
PSD Connect

A quarterly E-Newsletter

Year 2 - No. 2
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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 good wishers, about our activities and news. PSD Nepal is a not-for-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

Dear Friends!

We would like to thank you for your warm responses to our newsletter! Since the first three newsletters have been such a great success, we enthusiastically present our fourth issue. We will publish our newsletter on regular basis as schedule to keep you informed about PSD Nepal, its work and results. This issue is mainly focus on the stories of volunteers and elective students about their personal experiences with working in Nepal. Additionally this newsletter will give you a brief update of the projects that have been finalized, the current situation in Nepal, what PSD-Nepal envisions in the future and of course how you can help us. Please feel free to write to us if you have any announcement, article and message you want to spread out through our newsletter and also comments or questions regarding the work of PSD-Nepal or regarding the newsletter are more than welcome! You can send us an email psdnepal@mail.com.np or phone to (9771)-478036, fax 4780631.

Bishnu Bhatta

LATEST PSD NEWS

In May our volunteer programme director, Bishnu Bhatta, has been presented a paper on World Forum conference in Malaysia on connecting children with nature. He is a representative from this region on Nature Action Collaborative for Children.

On the 10th and 11th of April PSD-Nepal organized a health camp in Dhading district. This health camp has been enabled by the facilitation of a general physician, a dentist, gynecologist, nursing staff, pharmacists and 20 medical students from Aberdeen University, Scotland. All the facilities, including medicine distribution was free of cost provided to two rural communities of Dhading.

In this April 20 medical students worked with us in different community hospitals and health posts with Nepali counterpart. We divided them in four groups and sent them to community hospitals after



orientation training. They worked in Dhapakhel Health Post, Dhapakhel, Manohara Community Hospital, Manohara, Stupa Community Hospital, Boudha and High Way Community Hospital, Malekhu.

Our intern Marcel Grella has successfully completed his 3 month assignment in PSD Nepal. He helped us to develop proposal, internal documentation and website content and also helped us to raise the profile of PSD Nepal. He also worked with one of our partner organizations in Dang for two weeks.



Minna Pimia from Finland works with us as an intern till July. She has been designing PSD's new housestyle and new communicational materials (e.g. new brochure and website).

This year we were able to connect with Oxford medical students and arranged an elective course for two students from Oxford University in government hospital and health post. They were very impressed with their placement.

PSD'S NEW HOUSESTYLE AND WEBSITE

From June onwards PSD Nepal presents itself with its new house style. The new logo depicts two people; an adult holding a child, hand in hand. The shape of the logo is a drop, which symbolizes that a small drop of help can grow into a big sea. The logo resembles also "a tika" which is a sign of protection and a symbol of blessing in Nepal.



PSD's new website will be published to the internet during June. The technical design of the website is made by computer engineer Suraj Sharma. The website is found at the same address as before: www.psdnepal.org. We kindly request you to visit our new website. Your comments and suggestions on website are heartily welcome.

VOLUNTEER STORIES

We were a group of 5 medical students who came out to Nepal with 15 others from Aberdeen University. We came to gain medical and cultural experiences and use our time off from university to help others. We were asked to raise £500 each to contribute towards the cost of the project. We achieved this through fund raising events in Aberdeen, such as bag-packing in supermarkets and pub crawls.

After our exams we flew out to Kathmandu, where we were warmly welcomed by PSD. Here we had time to rest and see Kathmandu in our own time although given advice and always if we needed with help from PSD. Then we went to Dhulikhel where we began our intensive language course in groups of two or three with enthusiastic language trainers. However, we all stayed together in a hotel and were given cultural talks and shows with our own free time to explore.

This lasted four days before we were given the chance to go rafting and visit Chitwan National



park. This was all organised by PSD, it ran very smoothly with great guides, nice places to stay and great activities, such as rafting, walking, elephant and jeep safari, bathing elephants, canoeing, seeing the baby elephants and a cultural show and tour.

After this we headed to Malekhu. All 20 of us trekked from here, eight of us to one health camp and the rest of us to another. It was a nice walk in and we were welcomed warmly. The camp was an amazing experience, helped by the doctor's English and time taken to explain things to us. It was great to see some of the money we raised being used well.



