



VISTARE FOUNDATION NEPAL THROUGH OUR EYES



VFN Monthly News Letter

SLOWLY BUT SAFELY

Asia Education Foundation (AEF)

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Vistare Foundation Nepal (VFN)

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Season of Hope and New Beginnings

December arrives with a gentle chill and a warmth that lives within our hearts. Despite the cold, the joy of the season brings people together through celebration, reflection, and togetherness. Christmas, especially, reminds us of love, kindness, and gratitude, making this month truly special.

As the year comes to an end, December also marks a time to reflect and to hope. The New Year inspires fresh dreams, renewed strength, and the courage to begin again. Leaving behind what no longer serves us, we carry forward lessons learned and memories that will guide us into a brighter future.

As we welcome the New Year 2026, may peace, happiness, and positivity fill every home and heart.



The Vistare family extends its warmest wishes for a **Merry Christmas and a Happy, Prosperous New Year 2026** to all its family members, affiliates, supporters, and well-wishers.



Community Health Nursing Practical

Pema Mingdik Gurung

(B.Sc. Nursing 3rd Year student at Om Health Campus, Chabahil, Kathmandu, VFGH Alumnus)

As a part of the curriculum for Community Health Nursing practical, I completed a six-week community visit. Out of these, five weeks were dedicated to community survey and data collection, community diagnosis, a micro health project, a nutritional exhibition, role play on Hypertension and data presentation. The remaining one week has been allocated for report writing, which is scheduled for the coming week.

Throughout this community visit, I gained valuable learning experiences that enhanced both my knowledge and personal growth. I was able to build confidence in interacting and establishing connections with community members, while also developing a deeper understanding of their challenges and common health problems.



Most importantly, I learned about the significant role of Female Community Health Volunteers (FCHVs) in promoting community health. Overall, the community visit was a meaningful experience that contributed to my academic learning, professional skills, and personal development. It was not only educational but also enjoyable.



Sabina Rai Appears in 4th Semester BIM Board Examination

Sabina Rai, a 4th Semester BIM student at the College of Advanced Business and Technology, located in Chabahil, has appeared for the 4th Semester Board Examination conducted by Tribhuvan University. The examination began in the first week of December 2025. Shortly after the completion of the 4th Semester exams, the college will commence 5th Semester classes. The Bachelor's Degree in Information Management (BIM) is an eight-semester program run by Tribhuvan University.

Tsering Dolma Gurung Graduates

The saying "Hard work pays off" holds true in Tsering Dolma Gurung's case as well. She has graduated with Master's Degree from Kathmandu based Herald College. On 9th December 2025, her college organized a graduation ceremony for its graduates in Bachelor's Degree and Master's Degree. With this graduation, Tsering has been recognized as a Master's Degree holder who demonstrates academic competence in her field of study and is potentially capable to play a significant role in that field.

It is a moment of pleasure for Vistare Family to have seen one of its alumni succeed in academics. The guidance and motivation that Vistare had given to her during her stay at Vistare Home definitely has become fruitful. Her zeal and perseverance in achieving the goal are also appreciable. Vistare also extends best wishes for the upcoming days. She will definitely march ahead further to achieve what she aspires to be in future.



A New Beginning: Celebrating Motherhood and New Life



Proud VFGH alumna Deepa Karki has been blessed with a baby boy this November. As she begins this beautiful new chapter of motherhood with her spouse, the Vistare family extends heartfelt congratulations.

A resilient, determined, and inspiring beneficiary for five years, Deepa's journey reflects the values of growth, leadership, and responsibility that Vistare holds dear.

We wish Deepa and her family good health, happiness, and countless precious moments. May the little one be blessed with love, strength, and a bright future ahead.

Maya Thapa Heads Abroad

Maya Thapa has moved to Mauritius to be employed as Supervisor at a garment factory. She headed to Mauritius on 21 November 2025 having got the opportunity to hold that position.

Maya Thapa had been a bona fide Vistare beneficiary for a period of two years eleven months from 2011. During her stay at Vistare Home, Vistare supported her completely to do the Bachelor's Degree. After her release from Vistare, she got involved in various jobs and skill development trainings. Before she moved abroad, she had completed Master's Degree in Cooperation Development (MICD) on her own.

It is said that humans are instinctively fascinated by places and opportunities that offer them plenty and what they aspire. They enjoy to be where their mind enjoys. A trend in Nepal shows that people from rural areas move to urban areas seeking better opportunities. Also, urbanites seek more opportunities to unleash their potentials and move abroad. It is, therefore, natural for humans to keep progressing and moving.

Vistare Foundation holds it with pride that its alumni are spread in the global sectors proving their worth individually although Vistare encourages its alumni to work for their community, and in turn the nation itself. Circumstances may lead people to seek to approach better opportunities abroad, however, the ultimate motive must be serving one's own land.

Vistare Foundation wished Maya Thapa all the best for her bright future and successes in whatever she will do.



**Mingma Lhamu Sherpa** (VFGH release no. 35/2020)

If I had not made the choice to be one of the members of Vistare Home, then I would not have become or dreamed of anything like pursuing any quality education. Instead, I would be experiencing the things I had not wanted to. Before my enrollment to Vistare Home, I was just a normal girl in my primary level not knowing anything what real life is.

