Dear Friends,

It is a great pleasure to greet you once again through our Annual Report and be able to share some of the year’s accomplishments with you.

Under the guidance of our new director of operations Sanjeev Pradhan, and his dedicated assistant, Alexandra Brun, our health, outreach, and education projects have flourished in Nepal. In particular, Shechen Clinic has increased the number of its patients by 30%, while simultaneously decreasing its budget by 30%—a commendable achievement.

Shamsul Akhtar, the new director of the Shechen Medical Centre and Mobile Clinic in India, has done a remarkable job expanding the mobile clinic programs to include 18 villages and adding imaginative and practical new social services to our activities. Thanks to his experience and his knowledge of the local context in India, he has brought a new dynamism to our work.

“\textbf{In Eastern Tibet, against all odds, Karuna-Shechen has been able to realize major projects in 2012: the building of two large schools, a surgical clinic, a community meeting hall, and disaster relief, to name a few.}”

More than ever, we are engaged with local reliable partners who help make our projects sustainable. I personally feel very much at peace with Karuna-Shechen’s family of young, dynamic collaborators. Karuna-Shechen looks back at 2012 and moves forward into 2013 with a renewed commitment to its vision—integrity, compassion, and action.

My thoughts and heart are filled with gratitude towards our generous benefactors and friends without whom this beautiful work could not have been achieved. With your continued loyal support, we are looking forward to accomplishing even more.

\textit{Matthieu Ricard}

\textit{Co-founder of Karuna-Shechen}
A Message from the Director of Field Operations  
SANJEEV PRADHAN

I would like to express my gratitude to everyone at Karuna-Shechen for welcoming me into the Karuna-Shechen family. We continue to be propelled by the vision of Matthieu Ricard and Rabjam Rinpoche, whose guidance and knowledge have made this profound endeavor possible.

In our efforts to alleviate the physical suffering we find around us, we try our best to be motivated by compassion. Our interventions in Nepal, India, and Tibet are a testimony to this effort.

None of our work would be possible without the gracious contribution of our kind donors and partners, and the involvement of the excellent Karuna-Shechen team. Our efforts in 2013 will be focused on enhancing and extending our operations to serve a wider population of the poorest people in the Himalayan region by incorporating a more integrative approach to our outreach in order to address communities’ multiple needs. We will continue to work together with organizations and individuals who share our vision in order to make this possible.

“Our goal and commitment is to make a positive and lasting difference in the everyday lives of the people we serve, producing visible and sustainable change.”

As said by a great Buddhist teacher, “May I be a guard for all those who are without a protector, a guide for those who journey on the road. For those who wish to go across the water, may I be a boat, a raft, a bridge. As long as space endures, as long as there are beings to be found, may I continue to remain to drive away the sorrows of the world.”

Sanjeev Pradhan  
Director of Field Operations, Karuna-Shechen

VISION
Motivated by compassion (karuna) in action, we believe that no one should be denied access to basic education, social services, or health care.

We believe that communities can be lifted out of poverty, that change is possible, that people are valuable.

MISSION
Karuna-Shechen’s mission is to provide quality healthcare, education, and social services to individuals and families in the poorest communities in Tibet, Nepal, and India. We place special emphasis on the preservation of cultural heritage and the empowerment of women and young girls.

Our team of dedicated professionals works within local communities to identify and implement projects that are guided by their specific needs and aspirations.

CORE VALUES
Compassion in Action: We serve others with joy and determination by cultivating altruism in our hearts and actions.

Collaboration: We work with local partners to pursue our mission with excellence and integrity.

Respect: We believe that every individual, regardless of race, gender, class, or caste, is important. We respect our beneficiaries and work with them to find long-term and sustainable solutions to their needs.

“Every person I have known who has been truly happy, has learned how to serve others.”

