

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 4 from 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 us 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

Reconstruction of school buildings after the massive Earthquake 2015.

The massive earthquake caused huge destruction in Nepal, took many lives away, and our infrastructures collapsed on a profound level under these damages. The quake destroyed many schools in the affected areas, which forced the students to study in temporary learning centers (TLCs) which were crowded and noisy and also affect the students' health. Making a new building was a great challenge for these schools, as TLCs do not provide sufficient learning conditions and require bigger efforts from the school staff. The need for new school buildings was urgent, but the schools cannot afford the costs to build them. To mitigate these problems and to ease the teaching challenges, PSD Nepal selected 10 schools from the affected areas for the reconstruction project. Unfortunately we can currently support only 6 schools in their reconstruction, because we do not have enough budget to support the remaining 4. From the six building sites, the reconstruction of one school has been completed while the other five are on the verge of completion, as you can read hereunder in more detail.



Figure 1 Children having classes in open space

Gram Sudhar Lower Secondary School, Baluwa Kathmandu: The school building with three prefabricated classrooms is under under construction. Immediately after the earthquake PSD Nepal assisted the school with relief materials like books, playing instruments as well as solar lights to help the earthquake affected children out of their trauma. In addition, a TLC was made to sustain the teaching and learning activities. The TLC was however not effective for a long period of time as bugs inside the bamboo not only started to destroy it but also had allergic effects on the students. The children also felt that they needed more space for



Figure 2 Children having classes in TLC



learning and playing, since their playground was occupied by the TLC and the teaching and learning activities were hampered by too little available space inside the TLC. At that time the school was in immediate need for a new school building, but that was a big challenge for them to accomplish .

To mitigate these issues PSD Nepal funded the three-room school building. The construction is currently carried on and on the verge of completion. The new school building has brought much hope for better learning conditions to the teachers and students, as well as to their guardians.

One of the students of grade six, Rojita Lama says: “The earthquake brought trauma to us, as we do not have classroom, as the school was damaged by the earthquake. At this very moment PSD helps us with the new school building, so we are very grateful to PSD Nepal.”

Keshav Bhujel, a grade seven students says: “The only playground had turned into a classroom (TLC) and we are excited to see a new school building and playground.”

Sangita Nagarkoti, a student of grade eight addressed health problem occurring in the TLC. She says: “ We are happy to study in the TLC although the classes are small and noisy, but the allergic effect caused by the bugs have made us worried. Still we are happy as we are approaching towards moving in the new building.”

Similarly, a guardian says: “We were worried about our children after the earthquake, as the school was damaged by the earthquake and we hesitate to send our children to the school. Now we are hopeful as we see the new building being constructed.”

Jana Devi School, Gorkha: The construction of this school building progresses rapidly despite some disturbances caused by the Indian blockade as well as internal political issues. After the massive earthquake, the building of this school was damaged and in the absence of sufficient classrooms the school was unable to run its daily classes and also the guardians were not willing to send their children to the damaged buildings due to its possible threats. The school urgently needed a new building but was unable to start the construction as they do not have enough amount of funding.



PSD Nepal assisted this school by funding the construction of a school building with three classrooms. The construction of the new school building is ongoing and the people in the community are very excited about the completion of its construction, as this project will bring new hope for the children’s education.

One of the teachers of this school, Ram Poudel says; “ We feel happy and proud that after the construction of this new building the earthquake affected students will get chance to study inside the classroom.”

Akriti Thapa Magar, a student from class eight joyfully tells her opinion: “We are very delighted to hear that our new school building has been constructed under the assistance of PSD Nepal and we are hopeful that we can study comfortably in the near future.”

Similarly, on of the guardians opines: “The new building will enhance the teaching and learning activities of this school and we want to thank PSD and the donors who have supported the funding and hope for this kind of assistance in the near future too.”

Biqyan Primary School, Harmi Bhyanjang Gorkha: Despite many difficulties like challenging geographical and political conditions, heavy downpour and lack of resources the construction of the school has been conducted rigorously with good coordination with PSD Nepal. The rainy season and poor road conditions, as well as construction materials not being available in the local market delayed the pace of the project. But on realizing the dire need of the aspiring students, the local people, teachers and guardians are allocating their time and available resources for the construction process to complete it within the given time frame.



The progressing construction of the new school building makes the community's people optimistic about a better future for their children, and they wish for a same sort of support for this school in the near future to enhance the local educational standard. The people here are hopeful that with the construction of a new school building with more comfortable classrooms, the rate of school enrollments will be uplifted in the upcoming years.

