

PSD Connect
A Quarterly Newsletter

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 the EDITOR

Namaste Friends!

We would like to thank everybody for your kind responses to our March newsletter! It is wonderful to hear from you. Here is our latest quarterly newsletter keeping you up to date with some of our work and accomplishments in the relief work of earthquake victims and give you an outlook what you can expect from PSD. 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

After quake responses

After the monstrous earthquake of April 25 and the powerful aftershock of May 12, the life of Nepalese people gets scattered. More than 8000 people lost their life and huge number of casualties occurs with immense lost of property. All earthquake victims were in vulnerable situation, on top of them, the children were more susceptible to psychological trauma and depression. Analysing the dire need of support and assistance PSD Nepal conduct many health camps and distributed relief materials while, at the same time, it also organised the "School Recreational Activities and Psychological Counselling", so that they can get relief from the trauma they were going through and can have sound and healthy mind. Likewise, PSD also get involved in support programmes for Orphanages which were badly affected by the quake.

Health camps and Distribution of Relief Materials

Samari, Nuwkot-9th May 2015: Samari village after the big shock gives pitiable pictures of how quake hit area really looks like. The main purpose of this health camp was to provide free medical treatment and free distribution of medicines to these injured people caused by the quake. In our health camp, we provide services to 230 injured people and also provide tarps for temporary shelter, rice shacks, and sanitary pads to women, tooth paste, biscuits etc. Not only this, we also arranged the psychological counselling by professional physiologist for those who were in trauma.



Thokarpa, Sindhupalchowk-16th May 2015: The occurrences of many aftershocks making Sindhupalchowk epicentre put the life of people living there in misery. Helping those people in need was a matter of satisfaction

for the members of PSD. During the health camp, the health camp team-4 Doctors, 2 pharmacists, 2 nursing staff and some volunteers-not only examine the patients but also distributed medicine without any cost. The contribution and support of local VDC, Police and community people was appreciable. From the camp, 215 people get benefited.



Juhu, Dolakha-23rd May 2015: Dolkha is one of the most quake affected area where the destruction caused by temblor is unexplainable. Among 53 VDCs and 1 Municipality, Juhu ward no. 2 was in real need of assistance where along with the distribution of relief materials, our organization, also, conducted Health Camp in coordination with local VDC, Police and community people. There were 140 households in this particular ward and each of them got Tarpaulin, Blanket and sacks of rice. Local coordination group arranged this distribution in presence of Executive Director of PSD Nepal, Mr. Bishnu .H. Bhatta. For the Health Camp, there were 3 Doctors,

2 pharmacist, 2 nursing staff and some volunteers. From this camp 225 people get benefited.

Harmi, Gorkha-31st May 2015: After the destruction caused by the quake, many villages became unable to get access to electricity. On the one side, the life in tent and the merciless rain were making people life harder and, on the other side, frequent aftershocks and the darkness leading to difficulty in mobility at night were making people life tougher than ever. So, PSD Nepal come up with the idea to ease their life by distributing solar lights and in needed other materials as well. For this purpose, our organisation distributed 204 solar lights in Harmi village of Gorkha District. With these solar lights they can charge mobiles also so that they can be in touch and communicate with others to update the situation. We also distribute the tents to Mahendra Lila Higher Secondary Schools and Bigyan Primary schools so that they can go on with their regular sessions without any interruptions. Apart, baby milk was also given to mothers in order to feed their children so that malnutrition can be avoided.



School Recreational and Psychological Counseling



Students involving themselves in recreational activities organized by PSD Nepal

In order to deal with psychological trauma faced by children PSD Nepal decided to organize the children friendly

program in different schools of affected areas. In this program, with the help of teachers, we involved children in various activities such as game, rhymes, story telling, dancing, and singing etc so that they can take a break from mundane routine of life that was full of fear. In order to increase the flow of students in school we provide free lunch to children. PSD also make sure that the lunch provided is not junk food and is fresh and healthy along with regular changes in the menu of food. Apart, we also managed the psychological counseling for both the students and their parents with the help of psychologist. It really takes long time for psychologist to create an environment of normalcy. However, now the children are attending the program and both parents and teachers are happy to see the changes in children.

