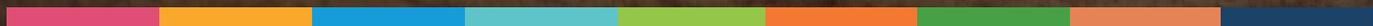


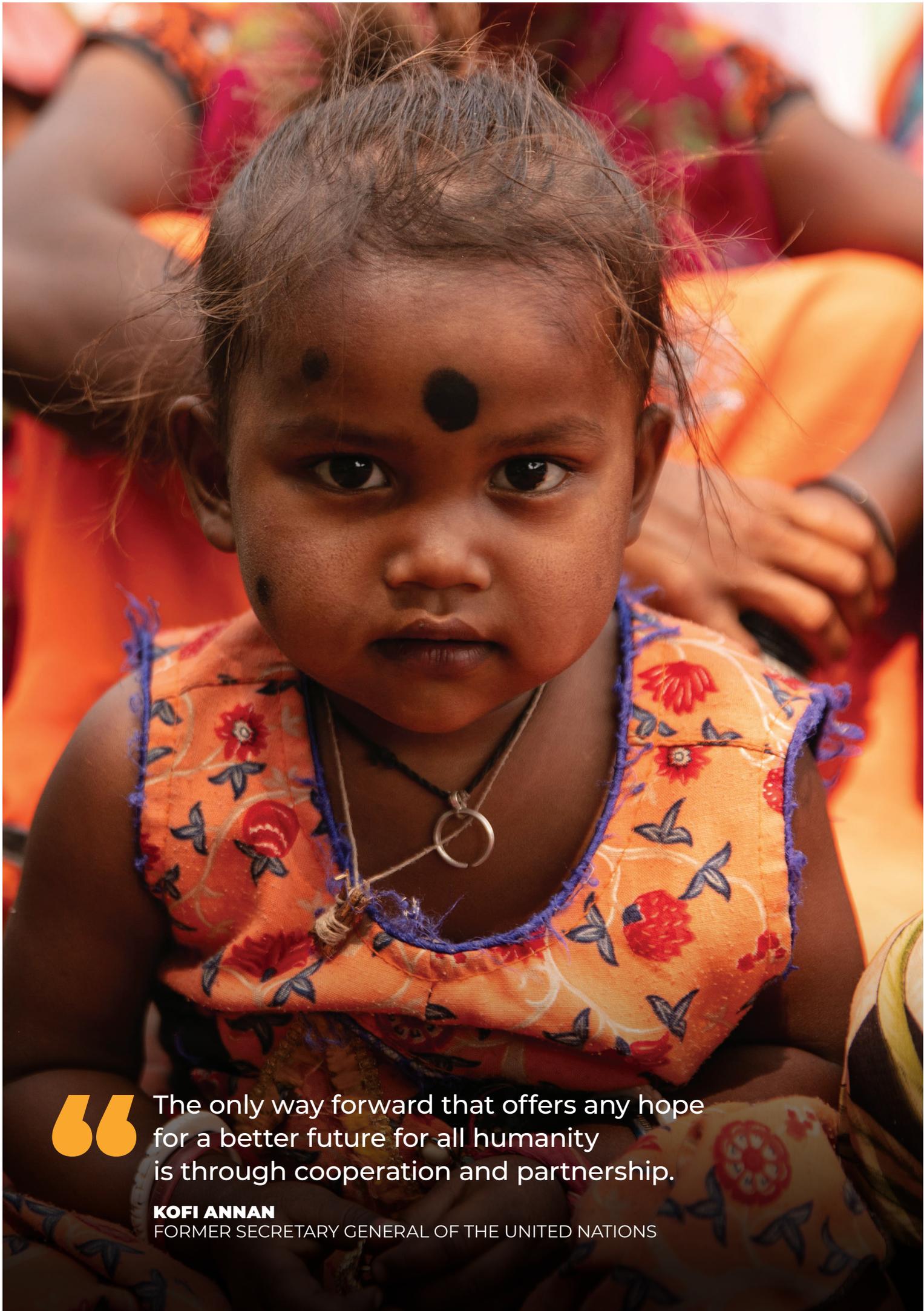
ANNUAL REPORT 2022



karuna
shechen

altruism
in action





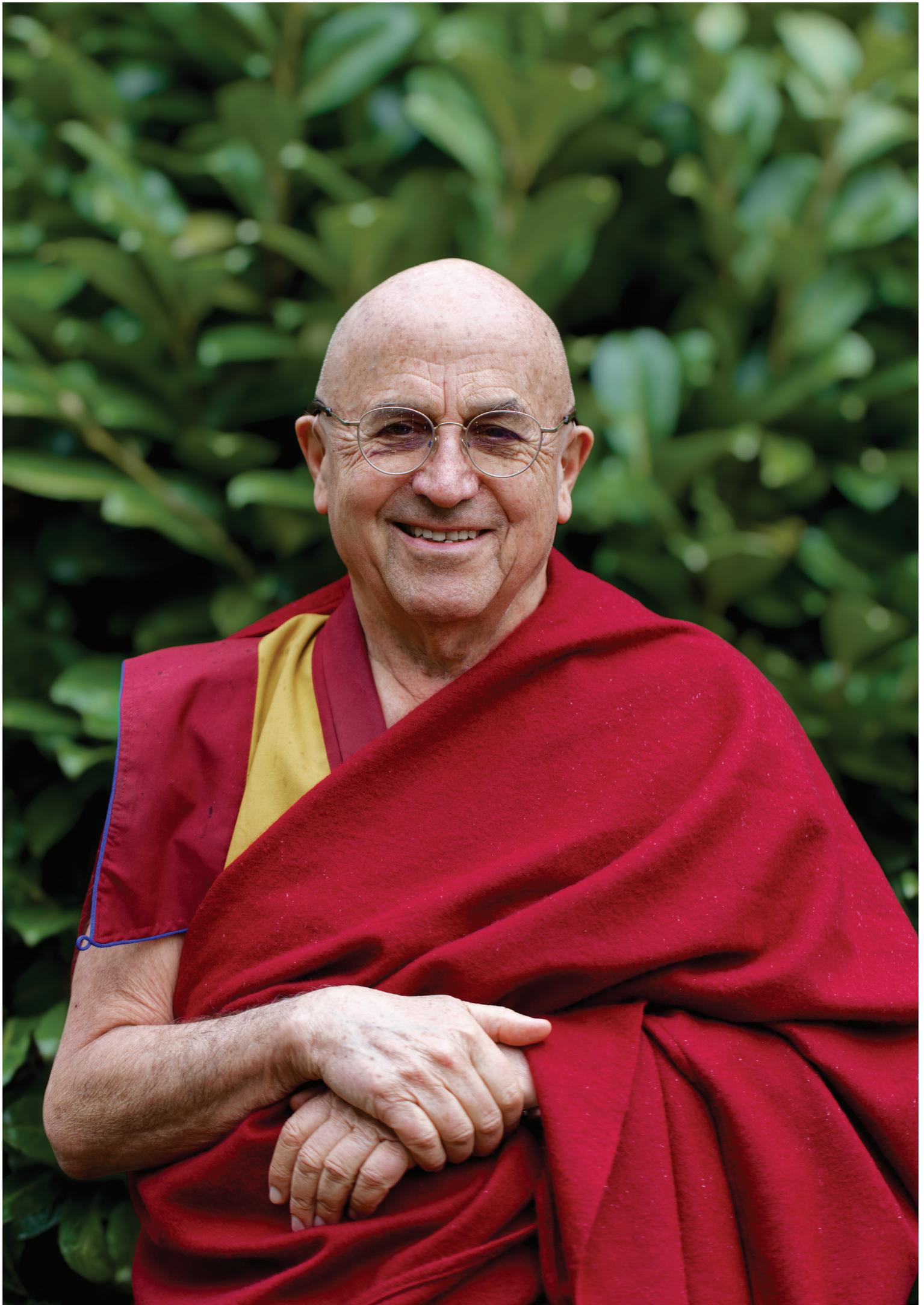
The only way forward that offers any hope for a better future for all humanity is through cooperation and partnership.

KOFI ANNAN

FORMER SECRETARY GENERAL OF THE UNITED NATIONS

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Dear friends

It is with great joy and deep gratitude that I share with you the work we have done together, united by and for altruism.

The year 2022 has been marked by events that could shake our hope for a more united and harmonious world: war is tugging at our hearts and the consequences of climate change, which are becoming increasingly visible, are worrying. However, the Karuna-Shechen teams and I remain convinced that altruism is a concrete solution to all these challenges. We are more determined than ever to continue our action.

We can be grateful for the achievements of the year 2022. We supported 670,000 people and cared for 10,900 animals through holistic programmes in India, Nepal and Tibet. Through programs targeting food security, health and hygiene, education, economic development and environmental conservation, we aim to break the cycle of extreme poverty. Because extreme poverty is multidimensional, only projects that take all aspects into account can achieve real change. In order to have a concrete impact, we place at the center of our approach the co-construction of projects with the communities.

