



SLOWLY BUT SAFELY

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Pema Gurung Shines in 2nd Year B.Sc. Nursing Board Exams

Pema Mingdik Gurung, a determined and hardworking young girl, is a proud girl of Vistare Foundation and one of its shining stars. With the foundation's full support, she has been steadily working toward her lifelong dream of becoming a registered nurse in Nepal. Today, she is a third-year student in the Bachelor of Science in Nursing (B.Sc. Nursing) program at Om Health Campus, Chabahil, Kathmandu, where she continues to prove her dedication to her studies and chosen profession.

On 27 June 2025, Purbanchal University, affiliated university of her college, officially announced the results of the Second Year B.Sc. Nursing board examinations. For Pema, this moment marked yet another step forward in her academic journey. She had appeared for these important exams earlier this year, and has passed with excellent scores, demonstrating her commitment to learning, countless hours of preparation, and her passion for the nursing profession.



Pema's journey so far is a story of persistence, support, and a clear vision for the future. Nursing is a challenging field that demands not only academic excellence but also compassion and resilience. Pema has embraced these challenges wholeheartedly, balancing the demanding coursework, clinical rotations, and practical exams with grace and determination. Her success is a reflection not only of her personal effort but also of the strong mentorship and unwavering support she has received from the Vistare Foundation, which has been a pillar in her journey since day one.

The Vistare Administration proudly congratulated Pema on her achievement, calling it an inspiring milestone for both her and the organization. They expressed their confidence that she will continue to excel in the coming years and wished her the very best as she steps into the next phase of her nursing education. With this accomplishment, Pema's dream of becoming a registered nurse is closer than ever. Her story is a beacon of hope for other students, especially those from challenging backgrounds, proving that with hard work, determination, and access to the right resources, great things are possible. Vistare Foundation remains deeply committed to supporting students like Pema, who not only achieve academic excellence but also aim to serve their communities and make a meaningful difference in Nepal's healthcare system.

Pema Gurung Begins Community Health Practicum in Tokha

As part of their B.Sc. Nursing program, third-year students at Om Health Campus participate in community health practicums to gain practical experience outside the classroom. These placements, often in collaboration with local clinics and health organizations, allow students to apply their learning in real-life community settings. Pema Mingdik Gurung, a Vistare Foundation alumna, has begun her practicum in Tokha, located in the northern part of the Kathmandu Valley, along with her classmates. During this placement, she will gain hands-on experience in community health clinics, public health initiatives, and health awareness programs. This practical exposure helps her develop essential skills, interact directly with community members, and understand the healthcare needs at the grassroots level.



Vistare Foundation has extended its support and encouragement to Pema as she takes this important step in her nursing education. Her practicum experience will further equip her to serve communities effectively and advance toward her goal of becoming a registered nurse in Nepal.



Vistare Alumni Maya Thapa, Pushpakala Rai and Puja Moktan's homecoming to Vistare Office Dhumbbarahi was a moment to apprise for Vistare Foundation Nepal. The three alumni stepped into Vistare office at their convenient times to see their mentors who had devoted themselves to nurture and bring up. Vistare Foundation was joyous to have seen the alumni though the communication had been few and far between for a while.

The alumni shared their updates and experiences with Vistare family and became nostalgic about their memory as Vistare girls.

Vistare family is happy to see that the girls are marching ahead towards success and have learnt to be confident and independent women preparing themselves to face the global scenario.



## Vistare Updates Its Office Records with the Most Recent Data

Having set a milestone in the realm of education in Nepal, Vistare Foundation Nepal under Asia Education Foundation has successfully met its objective of supporting the aspiring young people from the rural livelihood of Nepal in terms of quality education and lifestyles. Vistare Foundation Girls' Home was established in 2010 AD as a home for the 52 young girls from various parts of Nepal. They were seeking support to get enlightened by means of the lights of education and skills.



Making provision of quality education to accommodation was the responsibility of Vistare Foundation Nepal. This responsibility was fulfilled and as a result, all the Vistare girls grew up with quality education and all the life skills.



With the successful completion of the project 'Vistare Foundation Girls' Home', it came to conclusion in August 2023 AD. The Vistare girls had begun to soar in the global scenario independently after that. In terms of academics, most of the girls had completed Higher Secondary Level (10+2) and some had even completed undergraduate level under the support of this organization. Some girls had reunited with their families where as some were living independently in Kathmandu valley. Majority of the girls had been employed.

Though Vistare had been in regular contact with majority of the alumni, some were beyond contact. Despite the fact, Vistare had maintained the updates of all the girls by various means. Recently, Vistare developed a Google Form with prompts requiring the respondents to fill their most recent details. This was done in order to collect the most recent data from the Vistare Alumni. Also, Vistare needed to update its official records. There were some prompts in the form which were placed in order to collect the alumni's opinions so that Vistare Foundation Spain could plan and formulate programs in the future.



The Google form was created, and on 15th June it was shared to Vistare Alumni 2025 via social networking platforms as well as email. The girls seemed more than eager to respond to the prompts of the form.



As the responses came, a comprehensive report has been prepared. The responses were recorded as the most recent updates regarding VFGH Alumni. The alumni who had remained aloof from Vistare for long time came to contact and they are in touch with Vistare Administration now. A few of the alumni who have not responded on account of various reasons have been approached and have been advised to take a moment to go through the form and send the responses. Once they all respond, the report will be updated completely and will be reported. After a thorough study of the responses, Vistare is proud to observe that most alumni are marching ahead towards success in professionalism as well as academics in Nepal and foreign countries such as India, Japan, UAE, Kuwait, Australia, USA, Portugal, South Korea and Cyprus.

