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The cover of this Annual Report features our original "Karuna Girl" grown-up and now thirteen years old. I first met her in 2005 when she was just five years old. Her gracious smile became a symbol of our work and the banner for our website. She represents the many children in need throughout the Himalayas, to whom we are dedicated to bringing a better life.

Our activities throughout the Himalayan region and in the north of India have also continued to blossom and, in 2013, a host of new and exciting projects were accomplished. There is a Buddhist saying, "What is not done for others is not worth doing." At Karuna-Shechen we share a common goal: to attend to the needs of others, alleviate their suffering, and try to bring them on the path to well-being. Our work is based on altruism and the wish to bring about a more caring society. Inspired and guided by these goals, we can continue to pursue our journey together with enthusiasm and we can accomplish many more projects in the future, just as we have accomplished more than 130 projects over the past thirteen years.

Our work seamlessly brings together 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. All these elements are closely interdependent and each of them plays an irreplaceable role.

Although I have been instrumental in founding Karuna-Shechen and working on its projects with dedicated friends and benefactors, I do not feel I am a "leader," but rather the fortunate servant of all those whom we are trying to help in the field. This is what truly matters to me.

On behalf of the beneficiaries of Karuna-Shechen – over 100,000 medical patients every year, over twenty thousand children who study in the schools that we have helped to build, and thousands of others who are helped through our social programs – and from all of us who endeavor to carry out Karuna-Shechen's activities, I wish to express our deepest gratitude to those who have so generously made this possible.

Matthieu Ricard
WHO WE ARE

VISION
Motivated by compassion (karuna) in action, we believe that no one should be denied access to basic education, social services, and health care. We trust that communities can be lifted out of poverty, that change is possible, and that people are valuable.

MISSION
Karuna-Shechen's mission is to provide quality healthcare, education, and social services to individuals and communities located in the most needy areas 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.
2013 BY THE NUMBERS

Our projects provided essential health, education, sustainable development and social services to more than 100,000 people in Nepal, India and Tibet.

3 COUNTRIES of operation: India, Nepal, Tibet

6 NEW PARTNER VILLAGES in India, making a total of 18 villages served

51,304 PATIENTS treated in our clinics in Bodhgaya and Kathmandu

40,689 PATIENTS helped in our mobile clinics and medical camps

15,000 WOMEN benefited from our Pelvic Organ Prolapse Awareness Program

1,000 KITCHEN GARDENS planted to fight malnutrition

35 SCHOOLS supported across the Himalayas

488 ILLITERATE WOMEN enrolled in non-formal education classes

8 SCHOOLS AND 32 HOUSEHOLDS provided with rainwater harvesting systems

200 HOMES provided with solar electricity systems

9 WOMEN sent to the Barefoot College to become solar engineers

The Evolution of our Operating Budget (India, Nepal, Tibet)

Expenditure by Sector (India and Nepal only)

Health Care: $323,821 USD
Sustainable Development: $145,744 USD
Education & Training: $225,131 USD
Program Supervision: $124,019 USD
Contingencies: $2,859 USD

Contingencies: 0.54%
Sustainable Development: 16.91%
Education & Training: 23.74%
Health Care: 40.82%
Program Supervision: 17.99%
The year 2013 was one of challenges and successes: the launch of six innovative new programs*, the extension of our existing Non-Formal Education and Solar Electricity projects, the expansion of our areas of operation from 12 to 18 villages in the district of Gaya.

Community participation and empowerment have been key components of our holistic approach. Through the launch of the Small Money, BIG CHANGE Program, we encourage the villagers to actively participate in the development of local projects. The results have been very constructive.

Our objective is not only to address the immediate needs of the communities, but also to help villagers develop skills and resources to become self-sufficient. Our fight against malnutrition in Bihar is a perfect example of this double benefit: our Mobile Clinic organizes the screening and follow-up of hundreds of children at risk of malnutrition. Simultaneously we help families meet their own nutritional needs by providing them with vegetable seeds and fruit trees, and train them in sustainable small-scale farming techniques.

Through our programs we strive to bring high quality medical care to our patients, empower communities through training and education, and implement the lessons we have learned from thirteen years of work in India.

