

Saturday, 16. May 2015

Our today's destination was Kapan. The Health Camps there was organized by the people of Ganesh. When we arrived we noticed immediately the many Tibetan monasteries on the hills in the surrounding the village. They seem to be very stable. Overall, the Tibetans enrich this area with their knowledge and also through its international contacts.

In the monasteries courses and seminars are held on Buddhist Education and Meditation. Participants from around the world bring so additional money into the country.



Anita's Sister Sunita (from our team), organises every Saturday the meeting of elderly along with her grandparents.

She is a very emphetic woman, for the camp along with the old people she also collected and mobilized the people from the village.



Our team examined 139 patients. As always at the beginning there is always the registration of patients followed by measurement of blood pressure with its values. These records on the notebook would be useful for submitting to the authorities later. Although the blood pressure was measured here and there were some abnormalities detected too, but the measure also has a very strong psychological component. Not every patient needed medication here. Often some vitamin tablets, a packet of mango juice and biscuits also would help sometimes.





There were many sad fates here too. Although only a few houses had collapsed many houses were damaged and they have to be brought down.

The smile of this girl seems a little artificial, therefore I inquire about her and she told me that she had no mother. Whether she lost her in the earthquake or earlier I no longer wanted to ask. I just tried to cheer her up a bit, which of course was not easy.

Dori Ganesh e. V. from Dortmund looked very interested in watching the elderly being treated. It is really difficult, even the elderly had to take care of themselves. The earthquake has damaged many social structures, it affected not only the young people but also the children, and especially the old and already weakened people.



She slept in a beautiful blue tent that was set up by a South Korean aid organization for her and her family.

With these two very smart siblings I talked a little longer. Their father works in Qatar and was about 2 years ago when he was here with his family.



This 103-year-old woman was present on the last Saturday's seniors meeting here. Today, however, she was not feeling good.



With some men I talked about working abroad such as in Qatar and other Arab countries, where young Nepalese men are preferred. Interestingly, I could learn that they are totally underpaid on other construction sites. I was also told that well-qualified workers such as engineers earn there, for Nepali standards very good money and this village was also dependent on this money.

In the evening I meet my friend Ralf from RainTreeFoundation from Chiang Mai, Thailand. I was very happy to meet him.

Although I know Ralf only since November 2014, I have learned a lot from him in that time, in particular, how an NGO is organized so that it reaches to a lot with little money.

In December 2014, we were together at the Karen in Northwest Thailand, where he with his Foundation has built several children's homes. From him I also learned how to make the BioSandFilter and how then to bring to families and how they are checked. He has built more than 1,600 such BioSandFilters.



This is why he came to Kathmandu yesterday. Daniel and Juerg of AVC from Switzerland are also included. They also have a lot of experience in difference developing countries. Thus, sitting at a table full range of expertise with the debate was a lot of joy.

The need for BioSandFiltern in Nepal was much larger than in Thailand. About 10,000 pieces and more, needs to be set up at the various locations as soon as possible. To tackle this project logistically many NGOs and other structures should be necessarily involved.

Translator: Kritan

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