**Laxmi Biswokarma** (VFGH release no. 27/2019)

Back home, I always used to dream about eradicating the world from the system of untouchability and that is when God presented me with Vistare on a silver platter. Vistare Home has provided me with all the right equipment such as education and a good knowledge about the world using which I can achieve my dreams and also to help my family. I will always be thankful to Vistare Foundation for providing me with the best facilities.

I am very happy to have got a supporter like Mariano who was so caring and loving and I am more than glad to have been your daughter. Thank you for helping me to make a bright future for myself. I love you very much.

The days before I was enrolled to Vistare were difficult and different as my village lacked so many things. Other than that, I, belonging to a middle-class family, had a tough life. In a short, life before enrollment wasn't as good as after I joined Vistare. And now, having been an independent woman, the life is absolutely beautiful and that is because of Vistare.

**Phura Chhechi Sherpa** (VFGH release no. 28/2019)

Vistare is home away from home. We were given so many facilities such as good and proper education, warm clothes to wear for the winter, tasty food and a warm and cozy bed to sleep in. I know that one day, in the future I would be a free, independent woman. We learned not only how to keep our house and environment clean, but also how to fend for ourselves. We gained much extra knowledge and thus, got smarter and wiser by the day. We were taught to be decent young ladies with proper discipline and behavior.

Even though I like most things about Vistare, there are some things which don't appeal to me. I know that nothing in this world is perfect. So I accept all the things I don't like very happily because Vistare provided me with a much longer list of things I love.

I am very grateful to everyone for helping me become a part of this wonderful home. I would like to thank all the supporters due to whom I was provided with so many facilities, especially proper education as I can make myself a bright future. I am very happy to have been a part of this wonderful home. A very big thank you to everybody. Lots of love.

**Aakriti Shah** (VFGH release no. 29/2019)

I got a lot of benefits from Vistare - good education, food, and clothing; learn Spanish language, gardening and computer technology. I loved staying there and being a part of that beautiful home. Words have fallen short to say about what Vistare is for me and how it has proved to be a milestone in the journey of my life. Life would not have been what it is today if the circumstances were otherwise.

There are numerous hands that pulled me towards better circumstances so as to give me sea of opportunities. I would like to thank all of them for providing me with so many things which I had never imagined I would get in my life. I am very grateful for all the support and love I was given. Thank you so much.

**Sajina Thapa** (VFGH release no. 30/2019)

The day I stepped into Vistare was one of the happiest days of my life. I was upset that I wouldn't meet my parents so often, but I knew that the decision my mother had taken for me was for my betterment. From Vistare, I got not only good education but many other extra knowledge about a variety of things. Vistare has given me a great gift - sisters. We shared with each other our happiness as well as our sorrows. Vistare is my second home and I love all my Vistare sisters.

I want to thank you for all the love and support you gave me. You all are like my parents and you provided me a place which is home away from home. Thank you very much for everything.

12th August is celebrated globally as International Youth Day, designated by the United Nations to highlight the cultural, social, and legal issues affecting young people. This year, the theme is “Local Youth Actions for the SDGs and Beyond”, emphasizing the vital role of youth in advancing sustainable development.



Asia Education Foundation (AEF) and Vistare Foundation Nepal have made remarkable strides in youth empowerment, particularly in uplifting young girls. Guided by their motto “Slowly but Safely”, they have been committed to improving the lives of girls through quality education, skill development, and a supportive environment that fosters confidence and independence.

Through the ambitious program, Vistare Foundation Girls’ Home, the foundation has successfully nurtured numerous girls into competent, skilled, and empowered individuals. Recognizing that youth are the foundation of a nation, AEF and Vistare Foundation Nepal embarked on their mission of youth empowerment over a decade ago and continue to advance this vision with dedication. The commitment of this organization to the spirit of International Youth Day remains strong, inspiring young generations to grow, lead, and contribute meaningfully to society.

### **From Struggle to Strength—Suku Maya’s Journey**

Suku Maya Tamang’s journey is a testament to resilience and determination. Born in Jaidu, Solukhumbu, she faced harsh circumstances that denied her basic needs like food and education. Her life took a turning point when she was welcomed into Vistare Foundation Girls’ Home, where she grew into a confident, ambitious, and talented young woman, excelling in both studies and arts.

With full support from Vistare, Suku completed her 10+2 and began her Bachelor’s Degree at Viswa Deep College in Kathmandu. Life brought new challenges—she returned to her village, got married, and became a mother. Yet, she remained determined to continue her studies, transferring to a local college and pursuing her Bachelor’s Degree while also taking up a job as a teacher at a private school located at Salleri in Solukhumbu.

Balancing her studies, career, and family, Suku Maya exemplifies courage, perseverance, and responsibility. Vistare Foundation proudly supports her journey and believes she will achieve great success, turning her dreams into reality.



### **Photo to admire - Throwback to 2011 – A Family United in Purpose**



This cherished photograph from 2011 captures a defining moment in the journey of the Vistare Foundation. Pictured here are our 48 bright young girls, accompanied by our devoted staff and directors — all standing together as one family. Dressed in their signature yellow and cream uniforms, the girls radiate hope and unity, while the team behind them symbolizes the foundation’s unwavering commitment and care—a timeless memory of love, purpose, and togetherness.

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