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Year 13, No. 1, March 2018

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!

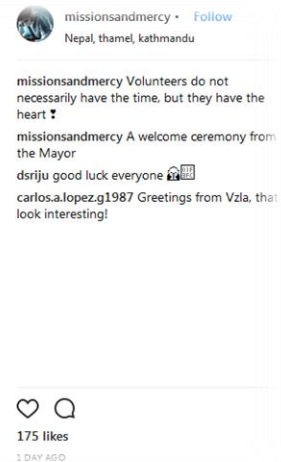
With great pleasure we present you our quarterly newsletter. Please read our newsletter Issue 1 from year 13, designed to keep you updated on PSD and the activities, successes and future plans! Any questions and/ or comments regarding the newsletter or about PSD-Nepal are more than welcome. Please forward 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 or call us at (+977)-1-4411648

Bishnu H. Bhatta

Latest PSD Nepal News

The start of 2018 has welcomed new volunteers to PSD Nepal from Canada, France, the UK, as well as a significant group from the Gulf States of Kuwait, Oman, UAE, Jordan, and Iraq. PSD has been active in and around Kathmandu in the last three months, with hospital placements, ECD programs, dental camps, health camps, and more - read all the stories and see some of the pictures and videos below.

Some of our favourite shots of 2018 so far:



ICE Photography Collaboration:

(written by Bishnu H Bhatta)

Photography for Change - Youth Media Project, Bungmati, Kathmandu

14 students and 2 teachers from Institute for Collaborative Education (ICE) New York, USA conducted media and photography training program at Tri Ratna Cooperative Secondary School, Bungmati, Lalitpur. They provided media and photography knowledge and training to the students of Grade 5, 6, and 7 and to the teachers. In total 35 students and 7 teachers participated in the training program. The 35 students were divided into seven groups with at least 2 students from ICE in each group to ensure quality training and sustainability at the end of the training. This project was designed to allow students to explore their creativity and provide them with practical knowledge in journal writing, field work, creating photo stories and editing photos.

The program was first started with **the ice breaker session**. Then the **magazine lesson** was introduced. This lesson accustomed students with photography, helped them to identify the different ways a picture can be used to tell a story, send a message, and show emotions. Then students were taught to **use a camera** so that they were comfortable with all the basic functions of the camera such as shutter, flash, zoom, applying different angles and being more creative with their shots. They were also given a chance to experiment with taking photos around their school and of their friends. The next important task was **story telling** through photos and drawings. As it is said, *"Nothing is better than a good story"*.

Fieldwork was the next imperative activity in which teachers took the students out into the field. Here, students learned the basics of photography and how photos are used to portray a story. Further, it provided an interactive and open environment to learn in, from a village setting to mountain temples, shrines, shops, fields, and rivers. **Teaching photo terms** was then a presentation given to students showing different photo terms, including composition, lighting, mood, setting, subject, foreground, background, focus, point of view, and direction. This helped students to identify and understand these terms when looking at a photo and helped them to understand why they like certain photos more than others.

How to conduct an interview and **Write Journal Entries** about their experience with the class and with photography was another important activity. They were given different assignments daily, including writing about different ideas for photo stories, what they wanted to learn about, and what they have already learned.

At the end of this program, they organized a photography exhibition where different photographs depicting the local culture, local lifestyle, local historical places and local flora and fauna were exhibited. The students used a number of ropes in rows to hang the pictures and created an attractive and colorful venue. The students, teachers, parents and the local community enthusiastically participated in this photography exhibition. Similarly, students from ICE also donated cameras and other educational materials to the school for photography and educational development in the school. They also helped in painting a big meeting hall, gardening, adding a stunning emerald painting on the school wall, a safe water purification plant and lots of ECD (Early Childhood Development) materials for the school.

You can see some of the exhibition here; https://www.instagram.com/p/Bf-B_LbAdrE/?taken-by=psd_nepal

At the end ICE students had the opportunity to explore Nepal during off days in the Kathmandu valley and Chitwan Jungle Safari Park.

