

Partnership for Sustainable Development – Nepal

P.O. Box 19782, Thirbom Sadak – 3, Dillibazaar, Kathmandu, Nepal

Tel. 977 1 4411648

info@psdnepal.org

www.psdnepal.org

DAO – KTM, Reg. No. 180/059/60 GON – SWC Affiliation No. 13981



Year 12, No. 4, December 2017

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 12, designed to keep you updated on PSD and the 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 all 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@gmail.com or call us at (9771)-4411648

Bishnu H. Bhatta

Latest PSD Nepal News

The last 3 months have been a hive of activity at PSD. From work in a local Child Protection Home with OXAdventure volunteers from Saudi and Kuwait to new research students from Germany and the Netherlands, PSD Nepal has been active in the Kathmandu Valley and in Baglung, in particular, in this quarter. Read more of the stories below.

Siphal Child Protection Home:

'Most smiles are started by another smile' (anon.)

Smiling is infectious. Bishnu Bhatta, Director of PSD, was very clear that this project existed to 'bring a smile back to children's faces'. Child protection homes can be difficult places, even at the best of times. Bringing a smile back to children is a true gift, particularly in the face of hardship. Upasana Memorial Playground Project was to replace a stagnant pool of water, in the centre of the home, which is particularly prone to flooding during the monsoon rains, with a child-friendly playground. With the support of a generous donors, Vicky Smith from Arkansas, along with volunteers from the Middle East, PSD-Nepal was able to enact this project on a very short lead time. The project was planned in September 2017 and completed in October 2017. In the space of 2 weeks, the key objectives were achieved and a child-friendly playground was constructed.

The goal of the Upasana Memorial Play Project was to build a Memorial Playground to honour and respect the short life of Upasana. Upasana died two months ago, aged 11 years old, in July 2017, and had suffered from cerebral palsy her whole life. In the monsoon rains of summer, that hit Nepal from June through to September every year, the central area of this home would flood on a regular basis. This flooding created a stagnant pool of water and unpleasant living circumstances around the home, with mosquitoes breeding in this environment and biting the children. The Siphal Project was a successful project, displaying the ability for PSD Nepal to partner with both local and international organisations and donors to support vulnerable people in Nepal. A follow up consultation will be made in 3 and 6 months to ensure the ongoing use and practicality of the playground at Siphal Home.

Research Projects:

Kim and Max, Baglung

Greetings from the heart of Nepal. After finishing a ten-day language course in Kathmandu, we traveled to the small village Bhimpokhara which lies in the hills in the district Baglung. We're living with a Nepali family who are very welcoming and caring, and we enjoy the simple land-life. At first it was very challenging for us to live in such poor conditions and without any of the luxury that we are used to, but after one month we settled in well and found new friends. We work in the local basic school (class 1 to 8) three days a week. Our main objective there is to increase the English skills of the students. The teachers are having difficulties because their students do not speak English. They understand and write well but are mostly too shy or lack practice to speak properly. So we're teaching English conversation classes and also try to make the lessons more interactive and engaging. We also organize extracurricular activities like games, drawing competitions and a drama play about critical issues (for example hygiene, discrimination and environmental awareness) which the students will perform for the people of the village in two weeks. Right now, we're also preparing a health awareness program in cooperation with the local health post that we want to implement in several schools. Apart from that, we are doing qualitative research for PSD and for our University about the status of women in the community and their attitudes about gender equality. We finished nine out of 25 interviews together with our translator so far and heard many interesting things. We're happy to hear that they are more emancipated than we expected, but they still suffer from some kinds of discrimination. The research will hopefully be useful to determine the needs of women in the community in a better way and we hope that it can help with projects in the future. We have five more weeks to go and look forward to it! We recommend anyone thinking about volunteering to do it, because it is a very special experience and living in a developing country for some time gives you another perspective!

Raphael and Chris, Kathmandu

We are from the University of Twente and doing a study that focuses on the examination of resilience and its drivers. Resilience can be seen as a pathway that mediates the growth of an individual from adverse life experiences. Instead of developing mental health problems the individual develops a buffer against further adversities. Theory states that resilience in this understanding, and thus at an individual level, is driven by the socio-ecological context the individual lives in. However, up until now there is no research done on this model. This makes it an urgent matter to study, especially in the face of the Grand Challenges of Global Mental Health. As such, we research the extent to which resilience is present in an individual and to which extent particular socio-ecological factors helped the individual to overcome an adverse life event. The socio-ecological factors in question are: access to education,

health-services and social services as well as social engagement and supportive social relationships. The reason why we chose to do this project in Kathmandu, Nepal is because of the circumstances the Nepali population live in with great adversity limited resources, as well as the focus of PSD Nepal's work.

