

PSD NEPAL QUARTERLY NEWSLETTER
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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, previous volunteers, and long-term 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 <https://www.psdnepal.org>



MESSAGE FROM the EDITOR

Namaste friends!

Once again, with great pleasure, we present you with our updated quarterly newsletter. Please read this, Issue 3 from our 17th year of writing, designed to keep you updated with PSD Nepal and our activities, projects, and future plans! Any questions and/or comments regarding the newsletter or about PSD- Nepal are more than welcome. Please also forward this newsletter to any friends who may be interested. We heartily welcome your views, comments, and queries regarding the work of PSD- Nepal! You can send us an email at psdnepal@gmail.com or call us at (+977)9841285379
Bishnu H.Bhatta

LATEST PSD NEPAL NEWS!!!

Plastic project in Langtang

Construction of the Community Recycling Centre (CRC) in Syapru Besi has been completed and now fully operational. Every two months we have been transporting 40 k plastic bottles to recycle center in Pokhara and now also there are lots of plastic collecting and will do another trip next month. The activities of PSD Nepal also include the construction of a 'Plastic House' 2km east of Syapru Besi on the Langtang Trail among the guesthouses. This is a great, albeit one-time use, of collected plastic bottles and a good advertisement of the work that PSD undertakes. The work of the PSD in Syapru Besi is incredibly valuable and will become more so when the CRC commences its operations.



Microbe Literacy Initiatives, USA, project in partnership with Nepal health research council and Partnership for Sustainable Development Nepal have completed initial survey in Manohara Community, Bishnumati community and Godavari community. We also completed 20 batch of training about the microscope-based health education program, a training workshop was held in August and September 2022. The main purpose of this project is to assess the differential acceptance of vaccines for COVID-19 and Typhoid disease between an intervention group that participates in microscope workshops and a demographically matched control group without participating in workshops.



Article on the experience of Volunteers

We - Anna, Ellie, Molly, and Libby - are English volunteers through Bristol Volunteers for Development Abroad (BVDA) who have come to Nepal to work with our partner PSD with the aim of making a sustainable difference in a rural community in the Baglung district. We arrived in Nepal feeling excited about our adventure ahead. We had 3 days of full training to get ready for the project in Sima. In the mornings we learned Nepali with Sushila which ended up helping us so much in the village to communicate and connect with the community. In the afternoons we learned about Nepali culture, details of the project, and different teaching techniques to make sure we were ready. All of this preparation proved so helpful throughout the project. We then took a bus to Baglung. Here we met BP Sharma, the chairman of Sima, the village in which we completed our project. The next morning we took a jeep to the village and met our host family. Our host family had prepared the most delicious food for us on arrival. We loved living with this family, they were so hospitable, kind, and always ready to care for and look after our needs. Living with the host family was a highlight of the project, it meant we were immersed in village life and after no time at all were walking the buffalos and helping to cook. Village life was very different from England and Kathmandu so it took us a few days to get used to the slow-paced, relaxed lifestyle. However, we slowly adjusted and were able to enjoy the beautiful views of the mountain from our house. On our first day, we went with BP to visit the village office where we had a small welcoming ceremony and took pictures. We felt well and truly welcomed to the village and excited to start the project. We started the project by helping to construct a women's bathroom in Salam. The project began with another welcome ceremony with flowers and blessings from the local people. Again, we felt so welcomed into this community, despite the site being in another village, over an hour's walk from our host's family home. Alongside skilled laborers, we helped carry cement and stones to aid the building work. It was so fun learning to carry building materials in dokos with the help of the villagers and really felt like we were working as a team. After the bathroom was constructed we painted the whole building inside and outside a bright turquoise color which was really rewarding to transform a bare spot in the village into a bright bathroom. The shower will be used by around 50 women, meaning they have their privacy when showering and washing clothes. We hope this will drastically improve the women's quality of life. We also carried out road maintenance on stretches of road in and around Sima. This was very rewarding as the condition of the roads was something we noticed right away, especially as it was monsoon season, the roads were flowing with water which meant vehicles had to travel slower and there were road damages from landslides. Alongside local people, we dug channels at the side of roads in order to divert the flow of this water. Moreover, we helped slot large boulders and rocks into a jigsaw-type manner to make a sturdy and long-lasting road surface for the vehicles to travel over and make the surface less slippery for people and animals walking. This project was so rewarding as the difference it made was tangible and we quickly saw the results, within one afternoon a large stretch of road could be drastically improved. The majority of our time in Sima was spent teaching English at the local primary school. Getting to know all the bright, funny and kind children and teachers was one of the highlights of the trip. They were so curious to learn and a pleasure to teach. We started teaching the highest grades, creating paintings and written descriptions of their families. In my younger years, we played games and taught English songs. The children also enjoyed the extracurricular activities we did with them and especially loved playing with the cricket, volleyball, and skipping equipment we provided for the school. We thoroughly enjoyed teaching at the school and noticed that a lot of the children's English improved and hope they continue improving their English language skills. At the school, we also painted three of the classrooms and designed a mural to paint in one of them too. The children in the school all helped us to prepare the classrooms, scraping off glue and paper from the walls and washing the walls ready to paint. We loved transforming the classrooms to bright white and red, and think it has

