

Partnership for Sustainable Development - Nepal
P.O. Box 19782, Buddhanagar, Kathmandu, Nepal
Tel. 977-1-4780369, Fax 977-1-4780631
psdnepal@mail.com.np
www.psdnepal.org

DAO - KTM, Reg. No. 180/059/60 GON - SWC. Affiliation No. 13981



PSD Connect

A quarterly E-Newsletter

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The PSD Connect is a quarterly e-newsletter published by the Partnership for Sustainable Development (PSD) Nepal to inform all their partners, ex-volunteers and supporters, about our activities and news. PSD Nepal is a non-profit social development organization dedicated to the alleviation of poverty of Children and youth of rural Nepal. For more information please visit www.psdnepal.org.

MESSAGE FROM EDITORIAL

Namaste Friends!

We would like to thank everybody for your kind responses to our newsletter! It has been really pleasant to read all your reactions. As you might now we publish our newsletter every quarter to keep you informed about our work and accomplishments. In front of you is our latest version of PSD Connect, which will update and inform you about the latest news, the work of our Easter volunteers and our new Nature project. Please feel free to contact us if you have any announcements, articles or messages that you want to promote through our newsletter. We heartily welcome your views, comments, and queries regarding the work of PSD-Nepal and/or regarding the improvement of the newsletter! You can send us an email to psdnepal@mail.com.np or call us at (9771)-4780369, fax 4780631.

Bishnu H. Bhatta

LATEST PSD NEWS

On the 24th of July we will be celebrating 'Mud Day 2010'! Last year it has been a great success and many children got involved with their natural surroundings. We would like to inform you that we want to participate and organise 'Mud Day' in collaboration with you, all around the world. To be able to celebrate this festivity in Nepal, Boldpark school from Australia sponsors this event with the great amount of \$1000,-. With more help even more children will be able to participate on 'Mud Day 2010'. **Please let us know if you are interested.**



This year we are placing 59 volunteers from five different universities from the UK during the summer. The first batch comes from Edinburgh University, which will start on 14 June and the last group of volunteers will conclude on 12 September and are from Oxford University (ODA). There will be 4 medical students carrying out their elective and medical placement in different hospitals and community primary health care centres. Next to the summer volunteers we also have allot of other volunteers that are coming to help us; one intern from the Netherlands, one intern from SVA Glasgow, one volunteer for long term teaching, two volunteers for research, one volunteer from the USA and two Nepali students whom are carrying out study on Social Work, and are taking an internship with us for 6 months.

PSD-Nepal is on facebook! Did you already find us?

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Article from Volunteers

**BY: Stefanie Andrew, Rebecca Sloan, Richard Kitto,
Ross Carins and Matt Stevenson
2010 Medical Volunteers**

All together we arrived at the airport where PSD members were already waiting for us to help us transfer to our hotel in Dhulikhel. The next four days we received training in Nepali language, culture, and other Nepal related issues. The training was very helpful to us, so we were able to communicate with our host family, the doctors and patients, during our stay at in Bandegaun. During the following days we had a wonderful white water rafting and participate in a Jungle safari in Chitwan National park. Here we stayed for 3 days and carried out different exciting activities.

We arrived at 10am every morning, ready for whatever was coming our way. To begin with we were unsure of what to do and how to help but as time went on we became surer of our surroundings and our abilities. We split into a two groups, two of us accompanying our counterpart in the outpatient department. Here we helped diagnose patients, taking histories, carrying out examination and presenting our results to the senior medical staff. The other three remained in the pharmacy where it was difficult to become involved due to the language barrier, however we jumped at the chance to help whenever we could, often this involved meeting with the whole group to discuss acute or complicated cases. We all felt we learned a lot, each of us having a unique experience, helping us to grow as people and doctors for the future.



_Diagnosing patients

There were aspects of the PHC experience which we found difficult, at first we felt overwhelmed by the gravitas of the task at hand, often not knowing how to help or even where to start. However as time passed we became more comfortable working with the PHC staff. As our confidence grew we were able to ask questions regarding cases which were answered enthusiastically, enabling us to become more involved! We are sincerely appreciative for the help we received from both the staff and our counterpart.

Towards the end of our time in Bandegaun we took part in a Health Camp. This was one of the most valuable experiences during our placement as we were able to see where the money, that we had put so much effort into raising, was being used in such a productive way. The benefit to those who attended was evident. We divided into groups, two of us accompanying the Gynecology department, listening to histories and performing examinations. Two of us accompanied the general Doctors performing blood pressure checks whilst one of us accompanied the Dentists learning about dental practice and tooth removal.



_Distributing medicine

We learned to appreciate the differences between local and western medical practice. Overall we felt the health camp was a great success, over 330 patients attended and much of the medication provided was effectively distributed to those most in need.

After health camp it was almost time to go home, but not before we got to Pokhara for this great trekking experience and to top this we made an Everest flight. So now we can say we saw the Mount Everest. Overall our time in Badegaun and in Nepal was a fantastic experience and one that will stay with us forever!



_Villagers lining up to be checked

Article about Nature project!

By: Sharad Rai Gautam and Bishnu Hai Bhatta
'A Tree is not nature but a life to me'

Bishnu Hari Bhatta, representative of Nature Action Collaborative Children from Asia, Sharad Raj Gautam, Dr. Suresh Tiwari and Kamal Neupane have created a multi-disciplinary, nature-related project. The aim of the project is; designing and creating nature-based outdoor spaces for children as a collaborative endeavor. This will serve as an example or model to inspire similar action through organizing a Nature Action Collaborative for children 'A Nature garden next to a school'. So that we become able to teach the youth of Nepal about Nature and doing so, to be able to teach in a natural learning environment. Sharad has been a story-teller in an orphanage since many years. Making stories and telling the children has been a part of his life. But since time he realized that children here don't have the courage to own things of his stories' themes, characters and images. They've always taken things for granted. So he thought why not to teach these children to own those things? To connect these little buds with nature would be good start!



