

## Pestalozzi Association Helping Advance Development

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PAHAD  
Newsletter

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[www.pestalozziworld.com](http://www.pestalozziworld.com)*From the Chairperson*

Walking across the familiar TIA strip I was already thinking about the next Reunion. No wonder after the gracious hospitality of the Thais! The wonderful memories of the country and the people especially our friends are still fresh in our minds and we do need to make sure that at least in spirit we can reciprocate similarly and, I am sure that with the help of my team we will be able to do so.

One of the points that Sir Richard raised when we said it was our turn to host Reunion 2007 was whether the political situation in the country would allow this. I said I was very optimistic but as February was a long way off I assured him that if there were serious problems we could always change the venue to Dehradun, even as late as December.

Well, what can I say about the political situation in my country now? Things have turned topsy-turvy and life will never be the same for any of us anymore. There were times when our hearts literally ached at what was happening around us but the resilient Nepali spirit has triumphed. We know we still have hurdles to cross but after a decade of fighting and killing peace seems to be in sight and we know we have won.

In this spirit of optimism I urge all our members to work towards the upliftment of the downtrodden in our society. I know we are already doing this in a small way through our association PAHAD. Now let us try and broaden our vision and see if we can do more.

 *Jana Thapa*


*Reunion delegates at the historic Royal Ship in Sattaheep, not far from the Naval Base, where the Reunion was held*



*Reunion delegates receiving gifts from Thai Pestalozzi Alumni*

## A Memorable Reunion Journey

*Rambabu Subedi*

PestalozziWorld Reunion 2006 was successfully organised in early March at the Royal Navy Centre, located in the beautiful seaside town of Sattaheep, Thailand. The Nepalese delegation led by Madam Jana Thapa, Chairperson of Nepal Pestalozzi Foundation (PAHAD), consisted of Bhaba Bahadur Thami, Hikmat Khadka, Bishnu Parajuli, Durga Gautam, Tara Paudel, Sushila Subba and Rambabu Subedi.

The sea is something new for us Nepalese. We always yearn for an opportunity to get close to the sea. This year's Reunion gave us one such opportunity. We spent four days listening to the deep and pleasant sounds of the sea and appreciating the beauty of the shore. On the one hand we had the warm hospitality of our Thai friends to make us feel at home and, on the other, the closeness to the mighty waves of the sea. Indeed, we cherished every moment of our stay in Thailand.

Words are not enough to appreciate the extreme care our Thai hosts took in making our food and accommodation arrangements and in decorating the conference hall; they ensured at all times that the best quality was offered to us. Our hearts filled with gratitude towards our kind and efficient hosts. Hearty congratulations to Udom Vichayabhai, Chairman of Thai Pestalozzi Foundation, and his colleagues, especially Jantrawan Chongnoncee and Jiradet Kasemsuk, for the success of the programme! What I would like to say to them is, "Dear friends, just as you welcomed us with the heart of the sea, we would like to welcome you with the heart of the Himalayas."

The most memorable moment for the Nepalese delegation became the launching of GLIMPSE, a magazine published by the Nepal Foundation. We were filled with inexpressible joy when Sir Richard Butler, a veteran member of the Pestalozzi Movement and the founder of PestalozziWorld, launched the magazine; all the delegates in the conference hall gazed in wonder at the magnificent portrait of Johann Heinrich Pestalozzi featured in the magazine. Indeed, the publication of GLIMPSE is a remarkable achievement for the Nepal Foundation.

PestalozziWorld Reunions have a special significance. The system of the Pestalozzi alumni and other associates meeting together in each other's home countries every year to share their experiences, to exchange ideas, to assess their Foundations' achievements of the past year, to pave new paths to be followed and to devise new strategies is, in fact, unique. This system immensely helps in meeting the aims of PestalozziWorld. It not only renews friendships between the alumni but provides new vigour and enthusiasm to the trustees of PestalozziWorld. In this respect, Reunion 2006 was very successful.

