

**Nepali transcript:**

यहाँ मोनिता, एउटा मेडिकल स्टूडेण्ट भएर आफूले कसरी समाजसेवामा सहभागिता जनाउन सकिन्छ बताउदै छिन्।

मोनिता: के गर्न सक्ने भन्दा पनि अहिलेसम्म मैले के गरिरहेको छु भन्दा, म as a मेडिकल स्टूडेण्ट म आफ्नो कलेजको...सबैभन्दा first त मेरो लागि मेरो knowledge हो। म आफ्नो कलेज regularly attend गरिराखेको छु। यसबाट चाहिँ मैले आफ्नो theory strong बनाइ राखेको छु। अनि त्यसपछि चाहिँ म community clubहरूमा involved छु। जस्तै हाम्रो Rotract club छ, जसले communityको लागि, महिलाहरूको लागि, महिला मात्रै नभनु, यो हाम्रो समाजमा चाहिँ अलिकति बन्चित भएका जनताहरूको लागि चाहिँ केही न केही फरक, केही न केही सानो सानो कुरा भएपनि गरिरहेका छौं। जस्तै अहिले हामीले अहिले चाहिँ school health program होइन<sup>1</sup>, जसमा बच्चाहरूको लागि first aid trainingहरू दियो। अनि हामी अब अहिले त्यहि जुन चाहिँ एउटा Prolapseको camp भयो हामी त्यो गर्ने कोसिस गरिरहेका छौं। As a medical student, त्यसरी colegeबाट पनि campहरूमा चाहिँ हामी participate गर्छौं। अनि त्यो चाहिँ large scaleमा भयो। तर as a medical student everydayको मेरो जुन clinical postingमा चाहिँ म सकेसम्म अब महिलाहरूसँग कुरा गरेर उहाँहरूलाई चाहिँ मलाइ जति थाहा छ होइन, उहाँहरूले बुझ्ने गरी चाहिँ म सम्झाउन खोज्छु। यो तपाइलाइ यस्तो भएको छ, यो कारणले यस्तो भएको छ र यो कम गर्न चाहिँ तपाइले यस्तो गर्नुपर्छ। त्यस्तो...त्यसरी चाहिँ गरिराखेको छु मैले।

**English translation:**

Here, Monita is talking about how one can participate in community service as a medical student.

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<sup>1</sup> The actual meaning of 'Hoina' is 'no'. However, in this case it is used as a filler word, asking for confirmation or just making sure that the listener is following what the speaker is saying.

Monita: Speaking of what I have done so far rather than what can be done, as a Medical student, in my college... my knowledge is the first priority for me. [So] I am regularly attending my college. This way I am strengthening my theoretical knowledge. Then I am involved with community clubs. Like we have Roctract club which works to make a difference, even if only at the smallest scale, in the community, for the women, and not only women, but also for the disadvantaged citizens in our society. Like recently we did the School Health Program under which first aid trainings were given to kids. Right now we are trying to do a [health] camp on [Uterine] Prolapse. As a medical student we also participate in [health] camps. But this is [all] working at a larger scale. In my day to day life as a medical student, during my clinical postings, I try my best to talk to female [patients] and explain to them all that I know [about their health] in ways that they can understand. I tell them this is what is happening to you, this is why it happened and to alleviate this situation, you should do this. That way... this is how I have been [involving myself in the community].

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