To support our development in the field, we have continued to structure our activities and methodologies. The Monitoring and Evaluation department has been strengthened to improve the relevance, quality and impact of our programs. We also conducted a major needs identification study in nearly 1,000 villages in India and Nepal, in order to target the regions where we need to prioritize our activities and build relationships with the communities we support. I am therefore looking forward to starting projects in two new regions in 2023, in Darjeeling in India and in the Terai in Nepal.

Finally, we enthusiastically continued our mission to advocate for altruism, showing how inspiration, training and commitment can transform our lives and the lives of others. Through articles, podcasts, videos, social media and events, we affirm that altruism is a key to building a more harmonious world.

With all these wonderful achievements in mind, I would like to thank you from the bottom of my heart, dear friends of the Karuna-Shechen family, for your precious support for our actions and values. It is also an opportunity to express my gratitude to the volunteers and teams who work with dedication on a daily basis. Finally, I would like to express my joy and gratitude for the commitment and resilience of the people we support in our projects, who work with us to identify issues, build solutions and then take ownership of them to make them happen.

We welcome the New Year with the confidence of those who believe in the rightness of their intentions. We continue to pass on our values and continue our work in the fight against extreme poverty. This will be possible, I am sure, thanks to the unshakeable determination of the members of Karuna-Shechen, but we need support now, more than ever, so that each and every one of us makes a contribution that is appropriate for ourselves and for others.

It is an honor to have you with us and I look forward to seeing us continue to work together for a more altruistic world today.