Missions & Mercy Dental Camp:

(written by Samuel Johns)

M&M Gulf State Volunteer dentists in Lubhoo, Kathmandu

The sun is out beating down on the Primary Health Care centre of Lubhoo, in the Kathmandu Valley. Streams of children line each door of the PHC, awaiting their turn in the hot seat. A team of 22 volunteer dentists from Kuwait, Iraq, Oman, Jordan, and UAE are doing dental check-ups and basic procedures for more than 200 patients a day.

The school children enter by their dozen, ready to be accounted for and signed in by one of the Nepali nurses working and training at the PHC. Next stop is the fluoride station, with a basic dental checkup followed by fluoride application to the molar teeth in particular. The children say 'aaaaahhhh' and one of the 22 volunteer dentists from the Gulf States examines their teeth and applies the fluoride. Meanwhile, children are busy colouring in pictures of toothpaste and toothbrushes, with colour pencils provided by Missions & Mercy from Kuwait.

The next station is indoor, and houses the more complex procedures. These start with cleaning and scaling of the teeth, with specialist equipment provided by Missions and Mercy. The drills whiz and polishing plates grind under a

plethora of iPhone camera lights, providing added illumination for these procedures. Powercuts and load-shedding used to occur on a daily basis in the Kathmandu Valley, though these are largely now a thing of the past. Fillings with GIC materials are being done in 3 separate chairs. Cavities are being noticed in the teeth of the children, as more and more sugar enters the diets of these young Nepalis, with sweets, sugary drinks, and cheap snacks available at every street corner. The dentists are careful and patient in explaining good dental hygiene to the young school students, both in brushing their teeth and using toothpaste properly, as well as a basic introduction to diet and sugary foods to avoid. Extractions are also taking place in a designated room in the PHC, with rotten teeth being removed by the volunteer dentists, and deciduous, primary tooth removed to make space for permanent teeth to grow through. Each patient is rewarded with a hearty round of applause and a high five after each successful extraction !

This is the 3rd dental camp in Nepal, hosted by Missions & Mercy from Kuwait, with plans to expand in future to Pokhara and further west in Nepal. The previous two camps were also a resounding success, with general medicine and also dental hygiene provided in Bungamati and Bandengau. PSD Nepal and M&M have had an ongoing partnership for the past 6 months, with a strong bond formed between Bishnu Bhatta, director of PSD, and Doctors Ahmad (from Kuwait) and Zaid (Iraq), which bodes well for future dental camps around Kathmandu and more volunteering opportunities to come for Missions and Mercy in Nepal.

Volunteers with M&M had come from Oman, Jordan, Kuwait, UAE, and Iraq. Atheer from Muscat, Oman, who was a 4th year dental student described her sheer enjoyment of volunteering in Nepal; *'this is my first time in Nepal, and first time with Missions & Mercy, and I'm loving it. I'm amazed at how many patients we are seeing, and how many teeth we are saving!'*

Alaa from Sohar, Oman, was a 1st year dental student, and in charge of the cleaning and scaling station in the PHC. She said; *'I heard about M&M through Instagram and immediately wanted to volunteer - it looked like a brilliant trip and a great chance to serve a developing nation'*. The work of the volunteer dentists was also supported by more than 30 local Nepali nurses in training, mostly from B&B Hospital in Kathmandu, providing both translation support from Nepali to English & back again to help the patients, and also general help in diagnosis & fluoride application.

Watch the short dental camp videos here; https://www.instagram.com/p/Be1u5FBIOsr/?taken-by=psd_nepal

Internship Projects:

(written by Thomas Lovell)

Thomas Lovell working on ECD, Kathmandu

The International Outreach Committee (IOC) chairs and Nepali members, including PSD Nepal, are organizing the 2nd ECD Summit 2018 in Kathmandu, Nepal. This summit will bring at least 130 national and international participants to work together and discuss the theme of ECD (Early Childhood Development).

