

# PSD Connect

## A quarterly E-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).**

---

### MESSAGE FROM the EDITOR

Namaste Friends!

We would like to thank everybody for your kind responses to our newsletter! It has been really pleasant to read all your reactions. As you might know we publish our newsletter every quarter to keep you informed about our work and accomplishments. In front of you is our latest version of PSD Connect, which will update and inform you about the latest news, the work of our summer volunteers. 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

---

### LATEST PSD NEWS

#### Mud Day celebrated with huge success

On 24<sup>th</sup> of July, we celebrated "International Mud Day", in a small township called Panchkhal, at the Social Welfare Children's home which is located 45 KM East from Kathmandu Valley where 48 children are staying. Also joined by children from Central Children's home from Kathmandu, this years' Mud day was a huge success. The main aim of Mud day apart from having some fun is to bring these children closer to nature. In today's Face book era, what we have seen is that children are slowly disintegrating themselves from nature. Gone are the days when children used to go outside and enjoy the nature. Mud day in some small way helps these children to create a new relationship with nature.

Not just the children but even the locals seemed to have enjoyed and learned something about nature.

The children were provided with new clothes and towels. The different groups were seen enjoying the mud while they were playing football and volleyball. First a little hesitant the girls also did seem to enjoy splashing mud over other people. The day ended with a delicious meal.



## Lively Pictures from this years' Summer Program



The main objective of the volunteers is to help in construction of classrooms, or new buildings, toilet, drinking water tanks, etc. For this, the volunteers raise money in their home country. Here the volunteers from **Bristol University** can be seen working at the site in Malim (Ilam) where they built a library and a toilet.



The volunteers also organised extra curricular activities like sports day, dance, singing, drawing and debate competitions. Here we can see the volunteers from **University of Glasgow** playing volleyball against the children from the school in Jeetpur, a small village in Chitwan.



One of the most important areas that the volunteers focus is on interaction with the children not just from the school that they are working on but also other local children. Here we can see one of the volunteer from **University of Glasgow** in Dibyanagar, in Chitwan interacting with children and discussing about nature and environment. The volunteers have been taken them away from the classroom to enjoy Nature.



There is a big difference found with the children in their new class. They seem to be more willing to attend classes, visit the library they never even enter. This shows that an interactive classroom makes a lot more difference. The volunteers draw informational things on the wall but in a very fun way so that the children not just get information but also enjoy reading such things.



Apart from construction, the volunteers also take classes for the students at the school. The classes are very interactive and useful. They usually take English lessons but also play games and teach the children rhymes and songs. Here we can see two volunteers from **University of Edinburgh** taking a class for grade 5 in Harmi Village in Gorkha District.



The volunteers most of the time use their excess money, if there is any, to paint the existing classrooms. The classrooms are very dull and with painting, they look very bright and interactive. It also attracts students to come to school everyday. Here a volunteer from **Bristol University** is seen painting the world map at a school in Suntale, a small village in Ilam.



What we see in the picture is the participation of school children in the construction. These children do not work here fulltime but help the volunteers once in a while. This is in Harmi village, Gorkha where the volunteers from **University of Edinburgh** were constructing a three room building. As the stones needed for the building were quite far, the students helped the volunteer carry them with the formation of a human chain.



Here we can see the volunteers with the students in a tree plantation program. As said earlier these kinds of activities help the volunteer interact with the children and also take them closer to nature.

Having just finished my second year of medical school, I wanted to use my summer to gain some useful clinical experience as well as have an exciting holiday! After looking around, I decided Nepal was the place to go. I contacted PSD Nepal and decided on a four week programme for medical students; e-mail correspondence was prompt and PSD were very flexible with dates and requirements. Soon, a programme was arranged.

The first week consisted of language and cultural training to enable me to make the most of my stay in the country (I wouldn't have had such a good time without this). After this I was ready to spend 3 weeks in a village around 2 hours from Kathmandu, where each morning I sat in on consultations at a rural health post and taught English in the local school each afternoon. I was hosted by a lovely family in the village who did their utmost to make me feel welcome; I will always remember their hospitality and we shared many memorable moments.

I saw many interesting things during the medical placement and the Nepali doctors were very friendly in explaining to me what was going on. I had not had any significant clinical exposure beforehand and so the primarily observational role was perfect for me. The differences between health issues in the UK and Nepal were what were most striking to me and helped give me a global idea of medical problems. I will certainly go back to medical school this year with a better overview of world health issues.

The afternoons in the local school were a nice change from mornings in the health post and very stimulating. Staff and pupils alike were great and lessons were a lot of fun. I will never forget their gratitude and the emotional last day at school!

At weekends I went to Kathmandu to explore the various attractions and enjoy the luxuries offered by city life! I also went bungee jumping (scary) and white water rafting (wet) which are but two of the huge array of outdoor activities on offer in Nepal.

Having finished my 4 week programme I had 2 weeks left in Nepal; during this time I went to Chitwan National Park before heading off to trek to Annapurna Base Camp. These two activities encapsulated the polar extremes of the Nepali landscape; jungles in the south and Himalayan peaks in the north. Highlights of Chitwan included seeing rhinoceros from high on the back of an elephant whilst in the Himalayas an early morning rise afforded me panoramic views of the Annapurna range.

My trip to Nepal was the most rewarding and varied 6 weeks I have experienced and I would wholeheartedly recommend that others visit Nepal!

---

### **In Volunteers' Own Words:**

"PSD is an amazing NGO to work with, they really care about the placements they organize and my time in Jeetpur has been the best 5 weeks I could have asked for. I will miss my Nepali family very much."

"Dal Bhat is surprisingly addictive and make sure you learn some "elephant and the ant" jokes because they're the best in Nepal."

"Go for it. Very nice country, beautiful place and lovely people. Highly worthwhile development opportunities. I recommend PSD as a reliable NGO."

"Easily the best decision I have ever made. To think that I might not have applied is frightening."

"Magical experience one will never forget! Worth while I feel the charity actually makes a difference with in the community"

"We got to do so many exciting things that were new to us like milking a cow with our bare hand/riding a horse, and also open me new issues with development and gave me experiences of the wider world"

---

To subscribe to the PSD Connect, please send an email to [psdnepal@mail.com.np](mailto:psdnepal@mail.com.np) with the word "subscribe" in the subject line. If you do not wish to receive our newsletter anymore, please return this note with "unsubscribe" in the subject line.