With my warm thanks,



Co-founder and Honorary President





THE ASSOCIATION *Karuna-Shechen*

Founded by Matthieu Ricard in 2000, Karuna-Shechen advocates and acts to create a more altruistic world with the conviction that altruism offers concrete solutions to the challenges of our century, and is a key to building tomorrow's world.

OUR MISSIONS

ACTION Karuna-Shechen contributes to break the cycle of extreme poverty, strengthen the resilience and develop the full potential of poor, vulnerable or distressed populations. The organization mainly works in India, Nepal and through a local, community-driven and holistic approach interconnecting the sectors of Health and Hygiene, Education, Food Security, Economic Development and Environment.

ADVOCACY Karuna-Shechen invites everyone to develop their altruistic potential and walk together towards a more altruistic, resilient and peaceful world. The organization offers the possibility to cultivate our inspiration, training tools of how to practice meditation and mindfulness, and suggests ways to take part in the change and to get involved in a concrete way.

OUR VISION

“ Altruism is not a luxury but a necessity. It is one of the most concrete solutions to the challenges of the 21st century. Altruism is indeed not only the noblest state of mind of human beings, but the only concept that reconciles the demands of the short, medium and long term, to move towards an economy of solidarity, the wellbeing of citizens and a much greater consideration for the fate of future generations, the environment and the eight million species with which we share the biosphere.

MATTHIEU RICARD



THE VALUES THAT UNITE US

Ethics, joy and humility

Inspired by the universal and secular ethics of Matthieu Ricard's Buddhist spiritual masters, we act with determination, joy and humility. We seek out projects in which we can work together for a more altruistic world.

Effectiveness and impact

An altruistic vision is most meaningful when it is realized through concrete actions in the service of others. We pay particular attention to thinking rationally about the best ways to help others, to measuring, evaluating and improving our impact, to acting innovatively and to carefully using the resources so generously entrusted to us.

Cooperation

Each of us contributes to the collective effort by cultivating the principles of horizontal governance, which require sharing authority, making authentic connections, and sustaining critical self-awareness. Treasuring our interdependence, we put ourselves at the service of others without neglecting our individual needs

Personal practice

We are convinced of the importance of transforming ourselves individually and then contributing to changing the world. Karuna offers its members the tools and time to regularly practice active listening, mindfulness and emotional intelligence.

“ The year 2022 has been very rich for Karuna, following the difficult period during the COVID pandemic. Now the teams are able to work more closely on existing projects, explore new intervention areas, and imagine ever more innovative solutions. Committed and motivated by impact, we are very proud that the vast majority of donations go directly to our projects, notably by keeping our management costs low for the administrative sector. We express our immense gratitude to all our generous benefactors.

ERICK RINNER,
PRESIDENT OF KARUNA-SHECHEN

PLAN 2025, TOWARDS A HARMONIOUS ORGANIZATION

Karuna-Shechen's «Plan 2025» was drawn up collectively in 2021 and addresses the association's identity, its missions, its values, its internal culture, its governance, its objectives and the means of achieving them, with particular attention to the relationship between our advocacy and our field activities.

2022 saw the advent of the official unification of the accounts of all six branches of the association: Europe, Hong Kong, India, Nepal, Switzerland and the USA, contributing to better financial management and consequently to the professionalization of the organization.

We have continued to integrate the three pillars of an 'opal' organizational mode, collective, emotional and organizational intelligence (see page 39). We have thus developed concrete tools to ensure that this work culture does not remain theoretical, but that it allows each and every one of us to infuse the collective will to strive for a more altruistic world, starting with ourselves.

Finally, this year we will launch the pilot initiatives of the Communities of Altruism in Action (C2A) model (see page 16), including the sharing of tools and methodologies with those we support, guide, and work with. This inclusive modus operandi, based on an equitable and solid partnership, will enable communities to identify their own needs and to imagine, implement, and manage solutions for their own development.





WHAT COUNTED IN *2022*



670,000
people
accompanied

251,200
direct
beneficiaries

10,900
animals
cared for

US\$ 3.2M
dedicated to our missions

68,750
villagers
cultivate a nutritive
garden

66,300
people
cared for

7,350
children
supported
in their schooling


 ADVOCACY

80,000
people
listened

to the podcast
« A Summer with
Matthieu Ricard »

16,000
visits

to the new website
launched in September

More than
100 people

in the Resilience
program


 FUNDRAISING

4,353

people donated from
over 65 countries

189
associations,
companies
and foundations

committed to our cause

49

project leaders
united for Action
for Karuna, solidarity
initiative movement



 TEAM

302 members
16 nationalities

28% of volunteers
among Karuna
members

56% men
44% women



HIGHLIGHTS

JANUARY

LAUNCH OF THE RADIOLOGY DEPARTMENT

The clinics in Jharkhand and Bihar in India are equipped with a radiology department. The acquisition of the two X-ray scanners was made possible by a sponsoring foundation. The patients of our clinics now have access to this modern service, which is usually financially inaccessible and non-existent in these regions.



FEBRUARY

HEADQUARTERS OF THE ASSOCIATION IN FRANCE

The heads of the local branches in Switzerland, the United States and Hong Kong become members of the Board of Directors of the Karuna-Shechen France association, which is officially designated as the headquarters of the association. Erick Rinner is elected President, succeeding Jean Timsit who has held this position since 2019.