In 2014 we will continue on that road by working with local partners to ensure that we reach more vulnerable communities. We will expand our outreach activities to new districts in the State of Bihar and in the neighboring state of Jharkhand.

We look forward to accomplishing our goals with the continued support and generosity of our kind donors from around the world.”

~ Shamsul Akhtar
India Country Director

Areas and Sectors of Intervention

PROJECTS IN 2013
State of Bihar:
Gaya district

PROJECTS IN 2014
State of Bihar:
Gaya district
Jehanabad district
Nawada district
Aurangabad district
State of Jharkhand:
East Singhbhum

Expenditure by Sector
- Health Care: $118,304 USD
- Education & Training: $35,596 USD
- Program Supervision: $69,019 USD
- Contingencies: $2,859 USD
- Sustainable Development: $38,536 USD
HEALTH

In 2013, there was a sizable increase in the number of our health beneficiaries in India. Through our Medical Center in Bodhgaya, Mobile Clinics and Medical Camps, we provided medical care to 48,200 patients.

To meet the needs of the increasing number of patients and with the support of our sponsors, we introduced a second Mobile Clinic and expand our services from 12 to 18 villages. We recruited new personnel, including three doctors, one laboratory technician, two nurses, and one pharmacist. Finally, we started issuing Identity Health Cards to more efficiently monitor the history of our patients.

Fighting Tuberculosis

According to the World Health Organization (WHO), India is the most TB vulnerable nation in the world with 2.5 million cases. It is estimated that one undetected TB patient could potentially affect ten to fifteen more. This is why early screening is essential. Our Tuberculosis Center has continued to offer education, diagnosis, and treatment according to the WHO-recommended DOTS program. All our staff took this training in 2013.

Health Education and Women’s Health

As a result of our continued Health Education Program 10,000 people benefited from classes on safe drinking water, sanitation, good hygiene practices, mother and child health, the importance of immunization, and safe pregnancy. Women and girls make up more than 70 percent of our healthcare patients. We are sensitive to their menstrual health and hygiene issues and are distributing subsidized sanitary napkins, as well as leading awareness-raising programs on women's personal health.

Fast Diagnosis Saves Lives

Last year Sulekha Kumari, a twelve-year-old girl from an isolated village in Bihar, came to our mobile clinic for a free medical consultation. She had been coughing and had a fever for 15 days, and was too weak to attend school. She was quickly diagnosed with pulmonary tuberculosis. After two months of dedicated treatment and care by our DOTS team, Sulekha was able to attend school again, and four months later she was cured completely. This quick recovery was only possible because of our Mobile Clinic’s early diagnosis.
Women’s Economic Empowerment

In 2013, we offered candle-making workshops to ninety women who enrolled in our 18 non-formal education centers in India. Some of them were selected from our July workshops to participate in a special week-long intensive training. Rinku was one of them. “Learning this new craft will not only help me start my own business, it will also improve my family’s living conditions by adding another source of income to our household,” she explains. “I will use part of the money to help pay for my siblings’ education.” Karuna-Shechen has provided Rinku and other participants with all the necessary raw materials, as well as a dedicated space to work on their craft at our center in Bodhgaya.

EDUCATION AND VOCATIONAL TRAINING

In 2013, we launched a new program called Strengthening Basic Education. We also upgraded our Non-Formal Education Program and are offering new training courses.

Strengthening Basic Education

This program targets government primary schools located in our partner villages in the Gaya District. Some of the major issues that keep the level of education low in these schools are high teacher-student ratio, lack of materials, and poorly planned education programs. Karuna-Shechen is trying to rectify the situation by recruiting additional teachers and supplying updated teaching-learning materials to selected schools. Parent-Teacher Associations were created in five villages and regular school meetings organized. Finally, we found a physical education teacher to give yoga classes to 950 primary school pupils.