The shared objective of this summit is to engage different stakeholders, and local and international early childhood experts in workshops and knowledge exchanges to use in early childhood education and development settings, interventions in nutrition, early stimulation, maternal health, parenting partnerships, and school readiness, whilst also developing partnerships to reduce inequalities. Below are the main target areas of the summit:

- Education Diplomacy: Developing Sustainable Partnerships
- Child-rights Based Approaches In the Classroom: Achieving ECD/ SGD Targets
- Access, Quality, Equity and Inclusive Practices in the Classroom

This summit is aimed at providing a venue for discussion around current ECE topics in Nepal but also for Nepali teachers, to learn usable information and skills to apply in their classroom once they return home from the summit. This second ECE Summit will create opportunities for networking to occur between Nepali teachers, NGOs, INGOs, Ministries, Civil Societies, and international ECE professionals. Since this summit is focused on Nepali teachers, we decided that the conferences during the summit will be in English but also translated into the Nepalese language. During the summit, participants will be asked to provide feedback so that the organisers can monitor and evaluate this event and review, reflect and come up with responses either for the following day or for the next ECE Summit. At this stage of the project, PSD Nepal and collaborators are still working on the summit's preparation.

We would like to thank ACEI for their support and encouragement in completing this summit.

FCB Hospital Update:

(written by Olivia Aguiar)

Olivia Aguiar medical placement, Bouddha, Kathmandu

Namaste, my name is Olivia Aguiar and I am a Kinesiology student from Simon Fraser University (Burnaby, BC, Canada). Over the past 2 months, I have been volunteering at Friends of Shanta Bhawan Nepal (FSB) Health Center through PSD-Nepal. I was welcomed by the FSB staff with kind hearts and open arms, as they provided me with a transparent look at how they operate and sustain the clinic. I am not a doctor – I cannot treat or diagnosis patients – but what I can do is learn as much as possible with my eyes and ears. Since my arrival, I have shadowed doctors and nurses as they consult patients and perform various procedures (i.e. IUD and implant insertions/removals, dressing changes, pelvic examinations, ECG, USG, etc.).

My first two weeks at the clinic can be describe through Louis Armstrong's 'What a Wonderful World' – "I hear babies cry [during immunization days], I watch them grow [during antenatal and postnatal check-ups]". I've acquired knowledge on the Government of Nepal's immunization and tuberculosis (DOTS) protocols and gained practical experience taking blood pressure, weight and temperature measurements in triage. One of my most memorable moments so far was having the opportunity to work with Dr. Rakshya Koirala (Pediatrician at FSB), collaborating with the doctors, nurses and local community members to coordinate and implement a 2-day Female Community Health Volunteer (FCHV) Training Program for ten of the FCHV working in the Boudha area. My counterpart, Rinchen Paldon, and I presented on the services at FSB and hand hygiene/sanitation while other staff members presented on family planning, antenatal care, female genital infections and common illnesses/diseases in Nepal. I've been pushed out of my science bubble, designing flyers, posters and floor plans for the current clinic and new nursing department.

For the last half of my placement, I will be going back to my research roots, administering a patient satisfaction survey with the clients at FSB, providing health education presentations at local elementary schools and (last but not least) raising funds to host a health camp at the end of March. I am extremely fortunate to have had this amazing opportunity through PSD-Nepal and FSB. I've enjoyed every minute of my placement and look forward to what the next 1.5 months have in store!

Educational placement:

(written by Toby Chesser)

Toby Chesser educational placement, Gitanagar, Chitwan

I landed in Kathmandu on the 22nd of February, and was immediately welcomed by the city's famed kindness and air pollution. Bishnu generously invited me to stay in his home for the week, and he and his family were fantastic hosts, putting up with my English sense of humour and guiding me through the complicated worlds of Nepal's social and bus systems in preparation for Chitwan. Over the week I managed to learn that the essentials of the Nepali language ("My name is Toby" and "I have diarrhoea") thanks to the exemplary efforts of my teacher Shushila. I also had time to complete the valley's tourism, which I thoroughly enjoyed. However, the highlight of my time in Kathmandu must be the Holi - Hindu Festival of Colours - even if this left me wandering the evening streets looking like a chimney sweep from Avatar.

Last Saturday I took the bus to Chitwan where I am staying with the family of Durga Bhatta, who are also wonderful. For now I have just been observing lessons, in preparation for starting English teaching very soon. Nepal is certainly a contrast to the UK, but so far I have managed to weather a nationwide student strike, learning to eat with my hand, and dancing (if my attempts deserve the name) Nepali style in front of the bewildered school. My hosts and neighbours - including a one horned rhino - are hugely friendly, and the lentils are in a different league to any I have tasted before. I look forward to the next three months.

