment and the opportunities that we were given made us completely comfortable to grow up.

**Mina Kumari Magar** (VFGH release no. 26/2019)

Vistare not only provided me with food, clothes and education but also a platform to fulfill my desires and achieve my goals. I learnt two international languages- English and Spanish which I know will make travelling the world much easier for me. Vistare provided me with the equipment and prepared me to conquer the world. I hope to make you very proud of me someday. Thank you so much for all your love, care and support.

Definitely, days were difficult back then. Had to see, especially my mother suffer a lot due to our poor financial status. It's eventually the situation that matures us rather than age, so, I now proudly say that seeing my mother and my family go through such tough situation back then made me understand life in better ways now. After all, I would like to say that I feel privileged to have gone through that situation because hadn't I had that situation, I might not have gotten to be part of VFGH. So I am always grateful towards Marcos uncle, Carlos uncle and entire VFGH family for making me who I am today.



Honestly, Vistare gave me a complete new life. The things that I learnt being at Vistare are all so to be grateful for. And definitely, all those learnings are helping me live my life right now and will always do.

**Vistare Alumni Contribute to Office Administration at Asia Education**



Vistare is happy to share that two dedicated alumni, Rosi Karki and Phura Chhechi Sherpa, recently joined the Asia Education Foundation Nepal Office in Dhumbarahi to assist with ongoing office administrative tasks.

Both alumni took on this short-term responsibility with great enthusiasm and commitment. They actively participated in managing day-to-day operations, supporting documentation work, and helping maintain smooth office functioning. Their contribution reflected not only their sense of responsibility but also their willingness to stay connected with the organization that once supported their growth.

Through this engagement, Rosi and Phura also had the opportunity to further develop their confidence, teamwork, and organizational skills. The Vistare team deeply values their meaningful involvement and wishes them continued growth in their future paths.

**Refreshment and Reunion with Vistare Alumni**

A few of the VFGH Alumni had refreshment time with the Vistare Director and staff. On 14th June, the Alumni went on a short tour of Bouddha along with the Director. The short tour was held in order for the Vistare to be in touch with its Alumni. This also gave opportunity for them to promote internal tourism. Bouddha is a famous touristic place that has the world renowned Bouddha Stupa that attracts a large number of internal as well as international tourists. It is a great shrine for the followers of Buddhism.



The following week of the visit, on 21st June, the alumni with the Vistare Director went to another historically important touristic spot in Kathmandu valley—Bhaktapur Durbar Square. This small ancient city is considered a live example of simplistic life style of people there. The team went to see how clay pots are made. Bhaktapur is well known for its clay products. There are numerous corners where indigenous people are seen busier in pottery.



The alumni also tried their hands in pottery. They witnessed the toils of the ethnic people involved in the long standing tradition of pottery in Bhaktapur. The short tours made the Alumni refreshed and loaded with new knowledge related to indigenous ethnicities in Kathmandu valley.

## A Heartwarming Reunion at Vistare Nepal

Vistare Nepal family were delighted to have got opportunity to welcome its former technical staff—Mr. Ghanshyam Ray—at their office in Dhumbarahi, Kathmandu on 15th June. Mr. Ray was a carpenter at Vistare Foundation Girls' Home which was based in Sanepa sheltering 52 needy girls from 2010 to 2023.

Mr. Ray is currently employed at Doha Airport, Qatar. He paid a visit to Vistare office on his two-month visit to Nepal on his holiday. Vistare family were joyous to have got opportunity to reconnect with him after nearly a decade. He presented some Qatari sweets to all the Vistare family. Vistare wished him continued success and happiness.



## From Solukhumbu with Love: A Mother's Heartfelt Visit to Vistare



On 20th June, the Vistare Nepal Project Office in Dhumbarahi had the profound honour of welcoming Khari Maya Rai, the beloved mother of Vistare Alumni Kamala Rai and Sabina Rai, who travelled all the way from the scenic hills of Solukhumbu. Accompanied by her daughter Sabina, Khari Maya Rai's visit was a deeply moving and joyful moment for the entire Vistare family.

Her gracious presence not only brought warmth and smiles to the office but also stirred heartfelt memories of dedication, resilience, and the enduring impact of Vistare's mission. It was a beautiful reminder of the meaningful relationships that have been nurtured over the years—relationships that transcend distance and time.

Moments like these inspire and energize the Vistare team to continue building bridges of compassion and opportunity. The visit reaffirmed the strength of the Vistare community and the lasting bonds that unite us all in purpose and spirit.



## Photo to Admire — Photo - 2011-Vistare Girls' Home Dining Hall, Sanepa



This heartfelt image was taken in the warm and familiar dining hall of the Vistare Girls' Home, Sanepa. The room, painted in soft yellow, serves not just as a dining space but also as a gathering area for laughter, learning, and bonding. The photo features 42 girls—seated and standing in tidy rows—wearing the official Vistare uniform: cream tops with yellow trim and bright yellow pants, symbolizing energy, hope, and unity.

Their neatly combed hair, slippers in varied colors, and sincere expressions reflect a blend of childhood innocence and discipline. It's a quiet yet powerful capture of a time when these girls were under one nurturing roof, cared for, educated, and guided by the principles of the Vistare Foundation.

## Contact Address

### Asia Education Foundation

Vistare Foundation Spain, Nepal

Dhumbarahi-4, Kathmandu  
G.P.O.Box: 8975 E.P.C.No. : 2358  
Kathmandu Nepal  
Mobile No: 9851107600  
Email: rohini@vistare.org

### Websites :

<http://vistarefoundation.org>

### Facebook :

FUNDACION VISTARE

### Instagram :

### Vistare Foundation Spain Madrid, Spain

C/Rosas de Aravaca, 31 -28023

Phone No: +34911891610

Email:  
[info@vistarefoundation.org](mailto:info@vistarefoundation.org)