

# DOCTORS FOR NEPAL

## NEWSLETTER Winter 2016

### WHAT IS DOCTORS FOR NEPAL?

Doctors for Nepal improves healthcare in rural Nepal by providing scholarships to medical and nursing students, who return to work in their communities once qualified, thus providing sustainable healthcare.

### TWO NEW DOCTORS FOR NEPAL



We are extremely proud that, with your generous support, **Meena Kafle Chaulagain** and **Nahakul Shahi** both completed their undergraduate training in August and are our newest Doctors for Nepal. They are currently working as interns in Patan Hospital in Kathmandu, before they head off to rural areas next year.

**Dr Lalit** has just returned to Nepal from a 3-month clinical placement in Milan (funded by another charity) where he was learning the use of obstetric ultrasound. Despite experiencing significant culture-shock, he was able to gain from his placement and says "I hope it will be useful for rural Nepal where women are dying due to lack of early diagnosis of complicated pregnancies."

### STUDENT NEWS

We are delighted that this autumn we have extended our work to include nursing scholarships. We welcome **Kalika Thakuri**, **Binita Rai** and **Apsara Jirel** to the DFN team. They commenced a 3-year degree in September, and will work in a remote area for a minimum of 2 years in return for their funding. Binita says: "I want to be a good nurse and to study further to gain knowledge and skills so I can care for people in my community".



We currently have 5 medical students (Prakash, Apsara, Kamal, Purna and Dhanendra) who are at various stages of their training. One of our newest students **Dhanendra** has just visited his parents in his isolated mountain village "I just returned home for Dashain (15-day-long national Nepalese festival). My study is going well and I'm working hard to get success. I'm reading different English novels to improve my English".

**Kamal** has been studying in Community Based Learning and Education (CBLE). "My study is going well. Our CBLE posting is all about the health of a single village. I'm busy making a report and preparing for exams." One of our third



year students, **Prakash**, is doing his clinical rotation in the orthopaedic ward. "Here I am (see pic) examining a patient with a prolapsed spinal disc. I would like to thank the donors for their efforts in putting together the funds that have helped me financially, and help motivate me to serve in a remote region of my country for those who really need my service."

## CHRISTMAS IS COMING!



Why not buy our fabulous new **GREETINGS CARDS** as presents this year? Each pack contains 8 beautiful images taken by Dr Kate Yarrow and film director Gareth Taylor, during their many trips to Nepal. Each card is left blank inside for your own greeting.

**PRICE:** £5.00 (plus p&p) available to buy at our **ONLINE SHOP:** <http://www.doctorsfornepal.org/shop>

## NAMASTE, a Himalayan Journey NOW AVAILABLE ON DVD

Our award winning documentary is now available to buy on DVD. Dr Kate Yarrow goes on a 2-year life-changing adventure uncovering the extraordinary journeys patients undertake to seek healthcare in the Himalayas. The DVD also contains a short introduction to DFN. The film recently won the documentary feature Award of Excellence from the Hollywood International Independent Documentary Awards, and can now be purchased for £10 (plus p&p) directly from our **ONLINE SHOP:** <http://www.doctorsfornepal.org/shop> All proceeds help to provide desperately needed medical care to isolated communities in Nepal.

## How to raise money for DFN

1. **BRIGHTON MARATHONS:** a great way to raise money for DFN - we have 3 places to give away for the 2017 Brighton Marathon, on **SUNDAY 9 APRIL 2017** and 6 places for the Brighton Half Marathon on **SUNDAY 26 February 2017**. If you would like to run, please contact [cesca@doctorsfornepal.org](mailto:cesca@doctorsfornepal.org).
2. Organise your own **screening** of our documentary NAMASTE, a Himalayan Journey. We can provide you with everything you will need. Please contact [cesca@doctorsfornepal.org](mailto:cesca@doctorsfornepal.org) for further info.
3. Subscribe to <http://www.easyfundraising.org.uk/causes/doctorsfornepal>. It's simple, and once signed up, every time you shop online you will be raising money for DFN.
4. Put on a concert, do a sponsored swim, have a cake sale. **FUNDRAISING IS EASY AND FUN.**

**Thank you for your continued support**

**Kate Yarrow and the Trustees of Doctors for Nepal**

**TO DONATE:** Text DFNL13, and the amount you wish to donate (£'s) to 70070 or please visit <https://www.justgiving.com/doctorsfornepal>

To set up a regular **monthly standing order** with your bank, please donate to: Doctors for Nepal  
Account: 00284204 Sort Code 30-91-25

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