

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!

With great pleasure we present you our quarterly newsletter!!! Please read our newsletter Issue 3 and year 10, only designed to keep you updated on PSD and her activities, successes and future plans! Any questions and/ or comments regarding the newsletter or about PSD-Nepal are more than welcome. Please forward this newsletter to all the friends who have worked with us and help to raise our profile. We are looking for some news from you people also; please send any news or materials which we can publish in our next issue. 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

Bungamti project with extra- curricular activiites

Awareness class on "Earthquake and the safety measures: This wareness class was targeted to the student of grade 3, 4 and 5. This class basically cover the knowledge of how quake occur, what are the causes, do's and don't and how can we stay safe during the quake. In safety measure the main part that was covered were the self protection steps during the quake i.e. drop, cover and hold and the "Go bag" which is also known as life saving bag for the past quake situation. Not only this, for the students of U.K.G, 1 and 2 PSD organized story telling classes, 2 with a motive to aware them about earthquake in a simple and easy way in which they can understand. The book was all about earthquake and its safety measures. It was effect in case of students of small age as they all love to hear story. These small kids get knowledge on what they should do during the quake and what they should not.



Awareness class on health and sanitation: The program was basically about clean drinking water and the importance of hygiene. While asking the question to students that, "Can we drink direct water from tap?" Most of them answer yes. So, this awareness class was much fruitful for them in which we showed different ways of purification of water through pictorial presentation. We also taught them to maintain bodily hygiene and the food hygiene. The most important achievement is that the school is trying to band junk food within school premises and is initiating to provide healthy lunch within the school after consulting with parents. Likewise, hand wash demonstration was much more helpful. All the students were practically made to follow the six steps of hand washing. And, they were made aware when they have to wash their hand. Most of the students were well-known that they should wash their hands before and after having food and after the toilet but they were not much aware that they should



wash their hand after touching the dirty things. So, the class on WASH not only put emphasis on what they already know but also add new things to their knowledge.

Interesting thing is in a short interview with mother of student of grade 3; she mentioned that after getting back to home her son demonstrated how to wash the hand. So, the beneficiaries of this program were not only the students and teachers but the parents were also getting knowledge through their children. Through this we can expect that this knowledge will be sustainable.

Awareness class on Adolescence and Reproductive Health Right: Students knowledge about which age group of people are known as adolescent, for instance, according to World Health Organization the people who are in age group of 10-19 are known as adolescent. Similarly, they get opportunities to learn about changes that a person felt during adolescence period that can be either emotional, physical, mental as well as social changes. Apart from the changes, they were also made aware how these changes can be handle positively so that they may not followed wrong path during their adolescence. Along with this, they also get knowledge about reproductive health right under which they learned about family planning method, importance of safe abortion and reproductive health organs.

Awareness class on HIV and AIDs and STI: Students were aware about some of the ways of transformation of HIV and AIDs but they were even confused about the full form of HIV and AIDs. Not only this, some of them were even thinking that using same toilets with HIV infected person can transfer HIV to the healthy person. Therefore, the awareness class help them to know about Sexually Transmitted Infection such as Syphilis, Gonorrhoea etc. In addition, they were also made aware about ways of transmission, symptoms and the prevention of HIV and AIDs. In the post test knowledge of HIV and AIDs, their wrong assumptions that using same toilets and eating in same plates can transmit HIV and AIDs was now made clear.



Awareness on Gender and gender equality: This session was given to students of grade 6, 7 and 8. Before this session, students were unaware about equity and equality, sex and sexuality and they have very narrowed knowledge on domestic violence for example the violence that wife faced from husband was only the domestic violence in their definition. But after the class on gender and gender equality, their horizon was increased and they were clear about gender and gender equality. They were made aware that not only the physical abuse but also the verbal abuse and sexual abuse fall under domestic violence.

Cleaning campaign and rally: First, the rally was organised in which students walk through the village creating awareness among people that we should clean our town ourselves and then, later on, cleaning campaign was done around the school periphery. We did use gloves and mask while doing cleaning campaign therefore they learned not only the importance of clean environment but also the prevention we could use to protect ourselves from diseases like gloves and mask specially. This cleaning campaign was useful to make students understand why we need to take steps to clean our surrounding .