—Albert Schweitzer
In the remote nomadic region of Eastern Tibet where yaks roam freely and the local population mainly lives in tents, access to health care and education is extremely limited. It is often difficult for Tibetans to receive information about government health and hygiene programs, leading to a staggering mother and infant mortality rate.

**OUR VISION: Community Participation**

Empower the local populations by supporting sustainable projects that provide:
- Free medical care
- Free quality education
- Vocational training
- Support for the elderly
- Disaster relief
- Activities related to cultural preservation

**EXEMPLARY PROJECTS**

**EXPENDITURE BY SECTOR**

(Amounts in USD)

<table>
<thead>
<tr>
<th>Sector</th>
<th>Amount</th>
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</thead>
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<td>Education</td>
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**SCHOOLS & EDUCATION**

Believing in the importance of education for long-term change, we:
- Built two new schools and began the ground work and fencing on an earthquake-resistant school
- Continued support for 12 schools in remote areas that do not have access to education, providing quality instruction in Chinese as well as in the students’ mother-tongue
- Encouraged and inspired young girls to attend school
- Provided higher education scholarships for 40 bright girls and boys
- Continued to support the education of physically disabled youth

**A Determined Local Partner**

“Tenzin” is loved and respected by the residents in a remote valley in Eastern Tibet for his constant readiness to help others. His dream was to build a large school for the children from his region, mostly nomads. The area is so remote that when our team recently visited the new school, they had to travel by truck and motorcycle, carefully wade through a river, and cross a mountain pass on foot! With relentless perseverance, he raised half of the necessary funds to build the school. Karuna-Shechen provided the necessary matching funds to make this wonderful project possible.
SOCIAL PROGRAMS
Seeking to alleviate some of the hardships faced by individuals, families, and their communities, we provided:
- Support for the elders living in our four homes for the elderly
- Disaster relief
- Vocational training (handicrafts, nursing, midwifery)

CLINICS & DISPENSARIES
Through the 17 clinics we have built and/or support along with our local partners, we provided:
- Allopathic and Tibetan medicine
- Funding for medical emergencies
- Midwife training
- Safe birth kits
- Mother and child health: prenatal and postnatal care

A Community Initiative
The local nomad people in a high altitude area of Eastern Tibet told us about the urgent need for a medical facility in their area, especially for mothers during childbirth. Last winter, 18 people died because of lack of basic medical services. The community found two enthusiastic and capable physicians who agreed to relocate to the area if a clinic were built. We have begun to work together with the community to realize this important project. The new clinic will be built in 2013 and will serve more than 1,500 nomad people previously without medical services.

CULTURAL PRESERVATION
Monastic schools, monasteries, and nunneries provide essential social services and moral support for their communities. Karuna-Shechen assisted:
- 20 retreatants in two remote hermitages
- 410 nuns in three nunneries
- 100 students enrolled in philosophical colleges

We also built a community meeting hall for people of all ages to gather together, study, and support each other.

A Well-Respected College
The Shechen Philosophical College is flourishing year after year. There are now over 500 students who come from nearly one hundred monasteries to study at the college. We are also pleased that the local people in the surrounding community are taking more responsibility for supporting many of the practical needs of the college.

LOOKING FORWARD: Plans for 2013
- Construction of five small community health centers adjacent to remote boarding schools to provide medical care and health education for people of all ages
- Construction of a dispensary to serve 1,500 people in a nomadic area
- Construction of two new schools in remote areas
- Earthquake-resistant school Phase II: laying the foundation and work on the construction
- Fuel distribution for natural disaster survivors
NEPAL

Nepal is the poorest country in Asia and the 15th poorest in the world. More than half of Nepal’s population is without adequate medical services and thousands of children across Nepal do not have access to basic education. As a result, 58% of adults in the country are illiterate and many children are forced to work or to live in the streets. The education of girls is of particular concern.

