

## KPHMN newsletter article

Medical students are challenged all the time. What are the health problems? How do we change lifestyles? Why should we care about public health? How do we meet the needs of people who need the most?

Global Health Awareness Western Sydney (GHAWS) was proud to visit Junbesi and Solukhumbu region in December 2013. Twenty-one students from the University of Western Sydney, Australia visited KPHMN to gain an appreciation of healthcare in different situations. For some of us, this was our first camping and trekking experience. From the opening ceremony where we received our *Khada*, to our last day, we were met with so much warmth and friendliness. Our memories of dancing and celebrating on our last night will stay with us forever.

Though our stay was short, we hoped to make a lasting impact through our time with you. Through donations, GHAWS was brought medicines and diagnostic equipment for KPHMN including blood culture kits, a blood analyser and a microscope to help treat patients. We hope our health education on nutrition, hygiene, communicable disease and environment were helpful for the schoolchildren and they have spread the lessons into the community. One of our achievements was to run a health camp seeing 80 monks and nuns at Thuptengcholing Buddhist monastery. We learned that Nepalese people are very tough facing challenging social and medical conditions.

Our mission was to understand and appreciate public health in Nepal, and I can truthfully say it was a success. GHAWS and KPHMN look forward to continue building our relationship. Thank you to the Chairman of KPHMN, Ang Tshering Sherpa and World Expeditions for making our trip possible. Also to District Health Officer, Kedar Raj Parajuli for meeting with us and answering our questions. Thank you for all the people of Junbesi for sharing your lives and culture with us. Finally thank you to the porters, kitchen staff and Sherpa guides who travelled with us and became our friends. We will miss you and hope to see you again in the future!

### **Kelvin TRAN**

Community President 2014  
Global Health Awareness Western Sydney  
University of Western Sydney Medical Society

E: [ghaws@uwsms.org](mailto:ghaws@uwsms.org)

M: +61 423 674 764

W: <http://uwsms.org/ghaws>

