The year 2014 has been very fruitful for Karuna-Shechen projects. We treated over 80,000 patients from 240 villages of Bihar and Jharkhand in India. Shechen Clinic in Nepal continued to offer an array of medical services, including its mobile medical outreach program, serving 34,250 disadvantaged patients.

In both countries, we have continued and expanded our education projects. Our new initiative in rural Bihar brings education through play into kindergartens where, previously, children had no activities and were left alone in empty rooms. Now, it is a joy to see how these children use this time to learn to cooperate and work together through games and activities designed to develop their intelligence and creative abilities.

In Nepal, we have also continued our efforts to bring education into the remote countryside. Our team works to repair and revive government schools that were about to close due to low attendance and a lack of commitment and motivation from the teachers, community and parents. The school we built in the remote area of Dolpo will bring much needed education and cultural preservation to that Himalayan community. Our activities in Eastern Tibet have quietly continued and we have built two new schools and a clinic in nomadic areas.

These are just a few examples of the projects Karuna-Shechen has accomplished in 2014, thanks to the commitment of those in charge of the projects in the field, our generous benefactors and all the members and collaborators in our worldwide branches.

In early March 2015, we held a general meeting in Bodhgaya, India, that was attended by some of the main people involved in our activities. This was the third meeting held since the inception of Karuna-Shechen. We used this opportunity to take stock of our past and envision our future.

We discussed two new important milestones. Firstly, the new International Karuna-Shechen Trust, registered in the Netherlands, which purports to preserve Karuna-Shechen’s vision of developing humanitarian projects in the poorest regions of Asia and helping preserve the cultural and spiritual heritage of these areas, all as part of our ethical ideal “compassion in action.” Secondly, the establishment in France of an endowment fund, which supports the financial stability of our activities. Collectively, these two milestones will help ensure the long term sustainability of our efforts.

Our work remains rooted in altruism. We strive to build a fairer, more humane world by reducing inequalities and offering our beneficiaries the opportunity to live healthy, more educated lives so that they may reach their full potential. Guided by these objectives, we will continue our journey together to undertake new projects and ensure the sustainability of existing ones.

We will continue to weave seamlessly the generosity of those who support us, the dedication of those who implement the projects and the active participation of those who benefit from them.

On behalf of our many beneficiaries, I wish to express my deep gratitude to all those who make our work possible, advise us and inspire us to pursue our efforts.

Karuna-Shechen Founder
Communities can be lifted out of poverty if we work with them to find sustainable and long-term solutions to their specific needs and aspirations.

No community should be deprived of access to basic health care, quality education, or development because of its size, isolation, or cultural identity.

Communities can be lifted out of poverty if we work with them to find sustainable and long-term solutions to their specific needs and aspirations.

Rooted in the ideal of altruism in action, Karuna-Shechen’s projects in Nepal, Eastern Tibet and Northern India assist under-served destitute communities and respond to their specific needs.

Our services include access to quality education, health care, clean water, solar electricity and other sustainable solutions that improve their standard of living and preserve their cultural identity.

Progress is possible by cultivating altruism in our hearts and actions.

The empowerment of women and girls through education and training is one of the most powerful weapons against poverty.

Our Vision

Our Story

Karuna-Shechen began its work in the mid-1980s when Matthieu Ricard (its founder) and Rabjam Rinpoche (co-founder) initiated a number of small programs to improve the living conditions of the Himalayan people. The programs were designed to address the inequalities and suffering they observed in the region. They were a natural progression of the founders’ dedication to these communities and an expression of altruism in action.

It took perseverance to complete the first projects in Tibet due to the general lack of resources and the political situation. However, in 2000, our first school and clinic in Eastern Tibet were built. In the same year, we built the Shechen Medical Clinic in Nepal on land that belongs to the Shechen Monastery. In India, we opened a small medical dispensary in the city of Bodhgaya and started a mobile clinic to serve surrounding villages.

As more communities reached out to us for assistance, we created a branch of Karuna-Shechen in France in 2004 to help fund these projects. Friends and benefactors in the USA, Hong Kong, Switzerland, and later in Belgium, England and Monaco opened regional branches and affiliates. Today, all of these branches work together to support our teams and local partners in India, Nepal, and Tibet.

In the field, we have established an effective collaborative team of trained workers from the local population and qualified foreign volunteers. We also work with local NGOs and our clinics in India and Nepal now serve as hubs for our projects.

Karuna-Shechen’s activities concentrate on four sectors of intervention: health, education, community development and cultural preservation. Our work continues to expand in all these sectors. We limit our reporting only on our activities in Tibet.