PSD Social Enterprise:

(written by Samuel Johns)

Plastic Recycling in Pokhara, cleaning Langtang, Rasuwa

Syabru is teeming with the hive of off-season activity; shop-keepers refilling their stocks, fruit salespeople tending to their piles of oranges, local residents sweeping the entrance to their homes, and the stray dogs of Syabru barking at any and every outsider. Thopden Sonam has been hard at work - for 5 months now - collecting, sorting, cleaning, and storing more than 15,000 plastic bottles ready for the recyclers at Pokhara Himalayan Plastic. The 5x 1000L tank drums we supplied him with are full to the brim with sorted plastic. Thopden has then volunteered one of his sheds to store the excess - overloaded with a mix of large Sprite bottles, sugary Coke bottles, and the plethora of mineral water bottles supplied to trekkers in the valley - Nepal Ice, Bailley, Natural Nepal Water, and Kinley. These have all been salvaged from the rivers (kholas) of Langtang Valley, the rubbish dump sites in Lama Hotel, Bamboo, and Langtang, and the hedges and forest rows beside trekking paths where waste has been thrown. Bar for a recycling option, these will pollute the national park for more than 450 years. Recycling provides not only an option for cleaning and maintaining the wellbeing of the Himalaya, but also a modest income stream for the local valley.

PSD Nepal has initiated this project under a new 'social enterprise' arm to the organisation, promoting circular economies and sustainable finance. The 1 bottle = 1 NPR incentive scheme is covered by the price paid for recycled plastic, in Pokhara at Himalayan Plastic, and this funds the remainder of the project. All stakeholders are local and decisions are taken in partnership with the local community, in a form of co-creation. This is a new venture for PSD.

Thopden is the archetypal local resident engaged and fully enrolled in the vision of this project. He motivates, inspires, and encourages those around him. Employing Thopden has been at the heart of the success of recycling in Langtang, to date. His work ethic and regard for recycling have helped to shift some of the shame associated with 'waste' in Nepal, and also lifted the profile of the project in both Syabrubesi and in all the 15 or so local villages in the Langtang Valley. Monday 19th February 2018 - we arrive in Syabru, expecting the trucking agreement we had to be called off. Almost a half ton of waste plastic awaits recycling in Pokhara, creating a bottle neck for both collection in Syabru and transportation out of the valley. Thopden is quick to act - two phone calls later, a thirty minute (stiff) negotiation, four willing volunteers, one night-driving truck driver - and we have a truck on the road for Pokhara, headed to the Himalayan Plastic Recycling. Job done.

In total : 13,000 bottles recycled, 280kg waste plastic cleared, over a 30km collection site with a 2,380m altitude differential, 240km transportation to Pokhara, cleaning 1 National Park - LNP - Langtang National Park.

Watch a short video from the valley here; https://www.instagram.com/p/BfTlCtjFk2U/?taken-by=psd_nepal

Website and Social Media Launch:

PSD Nepal is proud to announce the recent launch of our new website & social media platforms - visit us !

www.psdnepal.org
[www.twitter.com/psd_nepal/](https://twitter.com/psd_nepal/)

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

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

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Special thanks to

Youth Media Project 2018, Institute for Collaborative Education, New York City, USA 

for their generous contributions






The Youth Media Project brought photo story telling to 35 students and seven teachers, creating seven portfolios with 50 photos, poems and essays in each set



Service projects included:
 installing a water filtration plant, Painting the meeting hall, Preparing and planting a school garden, Providing early childhood educational materials, teachers professional development program, Donating cameras

Jeffrey Romanow -Teacher	Danielle Medellin -Teacher
Asha Karmen-Chan	Walter Elliot
Michael Rosenbaum	Blaise Albis-Burdige
Elijah Newman	Amina Morgan
	Julia Majesky
	Asha Mackay
	Harmony Morgan
	Ksenija Scahill
	Siena Froment
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