A student (ECED), too shy to say her name, says: "Woow, we are happy to see such beautiful classroom."

Similarly, the Chairman of the school management committee opines; "-We are looking forward to keep the moral of the doners high for making this beautiful earthquake resistant, spacious building and reviving the glorious history of this location. We are happy to have such kind hearted people to help us when we were desperately looking for help."

Mahendra Lila Higher Secondary School, Nawalpur Gorkha: Also at this school the students had to follow their classes in a TLC after the earthquake massively damaged their school building. The new school building has been under construction with the support of PSD Nepal and it will provide a new favourable environment for the children's study. By the completion of this new building all the students can move from their TLC back into their usual classrooms.



The construction activities have been slowed down at the beginning due to the various difficulties prevalent in our country, but with the valuable efforts of the community's people, teachers as well as the students this project is on the verge of completion. Seeing the development of the new school building makes the people hopeful that once the project is completed they will regain their happiness, and they expressed their gratitude to the doners who addressed their primary need.

The development of this school was observed by the Member of the Parliament Mr. Hit Raj Pandey. He has also expressed his great thankfulness to the international donor community and all persons involved in the implementation of this latest development.

Merina Dhakal, a student, expresses: "The school was built when we desperately need it to continue our study, at least it has started to be built, making our hope comes true."

Vote of Thanks

PSD Nepal would like to express its thanks to all those who have contributed in one way or the other to make our relief programmes successful. So far we have successfully raised the funding to build 6 school buildings out of the 10 we have planned. We are still looking for funding to build at least another 4 school buildings. PSD Nepal is looking forward to work with all our well wishers and donors in future as well.

Global Giving fund raising

For the purpose of school reconstruction, PSD Nepal is raising funds through Global Giving. Therefore we, the PSD family, would like to request all our best friends to contribute to our cause. Global Giving has funded 20,000.00 dollars from the Nepal relief fund to support our efforts for constructing school buildings and conducting trainings. More details you can find here:

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

Likewise, if you are living in the UK you can use this link to donate via Justgiving. Just Aid has already raised funds for the construction of 3 school buildings out of the 6 schools, and it continues with helping PSD Nepal to raise more funds. Here is the link to the fundraising page JustAid has set up for us:

www.justgiving.com/jodiehawkey

We are counting on your engagement and hope for your support. Your donation to our program will be recognized in the supporting community through the quarterly e-newsletter.

Volunteer program appeal with universities

Analysing the post earthquake situation of Nepal, PSD is initiating a large volunteer campaign for the reconstruction and re-establishment of the education system in Nepal, which has been widely disturbed by the temblor and its continuous after shocks. To achieve its goals PSD is therefore in need of countless volunteers. To make our initiation successful, we would like to request all the individuals, organizations and universities to help us by volunteering or providing volunteers. PSD will welcome any kind of volunteer work which could make a difference for us to make the project success.

CRM training and its implementation

PSD is carrying out CRM training with the earthquake-affected children. During the training, the physical and mental health of each child is assessed and workshops are given to inform the children about their trauma, to increase their resilience and to teach them how to support each other in coping with traumatic events. The children are taught to understand how their nervous system reacts to chronic stress and how to interpret their bodily/biological sensations related to the trauma. Similarly, the children learn specific skills to increase their resilience. These skills include, firstly, simple biological-based skills to restore the individual balance of body and mind, secondly, shifting perceptions of the own stress reactions from seeing them as shameful mental weakness to seeing them as biological and improveable, and thirdly, integrating coping skills into their daily lives. The children find the training very helpful as it not only provides relief from their mental trauma but also provide them with skills which they can use in any unpleasant situation of their life. Furthermore, after receiving this training they became skilled enough and confident that now they are even capable to help others in need.

NAFA Nurishes Program

With the financial and technical support from Nepal Adoptive Families Association, the NAFA Nourishes program has been started. Trained nurses assess each child's medical conditions that impact their ability to use nutrients and each child's nutritional status and need. After this, we provide supplements, care, education and treatment. When orphanages see the results they are inspired and supported in improving their child care choices on a long-term basis. First, a nurse will carry out repeated health assessments with evaluative metrics, optimization of nutrient absorption (removing parasites, improving water, etc). So far we have already enrolled 8 orphanages and assessed more than 200 children. In December another 100 children will be assessed. Due to the Indian blockade we are not able to supply plumpysup and multivitamin yet, but once the borders open we will receive the materials which are currently waiting at the boarder to be distributed to the children.

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