OUR VISION: Revitalization

- Break the cycle of poverty in Nepal by offering high quality affordable education for all children regardless of class, gender, or caste
- Provide comprehensive medical services and health education to the under-served through a medical center, mobile clinic, and mobile camps
- Provide safe drinking water to rural communities using rainwater harvesting

EXPENDITURE BY SECTOR

(Amounts in USD)

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2012 PROJECTS

SHECHEN CLINIC & HOSPICE, BOUDHANATH

The year 2012 was a year of reorganization and resurgence for Shechen Clinic in Nepal. In order to fulfill its mission of reaching the poorest people, Karuna-Shechen developed a new strategy—we would go to them. In 2012, we launched a vibrant outreach program consisting of daily mobile clinics and medical camps.

Using an integrative, multi-disciplinary approach, Shechen Clinic provides:

- An Out-Patient Department providing a pharmacy, pathology lab, ultrasounds, radiology, and oncology
- Dental services
- Gynecology, family planning, and reproductive health
- Tibetan Medicine Department providing consultations and medicines manufactured at the clinic’s own Tibetan Medicine Factory (completed in 2012)
- A dedicated Hospice Department providing 24-hour care
- DOTS Center (Directly Observed Treatment) for the diagnosis and treatment of tuberculosis
- Daily Mobile Clinics providing free medicine and consultations to 17 different locations including slums, old age homes, factories, orphanages and government schools
- Weekly Mobile Camps offering hearing and eyesight examinations and general consultations

Patients receive care at our mobile clinic.
I want to thank Karuna-Shechen for our partnership which has allowed us to give education to a much larger number of children in the remote Humla region. By giving quality education to one student, we can serve his whole family, community, and the world at large.

—Yeshi Kool, Himalayan Children’s Society

POP PROJECT

Over 10% of Nepali women suffer from POP, or Pelvic Organ Prolapse. In 2012, Karuna-Shechen partnered with One Heart Worldwide to develop an awareness program in order to empower women to be able care for themselves in order to prevent POP. We are honored that our curriculum was recently incorporated into the Nepali government’s official health education package and will be used across the country.

BAMBOO SCHOOLS

Karuna-Shechen has co-financed the building and supported the operation of several schools made out of bamboo—an abundant, cost-effective, ecological, and earthquake resistant material.

HUMLA SCHOOL EXPANSION

Humla, one of the most remote and least developed regions of Nepal, has an adult literacy rate of 21.3%. The few schools that do exist in the region are located far from the villages and the quality of instruction is very low.

In 2012, in partnership with the local organization, Himalayan Children’s Society, Karuna-Shechen expanded a local government school in Yalbang and its adjacent student hostel to be able to accommodate 250 students. We also added more students to our sponsorship program, providing lodging, food, tuition, and books to 130 students.

“ ‘I want to thank Karuna-Shechen for our partnership which has allowed us to give education to a much larger number of children in the remote Humla region. By giving quality education to one student, we can serve his whole family, community, and the world at large.’ ”

—Yeshi Kool, Himalayan Children’s Society

SCHOOL IN A BOX

School in a Box (SIAB) is a mobile solar-powered system that delivers multimedia teaching and learning content to classrooms with no access to electricity. Karuna-Shechen and the Yalbang School in Humla were chosen by the IADT, an institute at the forefront of education and technology, to participate in this innovative project. So far, the staff at the Yalbang School has been given 10 SIAB kits and two days of intensive workshops.

One SIAB kit contains: an Apple iPad2 with educational applications and flexible curriculum, a mini projector, portable speakers, two rechargeable batteries and a solar panel.

We are continuing to support the teachers as they create locally relevant content and begin to integrate this exciting new technology into their classrooms.

RAINWATER HARVESTING

Lack of safe drinking water has a serious impact on communities, with women and children the most severely affected. It is of utmost importance to find sustainable, low-cost, and effective solutions to this serious problem.

For this reason, Karuna-Shechen installed rainwater harvesting systems, a traditional technique that transforms rain into safe drinking water, at a rural school in Banepa and in the village of Namo Buddha.

