

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



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## **MESSAGE FROM the EDITOR**

Namaste Friends!

With great pleasure we present you our quarterly newsletter. Please read our newsletter Issue 2 from year 13, 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](mailto:psdnepal@gmail.com) or call us at (9771)-4411648

Bishnu H. Bhatta

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## Latest PSD Nepal News

The last 3 months have seen PSD Nepal projects across the country - from an ECD conference in Lalitpur, Kathmandu Valley, to medical student volunteers in the same district, with ongoing work in Chitwan, Baglung, and Rasuwa.

Here is a taste of some of these stories. Enjoy the read !

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### Teaching in Rural Nepal - Champanagar, Chitwan:

Toby 'Tshering' Chesser (UK Volunteer)

Chitwan is a very different place to the UK. It is hot. Very hot. Rather than cereal and scrambled eggs, people eat daal bhaat for breakfast, and for dinner they eat daal bhaat rather than pasta and roast chicken. Instead of playing sport in the afternoons, people milk the buffaloes, feed the goats, and sow new crops. Thus it takes a while to adapt from England's pastures to Champanagar's fields. But the Nepali way of life is far from unpleasant, and over the last few months I have come to love it. Although my attempts to milk the cow, plough the fields, and grind the lentils have shown me up as the foreigner that I am, the inclusiveness of Nepali culture allowed me to enjoy everything from a wedding in a Daura Suruwal to worshipping in the new year in the temple. Most of all, I have enjoyed getting to know my neighbours and friends, who are some of the most welcoming people that I have ever met.

Working in the school threw up many challenges that I had not expected. It is hard to appreciate how much more difficult everything becomes in 40 degrees until you have experienced it. It is also tough to teach pupils their third language when you only speak a few words of their second language. Yet somehow, after a lot of trying, the teaching began to work. It was not easy, but this made it all the more rewarding. Especially memorable moments include singing with the Grade 1's, making paper aeroplanes with the Grade 2's, and teaching the Grade 5's an African chant. I also spent a couple of days with the older children at the local secondary school. I'm not sure I have ever enjoyed myself as much as I did when I taught Paradise Lost to the Grade 10's, who certainly didn't have as much fun I did.

Nepali teaching methods are very different to their British counterparts, with a focus on didactic lessons with active teachers rather than active students. I initially found these techniques frustrating, but over time learned that the two styles can be combined to tailor suitable & effective teaching for Nepal. Two of my particular focuses were showing the other teachers how ICT can be used as a teaching aid, and increasing checks on individual student effort & attainment. I also saw the truth in PSD's belief that monetary aid is only effective with sustainable implementation.

I am very grateful to PSD for making my trip possible, and have now seen firsthand the success that it can achieve in working with communities to promote sustainable development. Bishnu was characteristically generous whenever I needed anything, and Sam Johns was hugely helpful in providing ideas and moral support. I must also thank my hosts - Durga Bhatta and his family. Apart from being some of the kindest people I have ever met, they were always friendly, and happy to chat, help me in my problems, and let me tag along with their activities. I look forward to keeping in touch with them, and with the community I met, for many years to come.

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### ECD Conference, ACEI (Early Childhood Development):

Lalitpur, June 2018

The ECD Summit was organized by the International Outreach Committee (IOC) and hosted by Alliance for Early Childhood Development, (AECDN). The IOC is a committee member of the Association for Childhood Education International (ACEI). The participants of the Summit included people from around Nepal involved in ECD, including (but not limited to) teachers, teacher helpers, government representatives, NGOs, INGOs, civil society representatives and international participants involved in the ECD field.

The following were some of the goals of the 2018 Summit:

- For Nepali teachers to learn usable information & skills to apply in their classroom once they return home
- To create opportunities for networking to occur between Nepali teachers, (i)NGOs, Ministries, Civil Societies,
- To provide venue for discussion around current ECE topics in Nepal.

The participants of the summit included over 180 educators, department of education, researcher, child advocates, facilitators, teachers, NGOS, INGOs representatives, University professors from across Nepal. And, the ACEI's International Outreach Committee members. PSD Nepal was fully represented at the conference and also met with many old friends and rural teachers from all over Nepal, with many years of links in educational work.

You can read a full PSD Nepal report on the conference here; <http://psdnepal.org/download/83>

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## **Mud Day Appeal, June 29th 2018:**

### PSD Nepal Mud Day

International Mud Day 2018 - this year on 29th June 2018 ! (15th Assad Nepali 2075). Founded by PSD Nepal Director Bishnu Bhatta, Gillian from Australia in 2009. Join us for celebrations of mud - and play, fun, community - in either i) Panchkhal or ii) Chitwan for the PSD Nepal Mud Days of 2018. Get in touch with us to volunteer or to find out more details. You can come to visit our office in Kathmandu to hear more and see pictures from past years too.

