



## 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](http://www.psdnepal.org).**

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### MESSAGE FROM the EDITOR

Namaste Friends!

We would like to thank everybody for your kind responses to our September 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 over the last year 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](mailto:psdnepal@mail.com.np) or call us at (9771)-4780369, fax 4780631.

Bishnu H. Bhatta

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### LATEST PSD NEWS

- The medical Volunteers Program will start from 6th January. There will be 5 medical students and one professor from Saint Mary's College, California working with. They will be working in the Primary health Care Center. This is first initiative and we are hoping to continue this partnership continuously.
- Our one World Forum Foundation friend Anne Subasini visited Nepal and involve it different training and workshop during her visit to Nepal. She has given a lecture, in the workshop, about inclusive education for all and specially with special need children. Everybody liked her session and workshop. Thank you very much Anne for your time and effort.
- Prof. Dr. Loren Weybright also visited us and spend one and half month time in Nepal and also helped to organize difference training to teachers and exposure trip to children. We are also thankful to him.

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### PSD's activities with Children

Partnership for Sustainable Development-Nepal is a non-governmental, social development organization that aims to serve the poorest and most vulnerable communities in Nepal. Therefore, many of its programs and activities focus on you and education projects. During the last year, PSD directly served approximately 4,500 children through its programs and activities. A grant from the Global Fund for Children, Bold Park School, Australia, their students and parents and Kiran Sondhi who made many of these programs possible. The programs focused on providing orphans and youth with after-school enrichment programs and extracurricular activities to increase their general knowledge, provide them with a safe environment to express and enjoy themselves, and to build their confidence. In Nepal, these types of extracurricular activities are not common due to very limited or nonexistent support from the government. Therefore, most youth do not have access to enrichment opportunities. These activities carried out at 15 schools and two orphanages. The goal of this program was to develop the self-esteem, confidence, knowledge, and life skills of children through practical exposure to different settings and experiences. Below are some illustrative pictures which show how we have done the program for children in Nepal. Overall, it was clear that these programs greatly benefited the

children participating.

I am trying to show some picture of our activities which we have done to children rather than writing in works.

		
Children are in river walk	Children are in River walk	Children are in river and playing
		
Children are exploring in the river	Children are crossing river in hiking	Ready for hiking
		
Children are enjoying	Children are climbing hills	On the way to trekking
		
Enjoying in out door game	Mentally Retarded girls playing	Winner of the game.



Ballon game



Out door game with children



Game in Sand



Out door game



Outdoor game



Outdoor game



Sack race game



Crawling game



Outdoor game



Zoo visit with children



Library set up with computer



Library set up



Game with children



Library



Kitchen gardening



**Conclusion:**

The activities funded by different donors included nature lessons, Nature walk/hiking/trekking/ river walk, festival celebrations, Educaitional trip to different locations, art compitition, and the Mud Day event. In Nepal, these types of extracurricular activities are not commonly a part of school curriculum, and most youth do not have access to enrichment opportunities. The programs over the last year successfully exposed youth to settings outside of their usual environments and allowed them to have new experiences. The children learned about nature, environmental conservation, art, nutrition and exercise, life skills such as shopping, and different cultures. They gained confidence by trying new things and going outside of their normal comfort zones. Most importantly, they had fun! Throughout these activities, they worked as a group and developed camaraderie and support among themselves. Overall, it was clear that these activities greatly benefited the personal development and well-being of the children.

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