As we celebrate 15 years of operation, our vision has remained unchanged. It is based on community engagement and empowerment, grassroots cooperation and respect for unique cultural identities. We strive to create projects that are sustainable models so that they can be duplicated and continued in the future.
OVERVIEW

BUDGET BY SECTORS (India & Nepal only)

- Health 45%
- Education 30%
- Community Development 16%
- Administrative & operational expenses 9%

WHERE OUR PROJECTS ARE LOCATED

INDIA
- STATE OF BIHAR
  - Gaya District: Education, Health
  - Jehanabad District: Education, Health
  - Nawanda District: Education

- STATE OF JHARKHAND
  - East Singhbhum: Health

NEPAL
- Humla: Education
- Dolpo: Education
- Kathmandu: Health, Community Development
- Kaver: Education, Community Development
- Ramechhap: Education
- Dhanusha: Education
- Baglung: Health
- Surkhet: Health, Community Development
- Morang: Health
- Sunsari: Health
- Jajarkot: Community Development
- Dailekh: Community Development

EASTERN TIBET
- Education, Health, Community Development
- Cultural Preservation
OUR LOCAL PARTNERS IN 2014

In regions that are located far from our field offices, Karuna-Shechen works with a grass-roots network of local partners and NGOs to better serve those communities.

**Nepal**

**Community Family Welfare Association (CFWA)**
CFWA gives local communities in Dhanusha district access to maternal and child health, immunization, ORT and nutritional services.

**Nari Bikash Sangh (NBS)**
NBS is a social service oriented NGO that helps rural poor and underprivileged women.

**AAWAAJ**
AAWAAJ works to end violence and discrimination against children and women in the Midwestern region, Nepal.

**One Heart Worldwide**
One Heart World-Wide’s mission is to decrease maternal and neonatal mortality and morbidity in remote rural areas.

**Himalayan Children Society (HCS)**
Founded by Kunga Tsering Lama, a community leader in Yalbang, Humla, HCS’s main objective is to improve the education, health and living conditions of Humli children, particularly those near the Tibetan border.

**Himalaya Dolpo Gakar Hungtrampa Foundation (Nepal)**
Himalayan Dolpo Gakar-Hungtram Foundation works for the social, cultural and economic development of the people of the remote area of Dolpo in Nepal.

**India**

**Dhad Disham Vikas Sangh (DDVS)**
DDVS works to improve livelihoods of tribal communities in East Singhbhum.

**Udaan**
Udaan works for the empowerment of the disabled people in Jharkhand. Its founder is a blind person and trainer for various vocational trades.

**Cause for Change**
Cause for Change is a NGO that collects unused medicines from households and redistributes them among the needy populations through medical camps.

**Inter’Lude**
Inter’Lude is a French NGO that seeks to promote the long-term development and flourishing of children by providing access to games, leisure and culture.

EDUCATION

Karuna-Shechen’s robust education programs are central to our vision. This year we have built and opened schools in remote areas as well as improved the facilities and management in existing government schools.

Our schools serve as examples of how education can be effectively provided to rural underprivileged children in different geographical situations. We work with local partners to create networks and systems that will bolster the management of community schools and improve the quality of education in existing ones. We also provide student scholarships and organize literacy classes for illiterate women.

**Quality Education for All**
One of our objectives has been to create examples of change that can be emulated at a national standard. We serve many schools that lack basic facilities, such as suitable classrooms and toilets. Some smaller schools struggle to keep teachers and many are shut down due to low enrollment.

In Nepal, we continue to assist fourteen under-funded primary and lower-secondary community schools in Upper-Humla, the Mid-Hills and the Terai regions. Our work is helping 1,776 children in those areas get an education. We have also built a school in the remote area of Dolpo.

In India, we opened two small elementary schools (“Babua schools”) in the Gaya district to

How We Help Community Schools in Nepal

Sarita is 10 years old and loves going to school. She attends grade 3 at Pancha Kanya Primary, a small government-funded community school located in a remote region of the Kavre district, Nepal. Two years ago, Sarita’s dream of getting an education was nearly shattered before it even began.

Due to a lack of resources and teachers, as well as bad infrastructure, her local school was on the verge of being closed. Karuna-Shechen offered financial support to hire two additional teachers and provide textbooks, stationery and uniforms. We also financed the installation of a bamboo fence around the school building and created a playground. As a direct result of our intervention, the school stayed open, enrolment figures went up and the drop-out rate decreased.
provide education to 135 disadvantaged village children, age four to eleven years old. In 2014, we also continued to support two local government schools in the same area and offered yoga classes to more than 500 children.