MARCH

VISIT TO INDIA

Part of the French team visited their colleagues in India. The time spent together allowed us to prepare for the upcoming recruitment of the senior management team and to work on restructuring the working methods. It was also an opportunity to visit the projects deployed, particularly those of our partner Calcutta Rescue.



APRIL

ALTRUISM AT THE HEART OF THE DEBATE

On the occasion of the presidential elections in France, Karuna-Shechen proposes a series of three round-table discussions on key issues: the climate crisis, extreme poverty and animal suffering.



MAY

ACTION FOR KARUNA

The 5th edition of the movement of solidarity initiatives brought together 49 project leaders and more than 400 participants, who together have collected almost US\$ 16,000, through a variety of funds: yoga classes, plant-based cooking workshops, meditation sessions, sports challenges, nature walks... and many other creative and joyful ideas.



JUNE

AN EXPERIENCED TEAM

In India and Nepal, a team of senior managers was recruited to consolidate the development of our projects and initiatives in each country: a financial director, an operations director, and a director of the monitoring and evaluation unit, which is responsible for measuring the progress, shortcomings, impact and effectiveness of programs.



JULY

A SUMMER WITH MATTHIEU RICARD

A series of 8 podcasts was launched, in which Matthieu Ricard and experts on specific topics discussed themes such as altruism at work, animal welfare, the climate crisis, extreme poverty, hope... Available for free listening on Spotify, Deezer and Apple Podcasts.



AUGUST

A NEW DENTAL CLINIC

In India, Karuna acquired a bus converted into a mobile dental clinic. The vehicle visits villages in Bihar to raise awareness of dental hygiene and provide treatment. This program is made possible thanks to the sponsorship of an Indian company and foundation.



SEPTEMBER

VISUAL IDENTITY AND WEBSITE

During the summer, Karuna has given itself a makeover by launching a new website. It clearly presents the association's dual mission, in particular the triptych that characterizes our advocacy: Be Inspired, Practice, Get involved. This showcase is an opportunity to redefine our visual identity, which is warmer and more in tune with who we are.



OCTOBER

WORKSHOPS ON OUR INTERVENTION METHODS

For several months, Karuna's teams will work together to devise an innovative intervention model that places the communities being supported at the center of the design, implementation and management of projects. The «Altruism in Action Communities» will be tested from 2023.



NOVEMBER

VISIT TO NEPAL

A few members of the association's head office, including two new members who arrived in June, visited Nepal to nurture links with the local teams and evaluate several programs. In 2023 this group will visit the Terai in southern Nepal to explore opportunities for assistance and project development in this region.



DECEMBER

CONSTRUCTION OF THE KHARSA SCHOOL

In partnership with French architects, Karuna is starting work on the foundation of the Kharsa School in the Ruby Valley. This school will be built entirely by local workers and with local materials. Designed according to local know-how, the school is earthquake-proof and will be inaugurated at the end of 2023.





Acting WITH ALTRUISM

Karuna-Shechen works to break the cycle of extreme poverty, strengthen the resilience and develop the full potential of poor, vulnerable or distressed populations in India, Nepal and Tibet.

In 2022, we collaborated with more than 670,000 people, 251,200 of whom were directly supported by Karuna-Shechen, through a variety of interdependent programs that address the overall situation of the communities supported : health and hygiene, education, food security, economic development and environmental preservation.

We accompany these people, facilitate their empowerment and reinforce their resilience by making them actors of their own development. This is how they move towards a better future.

ACTING WITH ALTRUISM

Those we support in India and Nepal

We work with isolated and extremely poor people in all their diversity.

Karuna-Shechen works with a variety of communities, all of which are isolated by their geographic location, social composition and/or material infrastructure. They are rarely or minimally touched by the activities of other philanthropic organizations, and existing state services.

Our mission as a non-political and non-denominational organization is to help the most disadvantaged children, women and men to the best of our ability, regardless of gender, religion or caste.

What unites the people we work with is their strong determination to escape from extreme poverty by becoming agents of their own development.



BREAK THE CYCLE OF EXTREME POVERTY

Extreme poverty is defined as the sum of various insecurities: precarious housing, insufficient food, difficulties in accessing basic services or professional opportunities. This condition is often transgenerational and difficult to escape, especially when combined with geographical isolation.

Aware of the interdependence of the causes of extreme poverty, Karuna-Shechen acts in a global manner to eradicate them, through systemic, multidisciplinary and complementary programs: health and hygiene, education, food security, economic development and environmental preservation.

Furthermore, we are convinced that women play a crucial role in the development of a sustainable and altruistic society. Therefore, our programs take into account their specific needs and focus on empowering and inspiring them as agents of change.

“ In the Nepalese village of Aawii in the Ruby Valley one third of the population is illiterate, and the school drop-out rate is 6% due to distance, early marriage and household financial difficulties. Basic services are only available in the towns, which are at least a day's journey away. Unemployment is very high throughout the valley, which is why many men have chosen to work abroad. Finally, the crops are not very diversified, with mainly maize, millet, barley and potatoes. The challenges are many and Karuna can help to overcome them.

KABINA MAHARJAN,
MONITORING AND EVALUATION OFFICER



ACTING WITH ALTRUISM

The remote areas where we operate

Since its inception in 2000, Karuna-Shechen has been working in India and Nepal, in the most disadvantaged and remote regions, where the needs are the greatest.