For me, some of the most memorable aspects of this year's Reunion include the Pestalozzi-cordiality of Richard Butler,

the Pestalozzi-coming-together of Lady Diana Butler and Pam Butler, the Pestalozzi-devotion of John Dilger, Elizabeth Bluck and Phuntsok Tashi, the Pestalozzi-busyness of Jantrawan Chongnoncee, Jiradet Kasemsuk and Hikmat Khadka, the Pestalozzi-seriousness of Udom Vichayabhai, Deepak Gangoli, Yashpal Kapoor and Caroline Winchurch, the Pestalozzi-joyousness of Bishnu Parajuli and Durga Gautam, and the Pestalozzi-smiles of Uma Uniyal, Jana Thapa and Bhaba Bahadur Thami.

After the formal Reunion programme ended, *My Dear* Hikmat and I headed up north to Chiang Mai via Bangkok with our kind friend, Khun Jiradet. From Sattaheep in Central Thailand, we were able to reach the northern nook of the country. We stayed as Khun Jiradet's guests from March 6 to 10. He not only showed us around Chiang Mai but drove us as far as the north-most Chiang Rai Province. While in Chiang Mai, he arranged for us to visit the major tourist attractions of the historic city, including the temple of Doi Suthep, Chiang Mai Zoo, Queen Sirikit Botanical Garden, Chiang Mai Night Bazaar and the famous umbrella making centre. He also took us to the Chiang Mai University, where he has been working for more than two decades. The night we spent at his resort near the town of Mae Khachan in Chiang Rai was very memorable. Surrounded by beautiful green hills, both Chiang Mai and Chiang Rai are, no doubt, Thailand's northern treasures.

I feel Khun Jiradet is a very fortunate Thai. He is blessed with a God-like elder brother, Khun Pongthep, and a Goddess-like wife Khun Nong. We were amazed by Khun Nong's simplicity, warmth and politeness. What an ideal woman she was! No wonder, she inspired poetry to flow in me when we were at the

resort.

*Live long, Jiradet, with your noble wife Khun Nong!  
Keep smiling, Jiradet, with your lovely wife Khun Nong!  
Khun Nong has given you all that you can ask of life,  
She is life's most precious jewel,  
she is goddess incarnate!*

On 10 March, Hikmat and I returned to Bangkok by train. There, our two local friends, Khun Nok and Khun Nink, took excellent care of us. I will never forget the love and respect Hikmat gave me throughout this journey. Neither will I forget the lovely people I met in Thailand, especially Khun Jiradet, Khun Nong, Khun Pongthep, Khun Nok, Khun Nink and Khun Jiradet's four-year-old daughter, Khun Wan.

*(The author is a board member of PAHAD)*

### Editor's note:

- PAHAD has offered to host the next PestalozziWorld Reunion in Kathmandu, in early February 2007.
- Copies of GLIMPSE are on sale and can be purchased from PAHAD board members. The income from this magazine will be donated to our scholarship fund.
- GLIMPSE II is being targeted for Reunion 2007 and the initial work for this project is already underway.
- 'Khun' is a polite word in Thai language, used in front of a person's name.



*Sir Richard Butler (centre) launches GLIMPSE. He is flanked by GLIMPSE Editors Hikmat Khadka (left) and Rambabu Subedi.*

Scholarship

PAHAD Scholarship

This year, we added eight more children to our scholarship programme. That gives us 27 students now, and they represent Solukhumbu, Dolakha, Sindhupalchok, Kathmandu, Lalitpur, Bhaktapur, Dhading, Kaski, Syangja and Doti districts.

Information about the newly selected batch of PAHAD scholars is given below:

Girls (4):

1. Jal Maya Praja, Grade 4, Orbang P. School, Benighat, Dhading
2. Sharmila Thami, Grade 5, Khageshwori L. S. School, Ghorthali, Sindhupalchok
3. Suk Maya Tamang, Grade 6, Saraswati School, Pokhara, Kaski
4. Pooja Tamang, Grade 4, Madan Smarak H School, Pulchowk, Lalitpur

Boys (4):

5. Bibek Kathayat, Grade 6, Sitaram H S School, Uchchakot, Doti
6. Surya Sahi, Grade 4, Dolagiri S School, Changu Narayan, Bhaktapur
7. Hem Bahadur Thami, Grade 4, Tikhtal P School, Bhimeshwar, Dolakha
8. Sujan Praja, Grade 4, Pathalini Primary School, Gajuri, Dhading

Suk Maya Tamang was selected in place of former PAHAD scholar, Kavita Shrestha, who won a scholarship to Pestalozzi Asian Village in 2005. However, Kavita still remains an honorary PAHAD scholar!