A School for the Children of Dolpo
Based on the success of our education program in Humla and at the request of the local community, Karuna-Shechen built a boarding school in Sheri, a remote village in Upper Dolpo, Nepal. The project was a logistical challenge as the village is 4,000 meters up in the Himalayas. With no car, roads, telephone or internet connection, it is cut off from the rest of the world most of the year.

The Jana Jangriti School will begin classes in April, 2015. It will welcome 100 primary school children, all sponsored this year by Karuna-Shechen. Approximately 80 of these students will be from surrounding isolated villages and will live at the hostel during the school year.

Learning through Play
Play is an important component to learning as it enables children to develop their cognitive, emotional, physical and linguistic skills. In many rural Indian villages, children do not have any access to games or toys.

In 2014, Karuna-Shechen’s new Early Childhood Development program provided ten childcare centers in the Gaya district with toys, games and art supplies. We also organized training sessions for the childcare workers. They learned how to organize activities for preschool children. Over 400 children, age three to six years old, benefitted from this program.

News from Humla
In Humla, we continue to work on improving the Maha Buddha Secondary School and Hostel in the village of Yalbang. The school now has 312 students, including 242 boarders. In 2014, Karuna-Shechen:
- Built a computer classroom.
- Installed ten desktop computers and initiated a computer course.
- Built a four-room infirmary.
- Installed toilets and a drainage system.
- Sponsored 130 students.

Building a School With and For the Community
The local community participated in the construction of the school in Dolpo with great enthusiasm. This new boarding school represents the chance for education and a better future for the children in this isolated location that had no local schools. “If we want our region to develop, we must educate our children and give them the opportunity to do so at home,” explains Pema Sey Sitar, whose daughter and son will attend our school.
HEALTH

The regions we serve in Nepal and India lack basic health facilities and many of these communities do not have access to health care. Our medical teams provide fundamental medical services to these under-served communities.

In 2014, we treated a record 114,210 vulnerable people through our clinics, hospice and mobile medical outreach programs. Many more people, women and girls in particular, benefited from our health education and women’s health programs.

Shechen Medical Clinic in Nepal

The Shechen Clinic in Nepal provides a wide variety of basic medical services and hospice care. Female doctors serve as gynecologists and family planning advisors.

The clinic is also the hub of our medical outreach mobile clinic program that visits 34 sites (up from 20 in 2013). It provides consistent local preventive care to people who are isolated and lacking in resources. We have seen a dramatic decrease in more common illnesses through this dynamic program. We also train villagers as health care workers to serve their area.

Expansion of Our Medical Services in India

In India, building on the success of the Shechen Medical Clinic in Bodhgaya and our mobile clinics, we expanded our medical services to reach more isolated communities.

In April, we opened a third mobile medical clinic in the state of Bihar. It makes weekly visits to impoverished villages across three new districts: Jhanhanabad, Nawada and Aurangabad. We have also expanded our medical services to the neighboring state of Jharkhand, where we have recently begun a mobile clinic service to serve isolated communities and inaugurated a small clinic in Hata, near the city of Jamshedpur.

Thanks to these additional services, we are now treating nearly 80,000 people in India, a 62% increase compared to the previous year.

Focus on Women’s Health

More than two-thirds of our patients are women, girls and children. We are continuing to concentrate on their medical needs by offering gynecology, family planning, immunization and health education services.

We have expanded our successful Pelvic Organ Prolapse (POP) program in Nepal and work with four local NGOs. This program reaches more than 82,200 rural women across five districts. POP is a debilitating condition caused by repeated pregnancies without proper post-partum rest. It affects nearly 25% of all Nepali women. We focus on fighting the social stigma around this condition, prevention and screening.

In India, where it is estimated that nearly 70% of all reproductive diseases are caused by poor menstrual hygiene, we are expanding our menstrual health and hygiene program. We distribute subsidized sanitary napkins and conduct information sessions about personal hygiene for women and girls in rural villages and local high schools.

