



SLOWLY BUT SAFELY

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The Founder Set to Release Heartfelt Tribute Song for Vistare

As a gesture of warm appreciation and connection, Marcos Fernandez, the founder of Vistare Foundation (AEF/VFGH) is all set to release a song titled "This Song's for You". The soon-to-be-released music video showcases various moments of Vistare Foundation Girls' Home during its operational time from 2010 to 2023 captured in still photographs. The lyrics of the song flow through the video expressing the celebration of the journey, achievements, and everlasting bond between the Foundation and its beneficiary girls—now proud alumni.



This song, specially composed for Vistare, is dedicated to Vistare Foundation girls (now alumni). The Foundation played a key role in transforming these girls' life into worthy one. The words in the song reflect deep emotion honouring the courage, growth, and accomplishments of the girls who once had dwelt at Vistare Foundation Girls' Home at Sanepa, Lalitpur. Now, they have ventured into this competitive world and are trying to make their mark in various sectors. The music video will be uploaded in the Social sites of Vistare Foundation.



The music video, set for release soon, stands as a celebration of resilience, empowerment, and the Foundation's ongoing commitment to nurturing dreams and opportunities for young women.

Vistare Scholarship Recipients: One Step Ahead in Academic Level



Vistare Foundation Nepal has continued to support its alumni to carry on their academics under Vistare Scholarship Program even after the successful completion of Vistare Foundation Girls' Home Project. Among the five beneficiaries of this program, Radha Bhujel was released after completing B.Sc. Nursing. She has become a graduate and a registered nurse in Nepal. Another beneficiary—Teeka Rai—has appeared for the Final Year exam of BBS and has headed abroad for foreign employment. Other three are still being supported under this program. The three beneficiaries are Suku Maya Tamang, Pema Mingdik Gurung and Sabina Rai. Among the three scholarship beneficiaries, Suku Maya Tamang and Sabina Rai have advanced one step ahead in their academic levels.

Sabina Rai

Sabina Rai is a Bachelor in Information Management (BIM—an eight-semester course) student at College of Advanced Business and Technology at Chabahil. She is 4th Semester student of the college now. Recently, she has completed the 3rd Semester successfully. She appeared the 3rd Year Board exam conducted by Tribhuvan University in May 2025. The result of the exam was published on 19th October 2025.



Suku Maya Tamang



Suku Maya Tamang is a Bachelor in Business Studies (BBS—a four-year course) student at Solukhumbu Multiple Campus in Salleri, Solukhumbu. She has successfully completed the 3rd Year. Recently, Tribhuvan University published the result of 3rd Year BBS exam which was conducted in June 2025. Despite the hurdles that showed up during the past few years in her life, Suku Maya is determined to carry on her studies. She is attending 4th Year classes at the same college in Salleri now.

A Moment of Togetherness in Vistare Post-Teej and Pre-Dashain

Occasions are especially created to spare a couple of moments for refreshment from busy schedules. In fact, they are an integral part of human life because such moments of refreshment refuel humans and boost the spirit to move ahead. Weekends, festivals and holidays are such occasions. During these times, people gather with their near and dear ones and spend quality time together.

Vistare Alumni came together to justify the essence of refreshment at Vistare Office for a joyful post-Teej and Pre-Dashain Meet and Greet program in the second week of September 2025. The Vistare Alumni were warmly welcomed to celebrate the festive season together. The office lit up by presence of its alumni who are in Kathmandu valley and engaged in various employment sectors. The festival Teej had just bid farewell and one of the greatest festivals was about to begin.

The visiting alumni had spared a few hours of their time to meet and greet one another at Vistare Office. This was a noteworthy day to justify 'Once Vistare, Always Vistarean. Together in spirit, forever in bond.'



The gathering radiated joy, warmth, and togetherness. It offered the alumni a beautiful opportunity to reconnect, share cherished memories, and strengthen the bonds that unite them in a spirit of festivity. This heartfelt reunion reflected the enduring connection between the girls and their mother organization. As they celebrated, laughter and happiness filled the room, and the girls exchanged heartfelt wishes for a joyous Dashain, embracing the festive spirit together.