Non-Formal Education

Bihar is the least literate state in India. To address the high illiteracy rate in this poor Indian state, we increased our non-formal education classes from six to sixteen villages. This resulted in an impressive 488 women enrolling in our 18 centers in 2013. We also revised the course structure and teaching methods. Apart from basic math and literacy skills, student are taught national and world geography and introduced to current affairs through local newspaper articles.
Vocational Training

To empower rural women, Karuna-Shechen is teaching them income-generating skills, organizing vocational training workshops in making candles, incense, popular snacks, and chalk. The turnout was much higher than anticipated, with 108 villagers participating in the trainings.

We have also launched free computer courses at our center in Bodhgaya to provide underprivileged rural youth with better employment opportunities. Thirty-six enthusiastic youths took part in our first two six-months courses (Office Management and Desktop Publishing).

SUSTAINABLE COMMUNITY DEVELOPMENT

The philosophy that drives our sustainable community development programs is to empower communities to help them achieve self-sufficiency. With that in mind, we have launched three new projects (Kitchen Gardens, Rainwater Harvesting and Small Money, BIG CHANGE), and have expanded our Solar Electricity Program.

Kitchen Gardens

In Bihar, it is estimated that 80% of children below the age of five and 68% of women under 50 are malnourished. Our Kitchen Garden Program began in mid-2013 to address the high incidence of malnutrition and extreme poverty of small farmers. We provided 1,000 households and four local schools with plants and seeds and trained participants in small-scale sustainable farming techniques. Half of the produce grown in the families’ and schools’ gardens is kept for consumption. The rest is sold in the market, as an additional source of income. In return, participating families donate 20% of the profit from the sales to community welfare projects from which they also benefit.
Solar Power
Karuna-Shechen continues to empower women by training them to become solar engineers and “bearers of light.” In 2013, three more women from Gaya villages completed a six-months intensive training at the Barefoot College in Rajastan. They will begin installing and maintaining solar lighting systems in 220 households in their villages.

Small Money, BIG CHANGE
Karuna-Shechen recognizes that the communities we serve are the real experts regarding their own needs. Our program called Small Money, BIG CHANGE empowers them to be active participants in all local development decisions and solutions.

By working with us in resolving the problems they have targeted, the villagers feel a greater sense of ownership and responsibility. Under this program, we reconstructed a well and dam, built bathrooms for women, dug ponds, and leveled agricultural lands.

“Previously, we survived on just rice and lentils. We had no vegetables because it was too expensive to purchase them at the market. Now, thanks to our kitchen garden we have fresh fruits and vegetables in our own backyard! We definitely feel healthier than before.

〜 Mahadev Sharma, kitchen garden participant
Rainwater Harvesting

All our 18 partner villages are located in the drought-prone agro-climatic zone of southern Bihar and face frequent water shortage. To combat this problem, we are installing rainwater harvesting systems in villages. Rainwater is collected from roof-tops and stored in water tanks. In 2013, 32 households and four schools were equipped and work started on 277 homes. The stored water can be used for various purposes such as washing, cooking, sanitation, and kitchen gardens.
LOOKING FORWARD TO 2014

- **Expansion** of our medical services to the neighboring State of Jharkhand, with the opening of a new office in Jamshedpur and the launch of a Mobile Clinic in the area

- **Introduction** of a third Mobile Clinic in Bihar to reach more underprivileged villages in the district of Gaya and the neighboring districts of Jehanabad, Nawada, and Aurangabad

- **Launch** of our new Early Childhood Care and Development (ECCD) Program

- **Expanding** our Kitchen Garden Program by targeting 2,000 additional households

- **Installation** of rainwater harvesting systems in 20 new schools and 100 households

- **Bringing Light** to 220 households in the villages of Kadal, Barsudi and Chando
Nepal’s geography offers its own unique development challenges. Villages are often small, scattered, and isolated. Reaching rural mountainous communities is difficult and expensive because there are few roads and those that exist are in poor condition. Many people do not benefit from development interventions designed for the rest of the country.

At Karuna-Shechen, we believe that no community should be kept on the fringe of development because of its isolation or size. If there is a need that we can directly address, no matter what the challenges, we will go where we are needed. In 2013, this philosophy was more than ever reflected in our work. We have worked in seven remote districts, spanning all corners of Nepal.