INDIA

Karuna-Shechen is active in the two poorest states: Bihar and Jharkhand, with 52% and 42% of the population respectively living below the poverty line. These regions also face challenges such as high levels of plastic pollution and the effects of climate change, including increased heat waves and water scarcity.

NEPAL

Karuna-Shechen works in Nepal where 20% of the population lives below the national poverty line. This situation is exacerbated in rural and remote areas, such as those where we work: Sindhuli, isolated in the hills of the Kathmandu Valley, and the Ruby Valley, a very isolated mountainous region.

TWO NEW AREAS OF INTERVENTION IN 2023

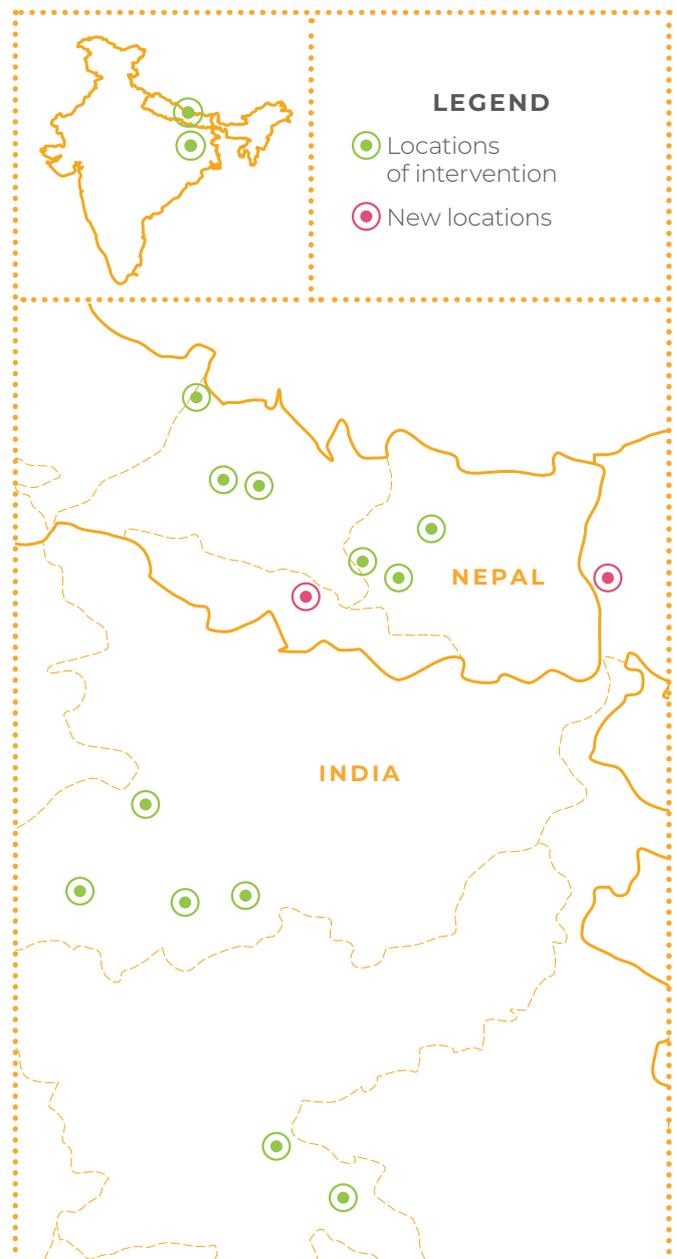
Following identification studies and exploration missions, Karuna is expanding its activities in 2023 to two new regions among the most disadvantaged in Nepal and India.

TERAI

Located in the south of Nepal on the border with India, the Terai is home to half the country's population. With a subtropical climate, it is the country's breadbasket, but also an active industrial and financial center. Despite this, poverty is endemic, especially among the culturally and socially marginalized Dalit population. The will of the local authorities and many inspiring people in the villages convinced Karuna to act in the Terai to support the people there, who are determined to drive their own development.

DARJEELING

The Darjeeling region borders Nepal. Geographically isolated, the population naturally develops their connection and resilience, which are two qualities that Karuna values in its partnership approach with communities and which guarantee the sustainability of the programs. Because of the tea culture, Darjeeling has received waves of immigration from neighboring regions and exiles from Tibet. The district has very high socio-economic inequalities, including high unemployment.



ACTING WITH ALTRUISM

Communities of Altruism in Action

To ensure that communities are at the heart of their empowerment, we place them as equal partners in the entire program delivery chain.

DEVELOPMENT THROUGH COMMUNITIES

We are convinced that the people we support are in the best position to decide and implement improvements in their living conditions, by themselves.

As part of our Plan 2025, the year 2023 will be very important as we strengthen our shift from a community-based development approach to a community-driven development approach. We offer them control over the processes of needs expression, development, resource management and decision-making, rather than involving them only as information providers and occasional partners.

From 2024 onwards, communities will gradually move from being beneficiaries to being equal partners, and will ultimately be seen as decision-makers. This will promote the sustainability of the actions, which systematically integrate empowerment and an exit strategy.