drastically improved the working environment in these classrooms. The mural was also one of the most fun parts of the project and allowed us to get creative designing, drawing up, and painting our colorful Nepali mountain range. This really felt like a tangible impact and we felt like we got to leave something behind for the school that we grew to really care about. Overall, this project has been one of the most incredible adventures that any of us have experienced yet, and we're so grateful for the kindness and support that the community of Sima and Bishnu, PSD offered us. We got to learn so much about ourselves, and a completely new culture and community that we never have had the chance to experience otherwise. We believe the project has made a sustainable impact on Sima and hope that we have made a long-lasting personal impact on the community too. More can be read online;<http://www.bvda.org.uk/>



Jenny Glenn visit to Nepal

She brought some information from Dundee University as well as more specific information about the Community Education degree and post-graduate courses. She liked the visits that we planned for her. She wanted to meet with our colleagues to discuss links with community development work, research opportunities, and student placement opportunities. She will be writing a formal report for

SUII on my return. Visiting PSD activities is very important to me not just to see what work we are doing but also to see a small part of our country around Kathmandu.

Interns

As interns, PSD Nepal has recruited two new interns. They are Ms. Dilasha Shrestha and Mr. Rajesh Baniya. Ms. Dilasha would be working with us on Plastic Project and Mr. Rajesh would be working with us on the UNFF project.

Visit of Kimber Bogard

There was a panel discussion organized on August 27, 2022. 25 peoples were present which included professors and doctors. They were Dr. Kimberly Bogard (Deputy Executive Officer, National Academy of Medicine), Bishnu Bhatta, (Chairperson and Executive Director of PSD Nepal), Dr. Meghnath Dhimal (NHRC), Prof. Bishnu Uprety (Ph.D.) (Nepal Policy Institute), 5. Dr. Rabindra Dhakal (NAST), Prof. Bhagwan Koirala, Prof. Divya Singh Shah, Chairman (Nepal Medical Association), Prof. Dinesh Kafle (Teaching Hospital), Dr. Suresh Tiwari (PSD Nepal) & Dr. Pradeep Gyanwali (NHRC). So the major focus of this discussion was the National Academy of Medicine(NAM) where Mr. Bogard, explained about NAM and its priorities. NAM has a climate change grant program that many organizations can apply for. It further prioritizes climate change and equity, cultural health programs, early childhood development, and maternal health. In this discussion forum, NAM is looking for possible areas where NAM can collaborate.



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 projects & programs successful. We have accommodated 1,175+ volunteers in 15 years!

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