So, we have started this course with planting trees in the garden and letting the children participate, by telling stories about the fruit trees and its' fruits. This is part of the project which we are going to present in Nebraska and will implement in our other schools that we are working with as well. Planting trees here does not only mean; bring a plant and just plant it in a readymade place. He made them own a place, so that they could plant their own tree and then let them dig that place, so they could see their tree grow. This small yet a meaningful approach brought a spark on every child. One could sense the satisfaction they gained just through dreaming of their own trees. Now they take care of their own tree, water them and will do so in the days to come.

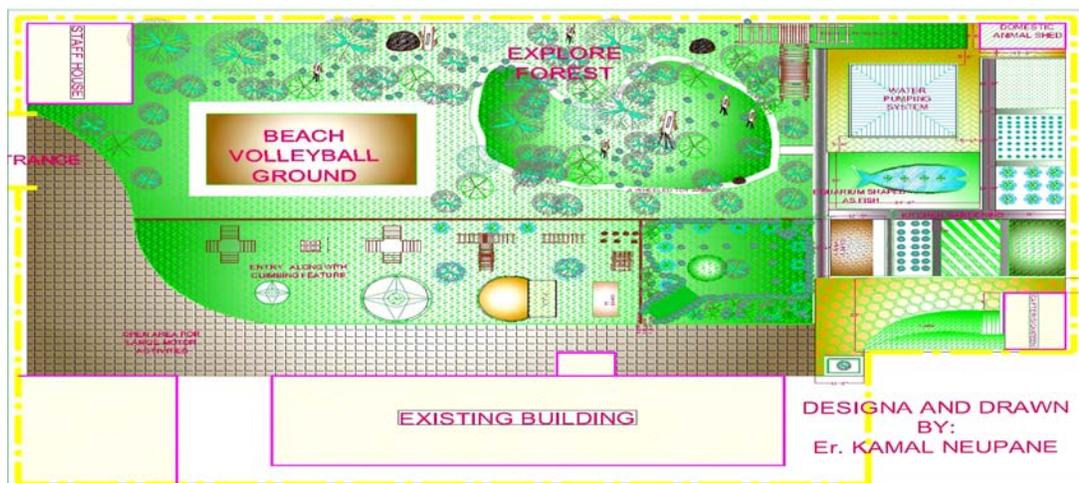
A most fantastic experience was with Sujata. She is a CP girl child in the homes, has been bared to go to school and very few to take care of her. Since Sharad started to tell the children about trees, she became fascinated about the whole process. After a plantation session, he found Sujata was watering one of the plants which she thought was hers, although he has never told her to do so!



Another positive effect seen on the children was a sense of responsibility. Because since they owned the tree, and its life was in their hands, in a way the feeling of responsibility automatically came after them. They became really attached with the tree. Since this was a successful beginning we have started making the natural educational learning environment much bigger.

Before we could build any further we let Bal Mandir (Orphanage) design a map of a natural learning environment with all the important aspects in it. In the map below you can see one of the practised nature learning school area's in the center of the capital Kathmandu. The landscape is especially designed to grab and hold the interest of the village children, maximizing their education potential and developing a lifelong connection to their environment. In this practised design you can see which nature friendly features are contained: 1. climbing features, 2. forest exploration, 3. kitchen gardening, 4. a play ground, 5. a wheeled toy path, 6. kitchen and

cafeteria, 7. a ramp, 8. a mud area, 9. Flower gardening and 10. some water features and fountain.



Since it is our vision to re-connect the children of Nepal to natural surroundings we want to make a complete nature learning environment. This proposal outlines a sustainable plan, with the aim of transforming the future outlook for Nepalese communities, not only for the current generation but for generations to come. At the time of writing we are conducting the beach volleyball in the same compound as where the new trees were planted. We want to make this initiative of connecting children with nature an even larger and especially a complete one! So much help is needed and wanted from you, for now and in the future. *“By instilling in young children the importance of environmental stewardship, we will plant the seeds for new generations that will be able create a brighter future for themselves and also make an impact on climate change.”*

My experience working in PSD Nepal

Interns: Nirantarata Shrestha and Rakshy Khanal

Nepal is a beautiful country with different kinds of people, although in rural areas they are quite poor and have difficulty to even sustain their life. Many NGO's & INGO'S are established to help these people to improve their living standards. As a BSW student (Bachelor in Social Work) we wanted to learn about people in need and wanted to work with them. As a trainee we got a chance to work 7 month as an intern for PSD twice a week. We got an opportunity to learn many things, even help others, which has brought a new hope of feeling in us that we can do something for them. PSD is doing really marvelous works which is praise worthy.

During our internship period we learnt many things in the organization. We were in many camps in villages, where we worked with the villagers. Many health camps were conducted where we had to involve with villagers and provide them prescribed medicine. This was a good experience, as we had never deal with this kind of situations. The basic health knowledge that we accumulated during the camps has helped us a lot. PSD works with foreign volunteers and that help us a lot to interact and deal with them. Together we worked on preparing a project report on the development of Nepal. During the field work we learnt how to make a proposal letter and set up a budget. We also learnt about office management; lots of office administrative procedures like filing the documents and translate reports and proposals from Nepali to English. Working with

PSD was really good, because we learnt many things of development activities. It is really a nice platform for all students. Besides working in PSD office twice a week, in our opinion we should visit regularly and work with them, to gain even more experience and eventually become professionals ourselves.

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