A NEW MODEL OF INTERVENTION

Thanks to more than 20 years of experience in the field, Karuna has developed its own model, called Communities of Altruism in Action, inspired in particular by our «small money BIG CHANGE» program deployed in India over the last 10 years. It is based on four pillars:

THE ESTABLISHMENT OF BETTER FUTURE COMMITTEES

These joint councils represent groups of villages and identify, co-design and co-implement the association's programs. Local relays, the «compassion motivators», are recruited within the villages, in particular to develop a link of trust between the communities and the Karuna teams.

A HOLISTIC RESPONSE DEFINED BY THE COMMUNITIES

Acknowledging the interdependence of the causes of extreme poverty is the only way to break the cycle. We therefore work in five sectors: health and hygiene, education, economic development, food security and the environment.

AN UNCONDITIONAL FINANCIAL GRANT

This model, studied by Nobel Prize winners Esther Duflo, Abhijit Banerjee and Michael Kremer, consists of transferring financial control to the local committee and making «unconditional grants». This modality is still in the study phase and will be tested within the model in the coming years.

ALTRUISM AT THE HEART OF OUR ACTIONS

We are convinced that this is one of the antidotes to current and future challenges. We therefore encourage altruistic behavior in our interventions and within the village committees, to change the way we look at the world and others, to create authentic relationships of sharing, and to encourage the development of the altruistic potential of all the stakeholders in our projects.

From 2023 onwards, this model will be implemented and progressively tested from the beginning in each new area of intervention and the model's effectiveness for each project will be evaluated.



ACTING WITH ALTRUISM

Our staff working in the field

A LOCAL AND HUMAN APPROACH

Active in Asia since 2000, our teams are made up entirely of local professionals from the regions in which we operate.

Their knowledge of the territory coupled with their proximity to the population allows Karuna-Shechen to implement actions that respect local cultures, resources and know-how, which encourages the involvement and autonomy of the communities.

Our work is based on effective altruism through sound program design, rigorous measurement and evaluation of our impact and efficient use of resources. We are committed to transparency, integrity and anti-corruption.

STRUCTURING EFFORTS

As part of Plan 2025 and in order to better support its partner communities, Karuna is engaged in a process of restructuring its branches in India and Nepal.

During 2022, efforts were focused on building a senior management team, consisting of a country director, a program director, a finance director and a manager for each intervention sector in each country.

A monitoring and evaluation department was also created to ensure the best possible impact of our programs and the efficient use of the financial resources generously entrusted to us. This department, which has been active since last year, has carried out a large-scale study of all the villages where we operate and identified two new intervention zones for 2023.

These innovations were also deployed with the aim of harmonizing our practices and making it possible to share expertise between our two countries of intervention.



ACTING WITH ALTRUISM

Health and Hygiene

Saving lives and preserving health

In India as in Nepal, the regions in which we act are confronted with limited material, financial and geographic access to health care.

We ensure the development of adapted interventions to save lives, alleviate suffering and preserve the health of the most vulnerable. Our clinics and health posts are open every day, without interruption, and offer diagnostic, general, specialized and alternative medical services. Our teams promote preventive medicine through awareness about nutrition, menstruation, safe birthing practices, maternity, breastfeeding and childhood diseases. Finally, veterinarians travel to treat sick animals on the farms.



OUR PROGRAMS



General medicine Treating and caring for the whole family



Specialized medicine Responding to various pathologies



Mobile clinics Bringing care to remote areas



Diagnostics Using technology to find the origin of pathologies



Women and children Raising awareness and addressing their specific needs



Sanitation Raising awareness of hygiene and building toilets



Veterinary care Treating and remedying the suffering of animals

OUR METHOD OF INTERVENTION

Our health services are continually adapting to meet the needs of those we serve. For example, we are creating new infrastructure, investing in new treatment and diagnostic equipment and paying particular attention to the training of medical staff. We combine care with prevention, either in our health centers or by bringing equipment and skills to people in remote areas.

66,300

medical consultations

10,900

animals treated

8,050

women educated about menstrual hygiene

2,786

families benefit from toilets

INDIA

BREAKING THE TABOO ON MENSTRUAL HEALTH

In India, the subject of menstruation is taboo. Women therefore have a lack of knowledge about their own bodies, the necessary hygiene and the resources available.

Seema used clothes during her period and did not know about sanitary pads. When she heard about them, she started buying them in shops, but it was too expensive. She attended an awareness-raising workshop given by our teams and has since been using the affordable and environmentally friendly sanitary towels, made locally by the workshops set up by Karuna.

“ I was afraid of infection from using dirty clothes. As for sanitary towels, they cost a lot of money and throwing them away is also a problem in the village. I am very happy to have reusable cloth pads. I feel good and very comfortable.

SEEMA DEVI
MOHANPUR VILLAGE

6,620 women
and girls informed



NEPAL

CARING FOR THE LIVING

Paying attention to the health of the animals avoids unnecessary suffering, while at the same time offering a more peaceful future for the breeders.

Karuna's veterinarians distribute medicines and provide care for livestock. This is an essential service that is not otherwise available in rural and mountainous areas such as the Ruby Valley.

“ My family and I are farmers and also keep cattle. One of my cows had been unwell for several days when I decided to inform Karuna-Shechen. A veterinary technician quickly came to my house to examine the cow. She diagnosed a babesiosis infection and gave her medication. After three days of treatment, my cow started eating grass and producing milk again. She was completely cured, which made us extremely happy.