Festive Season in Nepal: Vistare Assumes It

The advent of festive season in Nepal is observed in August marking the end of rainy season (Summer). The festivals such as Janai Purnima, Gai Jatra, Krishna Astami, Teej and Rishi Panchami mark beginning of festive season in Nepal. These festivals also mark the end of rain and commencement of autumn season which is followed by winter season. Celebration of these festivals also mark Nepalese people's preparation for the upcoming festivals such as Dashain, Tihar, and Chhath.

These festivals are considered the greatest of the festivals, and therefore, Nepalis hold these with great respect and admiration. The entire nation pauses for about a month from mid-September to mid-October to observe these festivals. Longer public holidays are observed during these festivals, especially at Dashain and Tihar. People reunite with their family members to make the festival memorable.



September and October 2025 were a magical time in Nepal when the air carried the joy of the festive season and the crisp autumn breeze hinted at the approaching winter. Life slowed down as people paused from their busy routines to celebrate and share happiness. At Vistare, these months came alive with laughter, traditions, and a deep sense of togetherness, reflecting the rich cultural tapestry of Nepal.

Dashain, Tihar, and Chhath, the country's most cherished festivals, created a rhythm of joy and reverence that fills every heart.

Vistare family admirably continued the tradition of observing the festival by coming together. Vistare Office and the alumni also observed the festivals in order to maintain the bond.

Dashain at Vistare:

Dashain is a fifteen-day festival. It begins on Ghatasthapana and ends on Kojagrat Purnima. People take part in various religious rituals during these days. The tenth day is called Vijaya Dashami (2nd October this year) which holds special significance in this festival. People go to their senior relatives and receive *Teeka*, *Jamara* and blessings. On the day, Vistare alumni visited the Project Director's residence and received blessings from her and her parents.

For many girls, Dashain is a time to return home to their families. Yet, when travel was challenging, they honored a tradition that began at Vistare Home—visiting the Director's home to celebrate together. It is a matter of pride that alumni continue this practice, keeping alive the spirit of connection, love, and festive joy even away from their hometowns.



Tihar at Vistare:

The second of the greatest festivals of all the Nepalis is Tihar. This festival begins after eleven days of Kojagrat Purnima (the last day of Dashain). It begins with Kaag Tihar (a day to worship the crow) and ends with Bhai Teeka (a day to worship brothers). Laxmi Puja falls on the third day and Bhai Teeka on the last day. These two days hold very special significance in Tihar celebration.



On 20th October, a few Vistare alumni gathered at Vistare Office in Dhumbarahi to celebrate Laxmi Puja. This day is devoted to the goddess of Wealth—Laxmi—in Hinduism. People illuminate their houses with colourful lights and worship goddess Laxmi. The Vistare alumni who came to Vistare Office carried out various activities related to Laxmi Puja Celebration. The girls added their personal touch to the occasion, creating vibrant Rangoli designs in the office courtyard and illuminating the space with glowing lights.



On 23rd October, the final day of Tihar — a day especially dedicated to brothers — Vistare Alumni Sabina Rai, Rosi Karki, and Pema Mingdik Gurung visited the Project Director's residence and offered Bhai Teeka to Ronash Sharma and his cousins, Roshan Karki and Shaishab Dahal. This special occasion celebrates and strengthens the sacred bond between brothers and sisters. The celebration of Bhai Teeka by VFGH Alumni beautifully reflected their continued sisterly bond with Ronash and his cousins.

From Dashain to Tihar, these celebrations at Vistare remind us of the power of tradition, love, and community. Even when miles separate us from our families, the bonds of Vistare bring warmth, joy, and inspiration, creating memories that shine as brightly as the festival lights themselves.





Sisam Chaudhary (VFGH release no. 31/2019)

I used to live in a hostel before coming to Vistare home. My study was not satisfactory. I was a little girl with poor family background, without my family member's support. Only my mom was there for me. The school was not good. My mom worked really hard to raise me.

My life changed since I came in to Vistare home. I got love from my friends, sisters, Rohini madam and obviously from our god fathers Marcos uncle and Carlos uncle. An important thing is that I got really good education and good facilities. I am really proud that I got to meet great persons like you all. I am the luckiest girl to get everything from great persons. It has brought amazing change in my life.

I want to thank Vistare family for everything. I wouldn't have been here without their great help and support. No one would do such help to anyone. I will never forget their support and help.