NAFA Nourishes Program update

Indu Sapkota, Lead Program Field Nurse

NAFA Nourishes program is designed to improve the nutritional status of children in children's homes in Nepal and the final aim is to make them sustainable. Program field nurses visit the children's homes every week. We first agreement sign and then start the program. We do assessments of all children, including questionnaires related to food likes and dislikes, hydration habits, stress that influence their nutritional status, height, weight, blood pressure, temperature is taken. We plot height and weight taken in the growth charts and see the percentile and discuss about their nutritional status with the home director. After completing this all we give plumpy sup (nutritional supplement) to all children for 6 months and for next six months provides multivitamins. In between we provide formal and informal training on different topics like hydration, hygiene, brushing, balanced diet, good and bad habits etc. We are providing training on hydration, we provide water bottles, water filter (for safe drinking water) to improve the hydration pattern of children's.

Most of the children we found are not drinking water sufficiently as nobody insisted them to drink and after giving training they started to drink more water. We are recently working on 16 children's home. We provide tooth brush to the children's, changing it in every 3 months. We also have first aid box so we treat some problems like dressing to cut and injuries, deworming, paracetamol for fever etc. NAFA also provided fund to one children home for chicken coops. They build chicken coops in their own premises. Total 122 chicken lays egg about 30-40 eggs per day. Children are fed twice a week and they also give egg for hatching, and gets chicks at low price from them.

We've been supported by a 3 month visit this quarter from Victoria Ferrer from the NAFA office in New York, Manhattan, USA. Victoria has been working with us to update our systems and databases, but also visit homes, implement new projects and site modules, and work on building our key relationships with all the home directors.

PSD Internships:

Samuel Johns, PSD office Kathmandu

The horns are back. The draping wires. The gaps in the pavement and rabid dogs, lying on their sides with rib cages surging up and down. Street kids collecting rubbish and chaos all around. Motorbikes dodging and darting. Tuktuk's picking up passengers and fighting for business. The local bus screeches past. It's kick off time ! Welcome back to Kathmandu. Namaste. This is Nepal.

I'm excited to volunteer with Bishnu and partner with the directors of PSD at the head of the group, steering the strategy for PSD to 2020 and beyond, and contributing to key building blocks such as communications and media, the website and fundraising, new projects and social enterprise ideas as well.

What is the role of PSD in Nepal? What can be done to raise the profile of PSD? How can the strategic goals of PSD be achieved in a way which satisfies the mandate of the organisation - a 'partnership' for development, done in a sustainable way, marrying together the economy, the environment, and society. Pursuing the vision of a Nepali society where all citizens achieve their full potential. Forging partnerships and linking communities that have resources and opportunities to be invested - capital, human, and material resources. The clear goals of PSD are to improve access to quality education. To boost the level of healthcare and sanitation in Nepal. And to spread and share the knowledge and resources necessary to live in a sustainable fashion. This last part is the cornerstone for me - living and breathing sustainability, through entrepreneurship and social enterprise, by leveraging resources for local communities, and helping the poorest and most vulnerable communities in Nepal.

Volunteer Testimonials:

Some testimonials from PSD volunteers

Volunteering here has been an amazing experience and I would definitely recommend it to anyone. One of the best parts of the trip was staying with a Nepalese family. Lastly, PSD are a brilliant help to my volunteering here and I couldn't have seen so much of Nepal without them. – Kerri McEvoy

It is one thing to visit a country as a tourist but quite another to live as a visitor. You not only get to see all the usual sights and attractions, but gain an understanding of the people and culture. You will be amazed at how warm and hospitable everyone is. It is a great chance to witness the differences between "western medicine" and the problems faced by developing countries. You will learn so much... – Victoria Brown

A fabulous country with some of the most beautiful landscapes and welcoming people in the world...I would unhesitatingly recommend PSD as a volunteering organization, they are exceptionally competent, helpful and welcoming; and you will come away from your project feeling that you have had a unique and truly productive experience. – Paddy Curry

I would really recommend PSD as an organization to volunteer with and Nepal as an amazing, welcoming, fascinating country to come to. A really rewarding time feeling part of the community. Even when there is a language barrier, it's really possible and great fun to communicate and work with local people and children. – Jennifer Andrews

Website and Social Media Launch:

PSD Nepal is proud to announce the launch of our new website and social media platforms - please visit the below;

www.psdnepal.org
www.twitter.com/psd_nepal/

www.facebook.com/psdnepalktm/
www.instagram.com/psd_nepal/

As friends of PSD, we welcome your comments and feedback on the website. Get in touch - info@psdnepal.org

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 completed all 10 school buildings that we have planned, across Nepal. In the last 15 years PSD Nepal has accommodated 1,075 volunteers to Nepal and worked on more than 200 projects in Nepal. PSD Nepal is looking forward to work with all our well wishers and donors in the future as well.

New subscribers

To subscribe to the PSD Connect, please send an email to info@psdnepal.org with the word "subscribe" in the subject line. If you wish to unsubscribe, please return this note with "unsubscribe" in the subject line.