MENTEL TAMANG
FARMER

2,366 animals
treated

ACTING WITH ALTRUISM

Education

Strengthening access to quality education for all

Education is not only a means of improving living conditions, but also a tool for the overall development of the individual. It is a key factor in promoting equality and autonomy.

In our regions of operation, schools are underfunded, neglected and sometimes non-existent. Our early childhood programs bring joy, encourage cooperation and promote healthy development. We support primary schools with infrastructure, materials and teacher training. Finally, we support young people, the adults of tomorrow, to become more responsible and altruistic, and provide basic education to illiterate adults, especially women, who have a higher school drop-out rate.



OUR PROGRAMS



Early childhood development

Encouraging joy, cultivating values of cooperation and sharing



School support Rehabilitating buildings, providing materials and educational tools



Adult literac Learning to read, count and other essential skills



Teacher training Teaching innovative and caring teaching methods



Building Futures Helping teens build a better future

OUR METHOD OF INTERVENTION

Our programs integrate respect and preservation of local culture and languages. Our approach emphasizes the creation of caring learning environments, and encourages the involvement of parents and the community to ensure the sustainability of projects. We pay particular attention to the needs of girls and to gender parity in each class.

5,450

children attended kindergarten

1,525

children and adolescents supported in their schooling

534

adults taught to read and write

68

teachers and facilitators trained



NEPAL

SUPPORTING PARENTS AND TEACHERS IN EARLY CHILDHOOD DEVELOPMENT

We support the creation of environments conducive to early childhood development by providing kindergartens with appropriate equipment and training teachers.

The people accompanied by Karuna are more attuned to the children's expectations, sensitive to their emotional and educational needs and capable of leading activities.

“ Before the training, I thought it was my responsibility to teach young children only the alphabet and numbers. Through Karuna, I became aware of the need to also develop physical, emotional, cognitive and social skills. I have also learned to offer a variety of activities, including singing, dancing, storytelling, games and drawing. The children are joyful and cooperate with each other. I also participated in the parenting programme to learn how to support the children both at home and at school.

LILY MAYA MAGAR,
PRIMARY SCHOOL TEACHER

441 adults trained

INDIA

THERE IS NO AGE LIMIT FOR LEARNING TO READ

The adult literacy program enables women to learn to read, write and count in order to be more independent and confident.

Due to a high rate of female school drop-out, many women do not feel empowered and confident. Karuna's basic education enables adults to be able to help their children with their schooling and to have access to better professional opportunities.

“ I am 32 years old, I have three daughters and I work as a laborer. I never went to school but I have a great desire to learn today. Even when I am pregnant, I participate in workshops every day after I finish work. What motivates me is to be able to accompany my children in their homework and to improve the living conditions of my family by applying for better jobs.

RESHMI DEVI

534 women

attending literacy classes



ACTING WITH ALTRUISM

Food security

Fighting malnutrition while respecting the environment

Food security is defined as the physical, social and economic availability of sufficient quality and nutritious food for an active and healthy life.

In the isolated areas where Karuna works, the climate and lack of water make cultivation difficult and restrict the variety of crops, and the consequences of climate change (variations in monsoons, temperatures, drought, floods, etc.) can be devastating. We therefore offer training and technical solutions for families to grow their own fruit and vegetables in an environmentally friendly way, and to be autonomous in water management. We also support village committees in the development of community projects for the enhancement of water resources.

OUR PROGRAMS



Organic vegetable gardens

Providing quality food based on traditional and responsible agriculture



Drip irrigation

Irrigating crops year-round while respecting resources



Water management

Facilitating access to water through the creation of ponds and wells



OUR METHOD OF INTERVENTION

Improving food security implies a global approach to reasoned and ecological management of water and soil resources. We work on two complementary levels: solutions adapted to the needs of individual families and collective initiatives on a village scale.



INDIA

DRIP IRRIGATION, EFFICIENT AND ENERGY-SAVING

Our agriculture programs integrate water efficiency solutions.

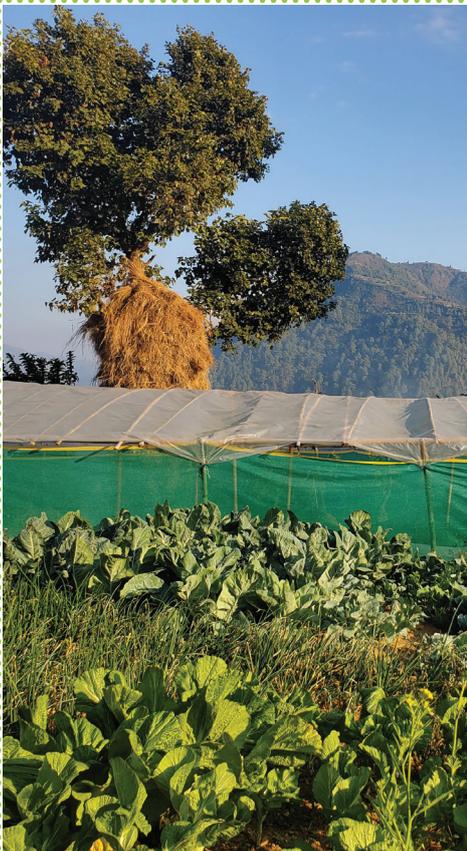
This is a major challenge for populations who have been powerless to cope with climate change.