The group of 20 people then split into the groups of 5 and we began working at Malekhu Community Hospital. We stayed with local families who treated us very well and looked after us heartily. Malekhu is situated on the main highway and so the hospital treats a lot of emergency road accidents. It supports primary healthcare needs of the local community with one doctor managing a wide variety of patients. The hospital staffs were all very friendly and we gained great experiences from working in the hospital. This was because the staff allowed us to help out, with jobs such as suturing, giving injections, taking blood and general examinations, and explained everything to us.

Throughout our time PSD were always there if we needed them and visited us to make sure we were all happy. They also went out of their way to support us and organise trips in our free time at the weekends and even after our placement was over, these included the Everest flight, paragliding, trekking, seeing temples and guided tours in Pokhara. At the end of our placement we gave presentations and then were given a great meal. PSD were very good to us and we were all sad to leave Nepal.

*Sheena McWilliam
Volunteer, Easter Program 2007
Aberdeen University, Scotland*

VOLUNTEER STORIES

Nepal has always captivated the imaginations of travelers across the world. Coupled with the promise of being able to experience medical practice in a developing country, it was easy for us to decide on Nepal as an elective destination. Furthermore, we were put into contact with PSD Nepal who facilitated every step of the trip and made it painless to organize.

Despite our misgivings about the language barrier, our first impressions on arriving in Kathmandu were that the Nepalese were welcoming and polite and we easily settled in with our host family. Interacting with our hosts became even more enjoyable after completing a 2 week Nepali course.

The initial part of our trip was spent exploring the various landscapes and regions of this fascinating country. These ranged from the subtropical jungles in the Terai to the snow-capped peaks of the Himalayas. The diversity of the terrain was complemented by the numerous ethnic groups scattered through the country and we were fortunate enough to befriend individuals from some of these.

Upon returning to Kathmandu, we embarked enthusiastically on our placements at Kanti Children's Hospital and Dhapakhel Health Post. We



were pleased to find that befitting of the only government-run paediatrics hospital in the country, Kanti was run similar to Western hospitals, although lack of funding contributed to certain short-comings such as paucity of many standard investigative techniques and a lower standard of cleanliness on the wards. Dhapakhel Health Post was an eye-opening experience, giving us insight into the limitations of developing-world medicine and allowing us a more hands-on approach than at Kanti. Without the benefit of an in-house doctor, this nurse-run health post has to make do with a handful of drugs to deal with a wide-range of complaints. These two places offered us a holistic view of the various healthcare services available to the population.

As we come to the end of our trip, we feel privileged to have been given to opportunity broaden our horizons beyond Western medicine and equally, to have glimpsed the breathtaking scenery unique to Nepal. But perhaps the most valuable thing we take with us as leave are the many friendship we have forged in our time here.

*Christopher Wong and I-Jun Lau
Final Year Medical Students, Oxford Medical School 2007*

FUTURE PLANS

PSD-Nepal has been linking up with the different Universities in UK to send volunteers to work in Nepal. In this summer, we will be receiving volunteers from the universities of Bristol, Birmingham, Aberdeen, Glasgow and Oxford. There will be 42 volunteers in 7 groups. Since the security situation has now been stabilized, we are ever to so happy to conduct the project in remote and beautiful places where help is most needed.

PEACE IN NEPAL

After signing the Comprehensive Peace Accord by the eight political parties a lot changes have been taking places. The government is not able to hold the Constituency Assembly in June but now they agreed to hold the elction in November 2007. UN has started to second round Arm Verification and its management. Eight Parties are holding talks in different parties and ethnic group to resume fully peace in the country. There are lots of positive sign and hope there will be peace as before after election. Hope this sort of problems will be sorted out very soon and there will be enough room for the development workers in reconstruction, rehabilitation and even in the relief work at places where for the post war situations are.

JUST AID AND YOUR CONTRIBUTION

We are happy to share that in this quarter JustAid has attracted several donors through their website, which enabled another 25 projects to take place in Nepal. The donation coming every month and donors are not waiting just for Christmas and New Year. Now, there are some project funded every month and we would like to request all of you to connect to interested people in helping a poor community and school in Nepal. Please visit the JustAid website; www.JustAid.org.uk, to see the requests that come from the poor communities and government schools of Nepal.



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