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## **PSD Connect**

**A quarterly E-Newsletter**

**Year 4 - No. 2**  
**June 2009**

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

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### **MESSAGE FROM EDITORIAL**

Dear Friends!

We would like to thank you for your warm responses to our newsletter as usual! Since the first edition of our newsletters has been such a great success, we enthusiastically presenting our newsletter regularly and this is another issue for your discretion. We publish our newsletter on regular basis as schedule to keep you informed about PSD Nepal, its work and results. This issue is mainly focused on the Glimpses of 2009 Medical programme and few articles. 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. We heartily welcome your views and your comments, 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**

Ms Elizabeth Clark from United States will be our new short term Intern who will be working with us for two month at the PSD office and with our volunteers visiting our placements. She will also carry out focus group discussions to evaluate our program and provide PSD with feedback in regards to our programme.

Bishnu Bhatta will be visiting the United Kingdom (UK) to attend a meeting and conference called the World Forum Foundation from the 13<sup>th</sup> till the 20<sup>th</sup> in Belfast. We are taking advantage of this visit to the UK so that PSD can arrange meetings with our partner organization in the UK. Mr. Bhatta will be also visiting ODA Oxford University to meet with all the trustees and volunteers to refresh relationship with both organization and discuss further betterment of two organizations. He will also visit BVDA trustee in London. Then he travels to Bristol to meet the JustAid Chairman which is also a charity organization supporting several community development projects. After the conference, Mr. Bhatta will be taking part in the Nature Conference in Scotland. He will be meeting SVA, Glasgow University and also meet the trustees and volunteers from the Dundee and Aberdeen Universities along with many other supporters from that part of the world. We are very much optimistic that our relationship and partnership with our supporters and partnered organizations will be strengthened further more.

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## Volunteer Article

**Shona Jane Leighton,  
2009 Medical Programme Volunteer**

Namaste! Arrival A group of twenty five Aberdeen University medical students arrived in Kathmandu on the 2nd April. We were all very excited but somewhat apprehensive about what to expect. However, we were quickly put at ease upon receiving a friendly welcome from the local PSD staff and some much needed Mo mos!

The first week of our programme was spent in the beautiful setting of Dhulikhel with its magnificent views of the imposing mountains. During this time we were immersed in Nepalese culture through daily language classes, traditional dance and customs, as well as sampling Nepalese food. By the end of the week with the help of our faithful language tutors we had a basic grasp of the Nepalese language and had mastered the art of eating with our hands.

### Travel

From Dhulikhel we set off on the travelling part of our programme. This began with white water rafting which was an exhilarating experience and also provided us with an opportunity to marvel at the stunning scenery. The night was spent camping under the stars on a secluded beach-an amazing experience which I am sure no one will forget.



The next part of our trip provided us with some much needed respite as we spent three days in the beautiful Chitwan National Park. During our time here we went on jungle safari, trekking, canoe trips, elephant rides and elephant bathing, in addition to seeing much of the local wildlife. The accommodation and food were outstanding and the friendly staff looked after us well.

### Placement

We were somewhat anxious before starting our medical placements as we were uncertain about what to expect living with a Nepalese family. We were, however, once again pleasantly surprised to be dropped at a beautiful house where we received a warm welcome from our Didi. I was placed with a group of seven students in the village of Bandegaun. During our two week placement we volunteered at the local health post. Staff were exceptionally helpful and friendly and provided us with plenty opportunities to assist where possible. We were involved in procedures such as wound dressings, immunisations, taking blood pressures and temperatures and working in the dispensary. It was inspiring to see the staff working in such difficult conditions with rudimentary equipment yet being able to have a significant and positive impact on the health of the villagers. It has certainly made me appreciate the equipment and health services which I take for granted at home.



Living with a local Nepalese family during placement was a unique experience which I feel very privileged to have shared in-we had the opportunity to sample Nepalese culture first hand. We ate Dahl Bhatt, dressed in saris and learned about the day to day running of the household .Our family were very welcoming and friendly, taking us on tours of the village and allowing us to be involved in their religious celebrations. Our Didi, a teacher at a local school, also organised for us to teach her pupils some basic English one afternoon. It was amazing to see how eager and enthusiastic the children were to learn.



During placement we also spent some days gaining experience at the newly opened Kist hospital. The level of teaching in the hospital was exceptional and all staff very helpful. During this placement I also witnessed my first natural birth-another unforgettable experience.

We also spent a day running a health camp in the village of Dhapikhel. This provides local villagers with free dental, gynaecological and obstetric, child health and dental services. This was very interesting as it allowed us to see how much of the money we had raised prior to our trip was being used.

At the end of the two week placement we were all very sorry to leave our families and the committed staff from the health posts. I am sure I will keep in contact with them and hopefully visit again, or perhaps see them in Scotland!

### **Trekking**

For the finale of our trip we travelled to Pokara for 6 days trekking in the Annapurna mountain range. Though the trekking was strenuous it was well worth it for the magnificent views of the mountain ranges and the beauty of the landscape. We also experienced a wide range of weather and sampled many breathtaking sunsets. Whilst trekking we were fed and looked after by friendly Sherpas for whom I have the utmost respect and admiration. It is amazing what they can carry with the minimum of fuss and their local knowledge is incredible.



### **Conclusion**

I thoroughly enjoyed my trip and would definitely encourage fellow students to undertake a similar visit. Nepal is definitely the most friendly and welcoming country I have visited and although financially poor is immensely rich in culture and tradition. My hope is to return in the future and perhaps spend more time volunteering once I have qualified.

## **Lively Pictures from 2009 Medical Programme**



**Medicine for Health Camp**



**Medicine for Health Camp**





**Volunteers are with Health Post staff**



**Patient in the Primary health Care Centre**



**Volunteers are distributing medicine**



**Volunteers are in Health Post**



**PSD Staff and volunteers**



**Volunteers checking up patients**



**Dental extraction**



**Oral health check up**

### **FUTURE PLANS: coming events of PSD-Nepal**

- There will be 6 volunteers from Aberdeen University who will be carrying out their project at Mahendra Lil Secondary School, Gorkha.
- 18 volunteers from BVDA, Bristol will be carrying out projects in Ilam.
- 13 volunteers from Intervols Birmingham will be carrying out project in Chitwan.
- 12 Volunteers from SVA, Glasgow university will be carrying out project in Chitwan
- 15 volunteers from ODA, Oxford university will be carrying out project in Baglung.

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