In education, we have shifted our attention from non-governmental urban schools to small, isolated, rural government schools. Through our mobile medical camps and health programs, we are reaching out to the most vulnerable populations in isolated villages, and in the slums around Kathmandu. Finally, in the environment and social sector we continue to offer sustainable development solutions based on approaches tailored to the specific needs of the communities we serve.

Overall, it was a rewarding and successful year. But there is still a lot to achieve. In 2014, with your support, we will continue to assist the impoverished populations we already serve and reach new ones. One such example is in Upper Dolpa, where we will build a primary school in the isolated village of Sheri and sponsor 100 children who do not have any access to education.

On behalf of our beneficiaries, I sincerely thank our generous sponsors, donors, supporters and well-wishers, and our entire Karuna-Shechen team spread throughout different countries the world over, who all together make our work possible.”

— Sanjeev Pradhan
Director of Field Operations, Karuna-Shechen
Areas and Sectors of Intervention

1. Humla district
2. Dolpo district
3. Baglung district
4. Kathmandu district
5. Kavre district
6. Ramechhap district
7. Dhanusha district

Expenditure by Sector

- Sustainable Development: $107,208 USD
- Health Care: $205,517 USD
- Education: $189,535 USD
- Program Supervision: $55,000 USD
HEALTH

Similar to the success in India, the Shechen Clinic and Hospice in Nepal had a marked increase of patients in 2013. Our various departments treated over 37,500 people, most of them free of charge. Through our Mobile Camps, we expanded our areas of operation to the slums and remote rural villages, to reach the most vulnerable who cannot afford medical care or treatment.

POP Prevention

A silent tragedy has been unfolding in Nepal, where more than one in ten women suffer from pelvic organ prolapse (POP). Repeated pregnancies followed by deliveries without medical assistance and hard work in the fields, significantly contribute to this prevalence of POP.

Karuna-Shechen supported the development of a national curriculum on pelvic organ prolapse prevention and care. In partnership with One Heart Worldwide, we launched a program in the districts of Baglung and Dolpa to raise awareness about POP and provide screening for women at risk. In the Danusha District, where ignorance and social stigma hold women back from seeking help and treatment, we work with our local partner, the Community Family Welfare Association (CFWA), to change people’s attitude towards this problem through events and information sessions.

Staff Training

At the Shechen Hospice, our medical staff continues to provide 24-hour end-of-life care in a compassionate and caring environment. In 2013, our staff participated in two Palliative Care trainings conducted by a specialist from France together with our Shechen Clinic Director.

As a part of our Disaster & Emergency Response Program, sixty monks joined our new Advance First Aid Trainings in partnership with the Nepal Disaster and Emergency Medicine Center (NADEM). The participants were taught basic life support, basic trauma support and disaster management. The objective is to create a network of community people trained in first aid and disaster prevention centers.
Working in the Slums of Kathmandu

Twice a week, Dr. Suraj, a doctor at the Shechen Clinic, joins our Mobile Camp Program.

“This outreach program focuses on the many slums in the Kathmandu area in order to serve the local people, who are truly in need,” explains Dr. Suraj. “On average, we serve 1500 people per month, the majority of whom are women and children, and many people are returning for follow-up visits. Some of the most prevalent diseases we treat are obstructive airway diseases, arthritis, and seasonal diseases like the flu. We’ve been able to fill a great gap in the care of these people, making their lives more comfortable and easing some of their suffering. I am honored to be part of this work.”

EDUCATION

In Nepal, although the national education system is free, the quality of education in government schools is very poor and deteriorating daily, especially in rural areas. There is a shortage of teachers and some schools lack even the most basic facilities. Many do not have benches, tables, or even roofs. As a result the drop-out rate is very high. In 2013, through its education program Karuna-Shechen supported 14 schools in poor isolated rural areas, thus shifting our attention from non-governmental schools in urban peripheries.

Schools in Upper Humla

Upper Humla is one of the most remote and least developed regions of Nepal. It takes twelve days to walk from the nearest road to the village of Yalbang, where the Maha Buddha Secondary School is located. We have been supporting this institution since 2008. It offers quality and accessible secondary education to 305 children, 60 percent of whom are girls.