Additionally, POCT has kindly agreed to sponsor Pooja Tamang, Hem Bahadur Thami and Sujan Praja through PAHAD. We are grateful to POCT for their generosity.

PAHAD Scholars for 2063 BS (6th batch)



Jal Maya Praja



Bibek Kathayat



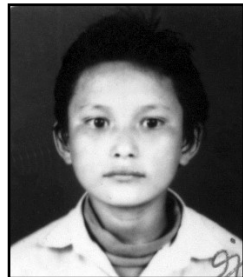
Sharmila Thami



Suk Maya Tamang



Pooja Tamang



Surya Sahi



Hem Bahadur Thami



Sujan Praja

POCT Scholarship

PestalozziWorld is currently sponsoring students at Budhanilkatha School in Kathmandu and Sitaram Higher Secondary School in Doti in Far West Nepal, through Pestalozzi Overseas Trust (POCT). Bhaba Thami, the PAHAD secretary, is the POCT Coordinator for Nepal, who is closely involved with the student selection at both these schools.

The names of new POCT scholars, selected this year, are as follows:

For Budhanilkatha School (Class 4)

Astha Shahi, Kalikot	Lokendra Sunar, Surkhet
Manorama Chaudhary, Dang	Rajan Rana, Baglung
Nabina Lama, Kathmandu	Nikita Kalyan, Siraha

For Sitaram Higher Secondary School (Class 6)

Tap Raj Pujara	Basanta Bahadur Auji
Laxmi Kumari Balayar	Durga Kumari Bohara
Yashoda Kumari Bhatta	Janaki Kumari Bhul
Kailash Budha Air	Hikmat Bahadur Bohara

Asian Village Scholarship

Phuntsok Tashi and Cheme Palden of the Pestalozzi Asian Village visited Kathmandu in June to select new students for the third batch, who will be ready to start in September 2006. On 9 June, they tested and interviewed the candidates pre-selected by PAHAD members. The venue for selection was generously provided by the Malpi International College, as in previous years.

The first and second batch students from the Asian Village are now home for summer holiday. During their stay in Kathmandu, Phuntsok and Cheme, together with some PAHAD members, made home visits to the Asian Village students.

On 11 June, PAHAD members hosted a lunch party in Phuntsok and Cheme's honour, at a lovely Thakali restaurant in Durbar Marg.

Membership Update

PAHAD takes pleasure in welcoming the following new members to the organisation:

- Manju Rana
- Perna Manandhar
- Dheeraj Deep Chhetri
- Gautam Chhetri
- Premser Lama
- Mekhman Tamang
- Major Tek Bahadur Gurung
- Dr. Kathleen Clarke

PAHAD's total membership as of May 2006 stands at 126.

PAHAD AGM

Please note that PAHAD's seventh Annual General Meeting (AGM) has been scheduled for Saturday, 19 August 2006. This meeting will be responsible for electing a new executive board to carry out the tasks of the organisation during the next two years. Please keep your diary free and don't forget to come along to cast your vote and elect your new committee!

Details will be sent out by email closer to the date of the AGM.

## Success Story

## Sweet fruit of hard work

✍️ Santosh Shrestha

**“Success is to be measured not so much by the position that one has reached as by the obstacles which have been overcome while trying to succeed.”**

- Booker T. Washington

On a cold winter morning in Texas, as I was half asleep, dreaming and thinking what I would do next, I heard a voice say, “Congratulations!” Still lying in the same position, I replied, “Thank you, but what for?” Realizing the lack of excitement in my tone, the other voice said, “You have become a doctor!” It was my husband, expressing his excitement, as soon as he had found out that the much awaited results of my final year of dentistry had been published, on the Institute of Medicine (IOM) website that very morning.