“ ‘When we began our partnership with Karuna-Shechen in 2009, we started with student sponsorship. Then, we widened the scope of our projects with rainwater harvesting and solar electricity in order to provide more of a global answer to people’s needs.’ ”

—Sudarson Karki, Founder of Namaste Banepa, Nepal

LOOKING FORWARD: Plans for 2013

- Install solar electricity in 40 houses and a retreat center in the village of Namo Buddha and in 60 houses in Kavre District (to be done by the four Bhutanese nuns who completed solar engineering training at Barefoot College in 2011–2012)
- Support and improve the quality of education in existing government schools in at least four remote areas of the country
- Launch the Uterine Prolapse Awareness Project, in partnership with Namaste Banepa
- Implement the Pelvic Organ Prolapse (POP) education program in two Nepali districts, in partnership with One Heart Worldwide
- Acquire the very first Shechen Clinic Ambulance to help with outreach and patient care
The population of Bihar, the Indian state with the lowest per capita income, has little access to healthcare and remains poorly informed in matters of health and hygiene. The infant mortality rate in Bihar’s rural areas is a startling 63 per 1,000 babies born.

Our Vision: Sustainability
- Provide long-term and comprehensive healthcare to both the urban and rural poor through a centralized medical center, a mobile clinic, and medical camps
- Inform rural populations about essential health and hygiene practices, disease prevention, maternal health, and nutrition through a health education program
- Decrease infant and maternal illness and mortality
- Empower rural woman through non-formal education and vocational training in solar engineering

Shechen Medical Centre and Mobile Clinic continued its efforts to improve and empower the lives of the poor in Bodhgaya and in 12 surrounding rural villages under the leadership of its new director. In 2012, the medical center and mobile clinic provided medical care to 34,540 people through its various departments and services:
- An Out Patient Department including a pharmacy and pathology lab
- A Tuberculosis Centre offering education, diagnosis and treatment according to the WHO-recommended DOTS program
- Weekly mobile clinics in 12 villages
- Medical camps

Expenditure by Sector
(Amounts in USD)
- Education: $20,167
- Health: $126,316
- Social Services: $7,460
- Supervision: $12,000
- TOTAL: $165,943

2012 Projects
COMMUNITY-BASED EDUCATION & EMPOWERMENT
Karuna-Shechen continued to work with 12 villages outside Bodhgaya to improve their quality of life and provide economic advancement. All projects were planned and initiated with the participation of the villagers.

“We are impressed by all the work done in 12 villages by Karuna-Shechen for many years and with so much dedication. We are also very touched by their approach to women empowerment through their solar project and Non-Formal Education program.”
—Simone Cuzain, Donor, Rotary Zonta, France

HEALTH EDUCATION
Through the Health Education Program, people participate in groups where they receive information about safe drinking water, sanitation, good hygiene practices, mother and child health, and the importance of immunization and safe delivery. They receive regular follow-up home visits from village coordinators and village motivators.

In 2012, Karuna-Shechen village coordinators conducted a survey in order to assess the effectiveness of our health education program. The responses given by the villagers clearly showed that the programs are working and the ideas are being implemented.

We are happy to report that in 2012, there was a remarkable increase in the number of pregnant women and infants who were given immunizations.

WATER
Access to safe drinking water is an essential human right. Karuna-Shechen installs hand pumps and creates soak pits in each village. Once the hand pumps are installed, the villagers form water committees to oversee maintenance and functioning. Two new committees were formed in 2012, making a grand total of 61 committees.

SOLAR
Karuna-Shechen continued to meet with and support the illiterate young grandmothers who were trained at Barefoot College to become Solar Engineers. These women have installed solar light in 350 homes, transforming daily life. In 2013, Karuna-Shechen plans to send more young grandmothers for training, bringing light to even more families.