In 2013, Karuna-Shechen sponsored 130 students and made infrastructure improvements in the hostel, including the installation of piping and rainwater harvesting systems, and the construction of new toilets and bedrooms for the girls.

Karuna-Shechen is also supporting and improving seven small isolated primary schools around Yalbang by hiring additional teachers, improving the infrastructures of the schools, and distributing textbooks, stationery, uniforms, and sports equipment. The objective is to properly educate primary school pupils for future enrollment at Maha Buddha.
Support to Government Schools

In 2013, Karuna-Shechen provided support to six under-funded government schools in villages in the Terai and low-lying hill areas. Most of the students attending those schools are from disadvantaged families. The funds we provided were used to purchase and distribute textbooks, stationery and uniforms; to build desks, chairs and benches; to install a water harvesting system; and to lease land for a playground.

Sponsorship Program

Many children in Nepal are unable to attend school because they either come from very deprived families or they are orphans. Karuna-Shechen started a school sponsorship program in 2003 to help these children get an education. We are currently supporting 34 children from 1st to 10th grade, studying at various schools around the Kathmandu Valley. Our sponsorship pays for tuition and accommodation fees.

SUSTAINABLE COMMUNITY DEVELOPMENT

Rainwater Harvesting

Despite abundant water sources like rivers and lakes, many areas in Nepal suffer from water shortages, leaving many community schools without reliable sources of drinking and non-drinking water. In 2013, Karuna-Shechen funded the installation of a new rainwater harvesting system at Sundarimari Primary School, Ganga Devi Secondary School, and Mahankal Lower Secondary School. In Bhutan, at the Shechen Orgyen Chozong Nunnery, we installed a rainwater harvesting system with a storage capacity of 100,000 liters of water.

Solar Electricity

In 2013, solar powered systems were installed in 100 homes in villages, and 100 solar lanterns were distributed to households with children attending school. This will allow them to study and do their homework in the evenings. We continue to sponsor women to train as solar engineers at the Barefoot College, including four nuns from Bhutan and two women from small Indian villages.
A Brighter Future for Yalbang Students

The level of education in Yalbang is the highest in the district. The teachers are dedicated to their students who, in turn, work hard to achieve good grades. Last year, Pema Choeki and Karma Dickey, two students from the school, did exceptionally well in their final exams. Their grades were on a par with those attained by children from top Nepali schools. As a result, they were both awarded scholarships to study nursing in Kathmandu. We are very proud of their hard work and scholarship. “If it had it not been for donors like Karuna-Shechen, I would still would be in Humla tending animals and working in the fields,” explains Karma Dickey. These young women want to become nurses or health assistants and return to their village to help the sick and injured.

LOOKING FORWARD TO 2014

EXPANSION of our health programs by increasing the number of our mobile outreach camps

CONSTRUCTION of an infirmary at Maha Buddha Secondary School

CONSTRUCTION of a primary school and student accommodation hostel in Upper Dolpo

OPERATING COSTS AND SPONSORSHIP of the 100 children attending the new Dolpo school

CONSTRUCTION of a new bamboo school in Panauti, Kavre District

INSTALLATION of rainwater harvesting systems in two schools and two stricken communities

INSTALLATION of solar electricity systems in Kavre and Surkhet district villages
Karuna-Shechen

TIBET

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 2013 we initiated some 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. However, if you are interested in these projects we will be happy to share information with you on an individual basis.
Our total expenditure in 2013 for projects in India, Nepal, and Tibet was $1.5 million USD. (The following tables do not include our budget for Tibet.)