Aside, in order to support this recreational program, PSD distribute dozens of books- story books, rhyme books, color books, sketch books and even the course books that can be taken as references- so that teachers can engaged students by telling them stories, singing rhymes and helping them with the drawings and colorings. Furthermore, we also provide them the sports materials-both indoor and outdoor- which, as per the teachers feedback, proved to be a good means to reduce the stress level of the children. To add, due to lack of electricity many students were facing difficulties to read and carry on their assignment after getting back to tent they were living in. Thus, as a remedy to their problem, PSD Nepal distributed 2 boxes each solar lights to each schools so that they can distribute them to the needful students. Aforementioned program was implemented in these schools; Tri Ratan Secondary School – Lalitpur, Bigyan Primary School-Gorkha, Gram Shudhar Lower Secondary School –Baluwa, Mahendra Lila Higher Secondary School- Gorkha, Padma Chakra Secondary School- Phutung, Bindhyabasini Secondary School-Tokha

Support Programmes for orphanages



A small effort in brining smiles and happiness in the life of small angels

The earthquake that Nepal recently faced not only makes many people homeless but also takes away the shelter of orphan children. Like many Nepalese, they were also forced to leave outside the orphanages as the cracks seen in the walls make the orphanages no safer place for them. Thus, living under temporary shelters made up off clothes was really a very short term shelter which could easily blow away by the current windy weather of Nepal. So, putting children health no more in risk PSD support these orphanages with the required materials such as food, tarpaulins, blankets etc. The support provided to Bal MANDir Orphanages in Naxal, Siphel and Panchkhal. We also provide support to Child Bright Future Home-Lalitpur.

In the offing

- Continuation of recreational activites in aforementioned four schools
- Contribution for rebuilding of four schools-Tri Ratan Secondary School, Mahendra Lila Higher Secondary School, Gorkha, Bigyan Primary School, Gorkha and Gram Shudhar Lower Secondary Schoo
- **On June 29, PSD will celebrate the International Mud Day at the orphanage of Panchkhal, Kavre, with many international and local guests. Especially the children are already very excited about**

the upcoming event. Careful and detailed planning have been taken place so that the event will be a success for all participants. We are also celebrating Mud Day with Elephant in Chitwan where more then 10 schools students take part as they did in the past.

Vote of Thanks

PSD Nepal takes it as privilege and a great joy to extend a vote of thanks to all those who have contributed in one way or the other to make our relief programmes succesful. We would like to extend our gratitude to all the donors who donated in Global Giving Fund Raiser and Justgiving for our cause. We are delighted to announce the name of different organizations and individuals with pride:

Special thanks to organisations:	Thanking people with benevolent heart:
1. Community Development Institute, USA	1. Aaron skalka
2. Family Build Bold Future, Australia	2. Alice Ruth Fisher
3. Global fund for children	3. Pradip Adhikari
4. ICE Foundation, New York	4. William Lee siler
5. JustAid	
6. Benjamins's Home Benjamin	

Appeal letter

Since the earthquake hit Nepal in 25th April, PSD Nepal has been organising various programmes in releif. It has successfully completed the health camps and distribution of basic materials to the needy people from various quake affected districts. Apart, it is also carrying on the recreational programmes in various schools along with the psychological counseling to students as well as their parents who are in trauma caused by the quake.

PSD Nepal is endeavoring to reconstruct four different schools so that they can continue their school activites without being interrupted by the monsons that is lurking around in Nepal. Likewise, it is also planning to give continuity to the recreational activities for children as they have not been able to normalize their life due to frequent ocurances of after shocks.

However, PSD Nepal is in lack of budget to go on with its planning, so it is trying to register its organization in Global Giving Fundraisers, so that with the help of funds collected through it PSD Nepal can complete the relief and reconstruction works it has started. The minimum target for the regestration is \$5000 but, unfortunately, we have just 8 days remaining to meet our target and we are still not getting success to achieve our target. Therefore, we PSD family would like to request all our best friends to contribute us for cause.

<http://www.globalgiving.org/projects/rebuild-school-for-479-nepalese-children/>

Likewise, if you are UK based you can use this link to donate in justgiving also. JustAid is helping PSD Nepal to raise the fund. Here is the link to the fundraising page JustAid have set up for us.

www.justgiving.com/jodiehawkey

We are counting on your support. Your donation will be recognized in our program through the quarterly e-newsletter.

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