Anusha Tamang (VFGH release no. 32/2019)

I feel truly blessed to have been a part of Vistare. Vistare gave me education and opportunities that I would have never received back home. It opened my eyes to new ideas, new experiences, and to a world I didn't even know existed. Through my time here, I have grown into a wiser, more confident woman with a deeper understanding of life and the world around me. For that, I will always be grateful.

I would like to express my heartfelt thanks to Vistare for supporting me so generously and for embracing me like a member of its own family. Your love, guidance, and care have shaped who I am today. I carry deep respect and gratitude in my heart. Thank you, Vistare — I love you and I am forever thankful.



Puja Moktan (VFGH release no. 33/2020)

Before being a part of Vistare family, I really didn't know the meaning of human life. Moments with family and friends were meaningless. I had no idea how important education is for each individual in their life.

Vistare taught me a lot and a lot. Vistare home was literally the most valuable place for me in my life. It taught me about humanity. It practically showed how the human life works in this world. Vistare gave me education which helped so much more. It showed me a path to be independent. I am beyond happy and would like to extend my gratitude to Vistare family.

Well, to be very honest, I have no family and I think I am all alone in this journey of life. I am trying my very best to learn from every mistake I made. I think I need help but I would love to try my best first before seeking any help.

Nothing is more important than showing humanity. So, thank you so much Vistare family.

Bipana Thapa Magar (VFGH release no. 34/2020)

Before being enrolled to Vistare Home, I was just a girl who had not known the things that the girls had to know. I only knew that I had to go to school, come home, do the cleaning and follow the same routine the next day. I didn't have much knowledge on anything. So, after I was chosen to be the girl of Vistare Home, I got all the things that I needed, the knowledge, the support, the guidance, love, care all the things. I'm very much thankful to Vistare Home family for making me who I'm today and also for guiding me to take the right path.

The best thing I like about Vistare is the cleanliness of the home and the chance to do many activities. This home gave me the chance of better education and to become a successful and independent woman in the future. Thank you Vistare for everything you provided me with.



I want to thank you for giving me such a beautiful home to live in with so many facilities. I am working hard and giving my best. I want to make you feel very proud of me. Thank you so very much. I love you.

Vistare Alumni Embark on Global Career Journeys

Vistare alumni have been on constant pursuit of better career building opportunities. A score of alumni are already holding a good position abroad professionally and have uplifted their status remarkably. Vistare alumni are scattered around various Asian, Western and Middle Eastern countries. Some are pursuing academic studies whereas the other are engaged in professional sectors. Recently, two alumni Teeka Rai and Puja Moktan travelled to Middle Eastern countries in pursuit of job opportunities.



Teeka Rai

Teeka Rai has travelled to the Middle Eastern nation of Oman in search of better employment opportunities. She flew to Oman in September 2025. Before embarking on her journey abroad, she had appeared for the final-year board examinations of her Bachelor's Degree in Business Studies (BBS). Throughout her undergraduate studies, Teeka had been a recipient of the Vistare Foundation Scholarship Program, which provided her with consistent academic and financial support until the completion of her studies. She was also a beneficiary of Vistare Foundation Girls' Home Project from 2010 to 2023.

Puja Moktan

After gaining work experience in various organizations, Puja Moktan has embarked on global career journey. In September 2025, she travelled to a Middle Eastern nation of Kuwait in pursuit of better job opportunity. Vistare had supported her to complete up to 10+2 in Management stream. She had been a beneficiary of Vistare Foundation from 2011 to 2020. After her release from Vistare Home, she had held various positions in private companies in Nepal before she headed to Kuwait as a sales representative at Kids Fun Land.



Photo to Admire



This 2010 winter photograph beautifully captures the spirit of Vistare — a circle of young girls standing together with quiet strength, wrapped not only in warm clothes but in warmth of belonging. In the cold Kathmandu air, they look united, confident, and ready to face the world side by side. Their neat sweaters, winter caps, and steady expressions show discipline, care, and the gentle pride of being part of something bigger than themselves. Each little face carries a story — of hope, growth, and the promise of brighter journeys ahead.

This is more than a group photo. It is a portrait of resilience, sisterhood, and the powerful beginnings of girls who would grow, learn, and shine far beyond this winter day.

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