Training to Save Lives

Karuna-Shechen along with the Nepal Disaster and Emergency Medicine Center (NADEM) initiated an Advanced First Aid Training Program to train the local population in disaster and prehospital medical emergencies. There is a considerable need for this kind of training in Nepal. In 2014, 120 people (including trekking guides, social workers, monks, students and health workers) participated in this program. They learned about emergency medical practices such as Basic Trauma Support, Disaster Management and how to administer Cardiopulmonary Resuscitation (CPR).
Our Health Care Services in Numbers

<table>
<thead>
<tr>
<th>Service</th>
<th>Number</th>
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</thead>
<tbody>
<tr>
<td>Mobile Outreach in Nepal</td>
<td>11,124</td>
</tr>
<tr>
<td>Mobile Outreach in India</td>
<td>45,042</td>
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<tr>
<td>Shechen Clinic in Nepal</td>
<td>23,125</td>
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<tr>
<td>Shechen Clinics in India</td>
<td>34,919</td>
</tr>
<tr>
<td><strong>Total number of patients</strong></td>
<td>114,210</td>
</tr>
</tbody>
</table>

COMMUNITY DEVELOPMENT

Karuna-Shechen strives to improve the living conditions and future of disadvantaged communities. Through our community development programs, we offer them the tools and knowledge to make sustainable use of local resources, become self-reliant and reach sustainable harmony.

Empowering Women through Training

We are proud of our female solar engineers who, in 2014, installed 112 solar sets in seven villages across the district of Gaya.

We have started our own solar training program in Nepal, building on what we learned from our initial solar energy projects in India. Eight women from four rural districts participated in the first training course. They will install solar systems in 650 homes in their villages providing light to 4,000 people including 1,500 children.

In India, we have continued to offer vocational training for women, such as the cultivation of mushrooms, rakhis and the production of candles and paper bags from recycled materials. The objective is to teach disadvantaged women income-generating skills that also respect the environment. The similar vision is behind our 2014 E-rickshaw project, which trains and employs female drivers and provides them with electric rickshaws.

Improving Livelihoods

In our effort to combat malnutrition and improve the socio-economic status of the rural Indian poor, Karuna-Shechen provides seeds and fruit plants to villagers. In 2014, 3,818 households participated in our Kitchen Gardens Program. We also created nurseries in eleven villages.

Sugiya Devi, E- Driver

Sugiya Devi is one of three female electric rickshaw drivers Karuna-Shechen trained and employed in 2014. Before becoming a driver, she was leading a life of hardship and was struggling to provide food for her children and disabled husband. As soon as she heard about our program, she knew it was her calling. Sugiya Devi says that although she felt nervous at first, and was sometimes ridiculed by male drivers, she is now a proud and confident driver. Her daily earnings have made a huge difference in her life as she can now provide for her family.
Many of the community schools we support are located in areas with acute water shortages, which creates hygiene and health problems that lead to school absenteeism and adversely affects the quality of education. To address this dramatic situation, we have installed in 2014 rainwater-harvesting systems in five Indian schools. In Nepal, we completed installations in five community schools in the Kavre and Humla districts and equipped two new schools. In both countries, we have also provided smaller domestic-size systems to over 110 households in remote villages.

Literacy Classes for Women
One of Karuna-Shechen’s main goals is to foster the economic and social empowerment of women. In Bihar, we offer basic literacy classes to women in isolated and disadvantaged villages. We teach basic math and literacy skills as well as geography. For example, to further develop a sense of community, villagers meet with our team in a class to discuss local issues from the newspaper.

Sanageeta Devi, 28-year old mother from Dema, India
Dema is one of the many villages that Karuna-Shechen helps in Bihar, India. Our work there is an accurate example of how your donations can transform entire communities and lift thousands of women, men and children out of poverty. Sanageeta Devi, a 28-year old mother, tells us how our intervention has completely changed her life:

“My family and I benefit from the medical services offered by the mobile clinic. We also have a kitchen garden and a rainwater harvesting system, both provided by Karuna-Shechen. We get free seeds of seasonal vegetables and fruits and are taught how to grow and maintain a kitchen garden. The rainwater harvesting system in our house provides water for the kitchen garden and washing purposes. It is a miracle. For the last year, I have been attending literacy classes. I can now sign my name and write my address. Now I can read a newspaper! But, best of all, I’m now finally able to help my daughter with her homework.”

Water for Children
The remote village of Shyampati in Nepal serves as an example of the importance of our rainwater-harvesting program and community involvement. In 2014, the local community, including 188 women, volunteered to dig a pit at the Namo Buddha Primary School as part of our rainwater harvesting installation at the school. It took 20 days to complete the work that allowed us to install a 60,000-litre water tank as part of the system.