I learnt things I didn't even dreamt about back home. I am very happy to be a part of this Home and feel very privileged and lucky to have been chosen by God for this huge chance at making my future a brighter one and getting the opportunity to help make my family's life easier in near future.

I am thankful to everyone with everything: good education, good food, nice clothes, warm beds and many more activities we did. I loved it there.

Sapana Rai (VFGH release no. 36/2020)

Vistare is a cauldron of knowledge and wisdom. I learnt Spanish language, computer technology, gardening, lawn tennis, attended a good English-medium school, learnt to take care of a home and many other things. Vistare is everything I've dreamt of and am extremely happy to be a part of this wonderful Home.

My mom and dad were unable to fulfill our needs and we could not get the education well. But after I enrolled to the Vistare home I got every kind of facilities but the most important thing that I got is education which my parents couldn't afford for me and will never forget in my whole life.

I am thankful to Vistare for being my caretaker and helping me overcome my problems. I will forever be grateful to you and hope to always make you very proud of me. Thank you

**Lhakpa Jangmu Sherpa** (VFGH release no. 37/2021)

The best thing I liked about Vistare is the computer classes. Before that, I didn't even know that such a thing as computers existed. And now, I love surfing the internet, downloading my favourite music and talking to my friends over Facebook. Vistare provided me with the best education, good food, warm clothes and extra knowledge about a lot many things. We all were like sisters there and I loved it. Our sisterhood has further enhanced even if we are not together now.

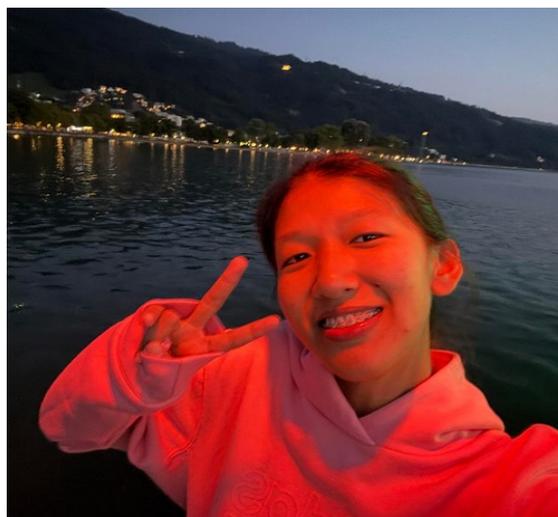
I would like to thank all Vistare Family for everything I got. Thank you so much for giving me such golden opportunities and making my future so bright. I love everyone very much. I am thankful to everyone for everything I got.

Kami Rita Sherpa (VFGH release no. 38/2021)

After I became Vistarean, I went to a good school, wore nice clothes, ate tasty food, slept in a warm bed and never fell sick. Even if I did fall sick, there was always somebody taking very good care of me. I feel very lucky to have been a part of Vistare and hope someday I will be able to do something for my village using everything I learnt here at Vistare.

I am very happy to have a supporter like Uncle Mario. I love him very much and want to thank him for everything he provided me with. You will always be a very important part of my life.

I would recall myself the time when my family couldn't afford for my studies and was going through hardship to pay the fees. These all issues were solved since I enrolled in Vistare home and I am very grateful for it. What I have become today is all because of Vistare Home. I am aspiring to establish myself as a confident woman in this competent word. That courage and inspiration came from the environment I got at Vistare. Words have fallen short to say more about Vistare. I am thankful to every individual at Vistare Home.



A Cordial Reunion at Vistare Office

An opportunity to reconnect turned up all of a sudden at Vistare Office. Shanti Thing Tamang visited Vistare Office at Dhumbarahi marking a meaningful moment of reunion. She was a beneficiary of Vistare Scholarship Program that began in 2008. This program provided scholarships to a couple of hundred students in Kathmandu Valley. One of the beneficiaries was Shanti Thing Tamang. She was a beneficiary of this program from 2010 to 2013.

The visit provided an opportunity to reconnect, share experiences, and reflect on the beneficiary's academic journey and personal growth since last being in touch. Vistare became pleased to know that she has completed Master's Degree in English. Professionally, she is a female tour guide and a journalist. She has also proved her leadership capabilities in various organizations that work for welfare of her ethnic group. During her visit to Vistare office, she opined that Vistare had played a crucial role in installing the foundational stone in her academic life which in turn, led her to going ahead and continue the academic journey. Consequently, she shares, she has been able to reach the summit of academics because of Vistare and its nurturing. She expressed her gratitude to Vistare for whatever she acquired from it and all the supporting hands.



Such visits strengthen the bond between Vistare and its beneficiaries and serve as a reminder of the lasting impact of educational support. Vistare looks forward to continued communication and wishes Shanti Thing Tamang every success in her academic and personal pursuits.

Photo to Admire



This photo captures a meaningful moment from 2014 at the Vistare Hall, where Vistare students, along with a few volunteers and their teacher, are gathered during a workshop session. Everyone is closely seated and standing around a screen, attentively watching a documentary as part of the learning activity.

The focused expressions, shared space, and simple hall setting reflect a sense of unity, curiosity, and collective learning, highlighting a special day of reflection and growth at Vistare.

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