“What we have learned is that we can do it.”
—Savita Devi, Solar Engineer

NON-FORMAL EDUCATION
180 women took Non-Formal Education (NFE) classes in six villages. The classes focus on basic literacy, numeracy, and essential life skills. One of the most exciting aspects of this project is that the village women initiated it themselves. They had the desire to learn; we provided the support.

LOOKING FORWARD: Plans for 2013
- Launch mobile medical services, health education, and community empowerment programs in six new villages
- Evaluate infant malnutrition in all villages and design a targeted program to address this key issue
- Launch small money, BIG CHANGE, a community-planned, community-managed program
- Offer non-formal education in 18 villages
- Support governmental primary schools
- Create kitchen gardens
- Construct rainwater harvesting systems
- Extend our solar power program: send more young grandmothers for training, bringing light to more homes
- Provide vocational training for youth
- HIV/AIDS awareness and prevention
2012 BY THE NUMBERS

Our projects provided essential health, education, and social services to more than 90,000 people in Tibet, Nepal, and India.

**HEALTH**

- **151,000** people directly served in our clinics
- **26,881** people in rural villages, slums, orphanages, and factories served by mobile clinics and medical camps in Nepal and India
- **81** people given compassionate end-of-life care at Shechen Hospice, Nepal
- **200** people in Nepal provided with safe drinking water through rainwater harvesting
- **13,427** home visits made by Village Health Coordinators and Motivators in India
- **1,885** families received health education in India
- **817** children under the age of two immunized in our 12 sponsored villages in India

**EDUCATION**

- **2,000** children received an education at our schools in Tibet
- **11,541** students received an education at our eight Bamboo Schools in Nepal
- **81** illiterate, yet bright village women enrolled in our non-formal education classes in India
- **2,000** children received an education at our schools in Tibet
- **11,541** students received an education at our eight Bamboo Schools in Nepal
- **180** illiterate, yet bright village women enrolled in our non-formal education classes in India

**SOCIAL SERVICES**

- **4,000** people, mostly single mothers and the elderly, were provided disaster relief in the form of tents, fuel, and warm clothing in Tibet
- **130** elders supported in our elder homes in Tibet
- **350** homes received light thanks to our women solar engineers in India

**EXPENDITURE BY COUNTRY**

- **Tibet**: $995,250
- **Nepal**: $646,225
- **India**: $165,943

**TOTAL**: $1,807,418

**EXPENDITURE BY SECTOR**

- **Education**: $1,093,531
- **Health**: $500,177
- **Social Services**: $96,960
- **Cultural Preservation**: $34,300
- **Supervision**: $82,450

**TOTAL**: $1,807,418
### EXPENDITURE BY REGION

#### 2012 2011

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### EXPENDITURE BY SECTOR

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With your continued support, we look forward to reaching even more individuals and families through our projects in 2013 and beyond.

To make a donation, please visit our website or contact one of Karuna-Shechen’s International branches.

www.karuna-shechen.org
Karuna-Shechen

Karuna-Shechen's name expresses its mission while paying homage to its roots: Karuna is “compassion” in Sanskrit, and Shechen is the name of a major monastery in Tibet.

Karuna-Shechen, a non-profit humanitarian organization founded by Matthieu Ricard, works with a grass-roots network of local partners and volunteers to provide health care, education, and social services for under-served communities in India, Nepal, and Tibet. Rooted in the ideal of compassion, karuna, in action and founded upon the conviction that no one should be denied access to education or health care, our programs respond to the specific needs and aspirations of the communities they serve, while preserving and utilizing their unique cultural heritages. Special attention is given to the education and empowerment of women and girls. Since 2000, Karuna-Shechen has initiated and managed over 110 humanitarian projects in India, Nepal and Tibet. Over 20 years of experience has allowed us to establish an effective collaborative team of trained workers from the local population and qualified foreign volunteers. Directly interacting with the community has proven to be an effective working model that has successfully overcome barriers of language and terrain.

www.karuna-shechen.org

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