“I was tired from all the digging and carrying stones,” explains Sita Maya, a mother of three, “But my children go to this school and they need water to drink during the day. I worked hard with the knowledge that they would be the ones benefiting.” Today in Nepal, thanks to community projects such as this, over 1,000 school children have access to safe drinking water and toilets.
CULTURAL PRESERVATION

Cultural preservation is an integral part of Karuna-Shechen’s vision. We have supported philosophical colleges, monastic schools, monasteries and nunneries as they are major places of education and cultural preservation that also provide essential social services and spiritual support to their Himalayan communities. We support the ethics and culture of the communities we serve.

Cultural preservation is also the theme behind many of our education projects. For example in Nepal and Tibet, we have built and assisted schools where local languages are preserved and included in the curriculum. Our construction projects use local methods of building and architecture to preserve indigenous techniques and styles. Our vocational training programs largely focus on skills that are part of the communities’ culture.

Karuna-Shechen partners with Shechen Publications to edit and print the Rinchen Terdzo, the largest of the Five Treasuries compiled by Jamgon Kongtrul. With the support of the Tsadra Foundation, sixty-three of the seventy volumes have been printed so far.

Karuna-Shechen’s projects in eastern Tibet provide the local population with access to education, medical clinics, elder care, disaster relief, and cultural preservation. In 2014 we initiated new projects and continued our support of others. The overall situation in Tibet for NGOs continues to present numerous challenges, especially for the people in the field. In response to this sensitive situation, it has become necessary for us to limit our reporting.
### FINANCIAL SUMMARY

#### Expenditure by Country (USD)

<table>
<thead>
<tr>
<th>Country</th>
<th>2014</th>
<th>Percentage</th>
<th>2013</th>
<th>Percentage</th>
<th>2012</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>INDIA</td>
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<td>32.17%</td>
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<td>20.61%</td>
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<td>89.76%</td>
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<td>Administrative &amp; Operational expenses</td>
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<td>71,878</td>
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<td>NEPAL</td>
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#### Expenditure by Sector (USD)

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<th>Sector</th>
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<th>Percentage</th>
<th>NEPAL</th>
<th>Percentage</th>
<th>TOTAL (Nepal &amp; India)</th>
<th>Percentage</th>
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</thead>
<tbody>
<tr>
<td>Health</td>
<td>224,888</td>
<td>49.40%</td>
<td>343,710</td>
<td>42.09%</td>
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<td>44.71%</td>
</tr>
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<td>331,151</td>
<td>40.55%</td>
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<td>203,566</td>
<td>16.01%</td>
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<tr>
<td>Administrative &amp; Operational expenses</td>
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<td>Total</td>
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<td>$816,613</td>
<td>64.21%</td>
<td>$1,271,871</td>
<td></td>
</tr>
</tbody>
</table>
OUR DONORS

Through their compassion and generosity, donors make our actions possible. For their gifts during 2014, we are humbly grateful. With your continued support, we look forward to reaching even more individuals and families through our programs in 2015 and beyond.

$5,000 – $19,999 USD
Anonymous (Belgium, France, Hong Kong, Switzerland, USA)
Jonathan and Kathleen Altman Foundation (USA)
Owsley Brown III Foundation (USA)
Susan and Richard Davidson (USA)
Anne Down (USA)
Gere Foundation (USA)
André Heintz (France)
Fondation Insolites Bâtisseurs (France)
Ross Koningstein and Patti Spezzaferro (USA)
Association “un océan de bonheur” (France)
Association Perspectives (France)
Rotary Club de Renais (Belgium)
Sata Foundation and the TBK Group (Japan)
Neuraxpharm / Dr. Thomas Struengmann (Germany)
Tan Teo Charitable Foundation (USA)
Vajrayana Institute Inc (Australia)

20,000 – $49,999 USD
Anonymous (Belgium, Switzerland)
Foundation d’entreprise Chanel (France)
Fondation Delta Plus (Italy)
Association Emergences (Belgium)
The George Family Foundation (USA)
Fonds Tonglen-Saint Louis (France)

$50,000 USD and Up
Anonymous (USA, Oman, Thailand, Switzerland)
American Himalayan Foundation (USA)
Anne-Sophie Dubanton (Portugal)
Maryse Goeminne-Bernabé (Belgium)
Gabriela and Austin Hearst Foundation (USA)
Hershey Family Foundation (USA)
Mr Huang Yu Zil and Mrs Huang Chen Mei Yu (Taiwan)
Rajiv and Latika Jain (Vontobel Asset Mgmt.) (USA)
Dieter and Hanna Paulmann (Hong Kong)
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Tsadra Foundation (USA)

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Matthieu Ricard

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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 140 humanitarian projects in India, Nepal and Tibet. Over 15 years of experience have 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.