My happiness knew no bounds. I called my parents immediately, as they have been my permanent source of encouragement and inspiration. The feeling of pride and happiness in their voices overwhelmed me. It was probably the happiest day of my life!

I wouldn't have been so thrilled for merely passing an exam, had it not taken so many challenges and obstacles during the entire process. Success is a vague term, and I believe it is absolutely critical to have a personal definition of success, if one wants to achieve it. To me, success is not a specific achievement but an orientation. I had a clear picture of what I wanted to accomplish in my life, and that is a balanced, integrated success in harmony with who I am. I now flip back to my past and realize how hectic those days were. The first two years of my dentistry course, consisting of basic science and anatomy, was not very different from that of the Proficiency Certificate Level (PCL). Life was not only books but also basketball and pizza. But the second two years of the clinical course had a different story. Nothing could possibly have prepared me for what was ahead in those two years – theory classes, practical, presentations – all together. No wonder, 24 hours never seemed that long!

One of the biggest challenges then was to search for patients for clinical practice. In spite of continuous effort to make people understand how I could help with their dental health conditions, they were unwilling to undergo any treatment. Some looked convinced, but they wouldn't turn up, even when I said they wouldn't have to pay a single rupee; they would say they didn't have time, as they had to work hard every day to earn a living. In an economically poor country like ours, where many citizens are illiterate, it is hard to make people understand what dentistry means and to make them realize how important their dental cavity is. The awareness on dental health is lacking, and I think it comes to play only when one has got a serious dental problem.

I got married to a very understanding and supportive man of my choice during my third year. But he had to go back to the USA just after two weeks of our wedding. That tragedy was more difficult to bear than I had ever imagined. I had to balance between my two families and my studies. Fortunately, everyone was of very understanding nature, which always helped me to be stronger and to focus in my study.

Skipping meals to having sleepless nights, nothing seemed enough. But then, when the going gets tough the tough gets going. By the end of my third year, the hustle-bustle and everything was a routing, and even though life seemed like a big chaos, knowing I wasn't alone in the run did help.

In retrospect, when I think of those hectic years, it doesn't seem such a bad nightmare anymore. It even makes me smile sometimes to think how desperate I used to be, wandering around the streets, searching for a patient, talking to strangers! I am now doing my internship in the same college where I studied before. I feel so lucky, and have more confidence in myself now; I have a better self-image, and am happy to know that few lives have breathed easier because of me.



*A young dentist, Santosh Shrestha, in action*

In spite of having a hard time managing my studies, I was willing to move out of my comfort zone to serve PAHAD, taking an active role as one of its board members. I have always felt better doing this and have enjoyed the experience.

I would like to make sure that the sweetest fruit of my hard earned success does not lose its ability to add zest and flavor to my life. For this, I always finish today having improved on yesterday and will do the same tomorrow. Learning has always been a passion for me. I read, listen and interact a lot. I learnt to develop life goals and keep track of them. Besides the hard work and determination, I believe that goal-setting and positive thinking were what made my dreams come true.

Having said that, this is not the end of my dreams yet. I still have bigger dreams to fulfill and hence bigger challenges to face. To keep my success afresh, I need to move into a new territory. I would like to peruse Doctor of Dental Surgery (DDS) and Doctor of Dental Medicine (DMD) in the US, even though the foreign dental graduates there face several challenges pursuing higher studies in dentistry. First, the number of dental schools is very small compared to applicants, so it's very competitive. Second and more importantly, the cost is exorbitant – runs into hundreds of thousands of dollars. However, I believe where there is a will, there is a way; so I have not given up on my dream to move on further and do more for myself, for my families, for my organization and for my country.

It certainly took a lot of hard work, focus and commitment on my part to achieve my goals, but if it hadn't been for Pestalozzi Overseas Children's Trust (POCT)'s generous scholarship, a little girl from that small village in the country could never have made her dreams come true. I sincerely would like to thank POCT who supported me all the way, my parents who always led me to the right path, and now my husband who always encourages me, showing me my capabilities and helping me realize that I can do more in life.

*(POCT alumnus Santosh is a board member of PAHAD)*

### PAHAD Blog

Please visit PAHAD's web log at <http://pahadnews.blogspot.com> to read this edition of the newsletter online.