### Expenditure by Sector in India and Nepal (in USD)

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<th>Sector</th>
<th>2013</th>
<th>2012</th>
<th>2011</th>
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<tbody>
<tr>
<td><strong>India</strong></td>
<td>32.17%</td>
<td>20.61%</td>
<td>17.58%</td>
</tr>
<tr>
<td>Education ¹</td>
<td>35,596</td>
<td>13.47%</td>
<td>0</td>
</tr>
<tr>
<td>Health Care</td>
<td>118,304</td>
<td>44.76%</td>
<td>150,610</td>
</tr>
<tr>
<td>Sustainable Community Development ²</td>
<td>38,536</td>
<td>14.58%</td>
<td>5,175</td>
</tr>
<tr>
<td>Cultural Preservation</td>
<td>0</td>
<td>0.00%</td>
<td>0</td>
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<tr>
<td>Contingencies 5%</td>
<td>2,859</td>
<td>1.08%</td>
<td>0</td>
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<tr>
<td>Program Supervision Costs</td>
<td>69,019</td>
<td>26.11%</td>
<td>12,000</td>
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<tr>
<td><strong>Total India</strong></td>
<td>264,314</td>
<td>100.00%</td>
<td>167,785</td>
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<tr>
<td><strong>Nepal</strong></td>
<td>67.83%</td>
<td>79.39%</td>
<td>82.42%</td>
</tr>
<tr>
<td>Education</td>
<td>189,535</td>
<td>34.01%</td>
<td>375,364</td>
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<tr>
<td>Health Care</td>
<td>205,517</td>
<td>36.88%</td>
<td>177,861</td>
</tr>
<tr>
<td>Sustainable Community Development ²</td>
<td>107,208</td>
<td>19.24%</td>
<td>47,000</td>
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<tr>
<td>Cultural Preservation</td>
<td>0</td>
<td>0.00%</td>
<td>0</td>
</tr>
<tr>
<td>Program Supervision Costs</td>
<td>55,000</td>
<td>9.87%</td>
<td>46,000</td>
</tr>
<tr>
<td><strong>Total Nepal</strong></td>
<td>557,260</td>
<td>100.00%</td>
<td>646,225</td>
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<tr>
<td><strong>Total expenditures by region (USD)</strong></td>
<td>821,574</td>
<td>814,010</td>
<td>1,104,050</td>
</tr>
</tbody>
</table>

¹ Includes Vocational Training projects in 2013  
² Formerly called Social Services (2012 and 2011)
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President & Co-founder of Karuna-Shechen

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OUR DONORS

Through their compassion and generosity, donors make our projects possible. For their gifts during 2013, we are humbly grateful.

Donors who gave annual gifts of $5,000 – $49,000 USD
Anonymous (USA, Canada, France, Belgium)
Aredoc (France)
Capital Research Co (Hong Kong)
Centre Bouddhique Tibétain de Marseille (France)
Chanel Corporate Foundation (France)
Susan and Richard Davidson (USA)
Delta Plus Foundation (Italy)
Marie-Christine and Jean-Michel Denis (France)
Ann Down (USA)
Fondation Insolites Bâtisseurs (France)
Fonds Décitre (France)
The George Family Foundation (USA)
André Heintz (France)
Ross Koningstein and Patti Spezzaferro (USA)
Nanja Terre de Vie (France)
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Owsley Brown Philanthropic Foundation (USA)
Owsley Brown II Cockayne Fund (USA)
Christian and Maria Rhomberg (Hong Kong)
Rotary Club Brummen-Engelenburg (The Netherlands)
Rotary Mount Everest (Nepal)
Rotary Club Renaix (Belgium)
Renaud Samyn (Hong Kong)
Sarlo Foundation (USA)
The Walker Family Foundation (USA)

Patrons who gave annual gifts of $50,000 USD & up
Anonymous (USA, Oman, Thailand)
American Himalayan Foundation (USA)
Emergences Association (Belgium)
Maryse Goeminne Bernabé (Belgium)
Gabriela and Austin Hearst Foundation (USA)
Hershey Family Foundation (USA)
Yu Zi and Chen Mei Yu Huang (Taiwan)
Rajiv and Latika Jain (Vontobel Asset Mgmt) (USA)
Shining Hope Foundation (UK)

A special expression of gratitude to the Sata Foundation and the TKB Group in Japan for their support of the Shechen Clinic in Nepal since its inception.

With your continued support, we look forward to reaching even more individuals and families through our projects in 2014 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’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 130 humanitarian projects in India, Nepal and Tibet. Over 20 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.

[Website URL] www.karuna-shechen.org

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