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## **PSD Plastics in the news**

### Nepali Times #910, May 18-25 2018

*"Conservation group pays Rs 1 for every discarded plastic bottle in Langtang and upcycles them"*

Langtang Valley is just beginning to recover from the earthquake three years ago, but another disaster is looming here in the high Himalaya: The Plastic Crisis. As the region rebuilds, tourists are flocking back to this stunningly scenic region a 7-hour drive north of Kathmandu. Every year, about 15,000 trekkers visit the Langtang National Park, using up and leaving behind 200,000 plastic water bottles every year. A conservative estimate puts the number of discarded bottles in Langtang Valley alone at 5 million. It may take only three seconds to throw away a water bottle, yet it will take 450 years for it to biodegrade. The plastic will be around for seven more generations of Nepalis in Langtang. But here in Langtang survivors of the earthquake are building a new beginning, they have understood the importance of keeping Nepal's crown jewel clean and safe. These mountains are an asset in the richest sense of the word with huge aesthetic and environmental value, which if protected can also have economic benefit from trekking.

The Partnership for Sustainable Development (PSD) is a Nepali advocacy group involved in the retrieval and recycling of 500kg of plastic in cooperation with the Kyanjin Gumpa Langtang Society. PSD is also partnering with Sustainable Mountain Architecture to build a model pavilion entirely of plastic bottles in Rasuwa, and also working to turn plastic waste into diesel. This may seem like a drop in ocean when Kathmandu produces 1,000 tons of solid waste, much of it plastic, but every drop counts. *Continued...*

*PSD Nepal was recently in the national Nepali news - with a centre spread piece on our plastics work in Rasuwa - in the Nepali Times (#903). This article has over 50,000 hard-copy readers, and 200,000+ online readers. Read the full article here; <https://www.nepalitimes.com/here-now/plastic-money/>*

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## **NAFA Nourishes Program update**

### Indu Sapkota, Lead Program Field Nurse

The NAFA Nourishes Project works to take on issues related to nutrition as seen in children's homes throughout the Kathmandu Valley. One of the primary concerns faced by homes is a lack of access to clean drinking water. When NAFA Nourishes enters a home, we provide the needed number of water filters and offer training to the staff on use.

The NAFA objectives are to; assess the overall health and nutritional status of children ranging from 1 to 18 years of age; provide nutritional supplements (Plumpy' Sup and multivitamin, both given over a 6-month period) to all children who fall into the realm of malnutrition; give training to the children and the staff related to nutrition, hygiene, hydration, water conservation, food supplements, food hygiene and other concerns as they arise; provide access to safe drinking water. Recently, NAFA are working with 15 children's homes in Kathmandu, Bhaktapur and Lalitpur. NAFA did kitchen gardening at 4 children home; the vegetables are growing well and children are eating it (organic and contains lots of vitamins and minerals) and planning to expend it on other homes also.

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## **PSD Internships:**

### Samuel Johns, PSD office Kathmandu

Back in mid-2017 I wrote; *'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 cornerstone for me is 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.'*

After almost a year now - both in the field and in the office with PSD Nepal staff - I've truly tasted a flavour of the above. My thanks to Bishnu Bhatta and Mohan Parajuli, in particular, for this fantastic opportunity and learning curve, and to all the friends and affiliates of PSD Nepal, for tireless work on behalf of the most vulnerable communities in this beautiful Himalayan country. Thank you

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## Website and Social Media Launch:

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

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

[www.facebook.com/psdnepalktm/](https://www.facebook.com/psdnepalktm/)

[www.twitter.com/psd\\_nepal/](https://www.twitter.com/psd_nepal/)

[www.instagram.com/psd\\_nepal/](https://www.instagram.com/psd_nepal/)

Watch some of the videos of volunteers online; [https://instagram.com/psd\\_nepal/](https://instagram.com/psd_nepal/)

As friends of PSD, we welcome your comments and feedback on the website. Get in touch - [info@psdnepal.org](mailto:info@psdnepal.org)

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## 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. 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. We hosted a small 15th year anniversary at our offices in May 2018 to mark this !

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## New subscribers

To subscribe to the PSD Connect, please send an email to [info@psdnepal.org](mailto: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.



150 Conservation group pays Rs 1 for every discarded plastic bottle in Langtang to upcycle them



### LANGTANG HIMALAYAN PLASTIC REMOVAL

1x  = 1 NPR

@ Hidden Valley Guesthouse, Syaprubeshi - Thop Dhen 9741-282-855

Bring all the plastic bottles you have to Yala Restaurant and you will be paid 1 NPR (paise) per bottle.

Thank you!  
Help clean up the Langtang Valley