Drawing programme and art exhibition: Art is the powerful means to express the feelings and describing the contemporary situation of our society and community. The programme was really helpful in understanding the perception of children about earthquake through their creative drawings. Their pictures were so contemporary that it clearly depicts the situation and various



activities that were going on during the earthquake. Similarly, art exhibition help them to share their experiences of earthquake with their friends, seniors and teachers.



The motive of exhibition was to provide equal platform to all the drawings of students so that exhibition would be more about encouragement rather than competition.

Students were made to come in front and share their stories with others which undoubtedly build up their confident level and enhance their descriptive and mass speaking capacity.

Vote of Thanks

PSD Nepal has already expressed its privilege to extend a vote of thanks to all those who have contributed in one way or the other to make our relief programmes succesful in previous quarterly news.

Now we would like to extend our gratitude and big thanks to **GOONJA** for their generous support during our relief work after the earthquake. Goonja has provided lots of traps, Solar lights, books, stationary, games materials, medicine, tents, and food items which we distributed in our working districts.

PSD Nepal is looking forward to work with all our well wishers and donars in future as well.

Global Giving fund raising

As per the PSD plan to construct 10 school of rural areas of Nepal it only has been able to start construction work at 6 school and due to lack of budget PSD has not been able to start construction work of 4 schools. For the purpose of school reconstruction, PSD Nepal is raising fund through Global Giving , therefore we PSD family would like to request all our best friends to contribute us for cause.

As an added incentive, on September 16th, atarting at 9 am EDT, GlobalGiving will match online donations at 30% until \$70,000 in matching funds runs out. More details here:

<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.

Volunteer program appeal with universities

Analysing the post earthquake situation of Nepal, PSD is initiating huge volunteer campaign for the reconstruction and re-establishment of education system in Nepal which has been hugely disturbed by the temblor and its continious after shocks. Thus, PSD is in need of countless volunteer to achieve these goals set by PSD. To make our initiation sucessful, we would like to request all the individuals, organizations and Universities to help us by doing volunteering or providing volunteer. PSD will welcome any kind of volunteer work which could be really helpful for us to make the project success.

Six school building under construction

After the quake many schools of affected areas were destroyed because of which students became forced to learn under temporary learning centre which was not much effective. The dust, rain, sun and wet land really make the situation very hard for the students. In such hard time, any schools of rural areas were not being able to get funds for the purpose of school reconstruction. Therefore, after doing rigorous need assessment, PSD Nepal select 10 schools for reconstruction purpose. However, PSD Nepal now is supporting six schools for reconstruction and has not been able to support remaining four due to lack of budget. PSD Nepal is still trying to raise fund for these remaining school. Hopefully, we will meet our target soon

We would like to call for support to all those people who want to help re-establishing the education system in Nepal which had been badly affected by the quake.



CRM training and its implementation

Three staffs from PSD Nepal received training on Community Resilience Model (CRM) Skills which was provided by Trauma Resilience Centre, USA. After receiving the training, we found it very helpful for Nepalese who are now still trying hard to forget the bad memories of earthquake. Therefore, we organized the training programme of CRM Skills in different colleges, schools and community people.

These people find the training very helpful as it not only provide relief from their mental trauma but also provide them skills which they can use in any unpleasant situation of their life. For eg. Either they are in anger or in frustration. Not only this, they became skilled enough after receiving this training that they build up confidence that now they are capable enough to help with these skills who are in need of it.

PSD is further planning to extend this training.

Earth quake book and its distribution

The name of this book is "Gita and Shyam: The day when the earth shook" which is initiated and published by Global Family Village. The main motive of this book was to provide education to both the children and their parents about earthquake. PSD Nepal was one of the member among many others who actively participated in this book distribution project. PSD worked during the need assessment of this book, edition and now it is working for the promotion and distribution of the book. Analysing the need, all the members are planning for distributing these books more in future as well.



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