Dry seasons are tough for farmers and they are getting tougher. Karuna supports farmers in implementing innovative solutions to cultivate according to available resources, such as rainwater harvesting or drip irrigation.

“Agriculture is our main source of income. But the water crisis in the region is a problem that affects us all. To solve this problem, the Karuna team convinced me to use traditional drip irrigation and provided me with a complete system. I use it in my strawberry field. The results are very satisfactory when used correctly. So now I am sharing my experience with other farmers to convince them to adopt this solution.

MANOJ KUMAR
FARMER

656 drip irrigation
kits installed



NEPAL

GROWING VEGETABLES FOR HEALTH AND INCOME

The climate and isolation faced by mountainous territories limit cultivation throughout the year.

The installation of greenhouses allows families to diversify their crops, thus adding new foods to their diet, and also extends their growing season, which increases their food production and generates additional income from the surplus.

“I have a small vegetable garden near my house. All the seeds and saplings I planted were given to me by Karuna-Shechen. Before, I couldn't grow them properly because of the cold. Now, thanks to a greenhouse, I grow fruit and vegetables even in winter, and sell the surplus. I have also learned to produce seeds by myself thanks to the training I received on sustainable farming methods adapted to our region.

KHURANI GHALE
FARMER

1,260 farmers
trained and equipped in agriculture

ACTING WITH ALTRUISM

Economic development

Empowerment to be actors of change

People in rural and mountainous regions of India and Nepal lack job opportunities, training, and support.

In our regions of intervention, the majority of the population lives below the poverty line. Unemployment is very high, especially among women and young people. Our centers provide training to strengthen and develop skills in the production of handicrafts, agriculture, IT, entrepreneurship and innovative technologies. We also provide financial support for the creation of micro-enterprises.



OUR PROGRAMS

-  **Agriculture** Training in responsible agronomy
-  **Handicrafts** Guaranteeing an income through the creative arts
-  **Computer science** Providing access to technical and practical knowledge
-  **Micro-entrepreneurship** Providing financial support for the creation of a business
-  **Sustainable technologies** Training for tomorrow's professions

OUR METHOD OF INTERVENTION

Empowerment programs support women in particular. By taking a more equal place in society, they have a positive impact on the education and health of their families and have better self-esteem and confidence. Most importantly, they break down gender barriers, overturn taboos and become sources of inspiration for other women and future generations.

478

financial grants for a micro-business

245

young people in computer classes

150

women trained in crafts

12

women trained in solar energy and entrepreneurship



NEPAL

CULTIVATING EFFICIENTLY AND RESPECTFULLY

In areas where farming is already difficult because of the topography and climate, optimizing farming techniques can make life easier for farmers and increase production.

The agricultural training courses provide technical knowledge that ensures the subsistence of families as well as the generation of additional income from the sale of surpluses. We focus on traditional techniques and methods that respect health and the environment.

“ As s a child I worked as a farmer, which is why I never went to school. I am 62 years old but I am still very active and a hard worker. Thanks to Karuna, I have the chance to study innovative farming techniques about seed production, natural fertilizers and pesticides and working the land between harvests. I cultivate my plots better and get better yields. I have learned a lot and am happy to share my knowledge with my neighbors

SHIDDHI BAHADUR BURAKSHETRI
FARMER

324 people
trained in agriculture

INDIA

BROADEN YOUR PROFESSIONAL SKILLS

Finding a job is difficult for women and disadvantaged youth in India, even those with first-level degrees.

In order for them to be able to seize more opportunities, Karuna offers computer training to acquire additional skills to help them find a job.

“ I have always been fascinated by computers, but we don't have them at home or at school. I adapted anyway and got admitted to a college in Jamshedpur, where I am studying history. I heard about Karuna's computer course and enrolled immediately. It will help me during my studies and when I apply for jobs. I hope one day I can pass on this knowledge to the children in my village who are eager to learn, as I was at their age.

BHARTI SARDAR
STUDENT

245 young people
trained in IT



ACTING WITH ALTRUISM

Environment

Promoting practices respectful of nature and life

The effects of climate change are already at work in our regions of intervention: severe droughts and torrential rains follow one another, strongly impacting the poorest populations, who have no means to adapt.

Each year, droughts reduce water reserves a little more, reducing agricultural yields throughout the year. The heavy monsoon rains that follow, combined with increasing deforestation and urbanization, cause landslides. Between heat waves, highly polluted air and heavy plastic pollution, biodiversity is also suffering. Our programmes support populations to adapt and reduce these harmful effects over time, through solutions at the family or village level: green electricity, waste management, reforestation, awareness raising and collective ecological actions.

OUR PROGRAMS

-  **Greening** Raising awareness and promoting responsible practices
-  **Tree planting** Fighting global warming and preserving biodiversity
-  **Solar electrification** Providing sustainable, responsible and healthy energy

OUR METHOD OF INTERVENTION

Adaptation and cooperation are at the heart of our programme strategies. We involve the beneficiary populations in the entire process of building the projects, promoting empowerment and responsibility.

We are committed to involving the younger generations, raising their awareness and giving them the keys to become responsible citizens.



8,150
trees planted

3,820
people made aware of eco-responsible attitudes

3,150
households benefit from solar electricity

INDIA

PROMOTING ECO-RESPONSIBLE ATTITUDES AND ALTERNATIVES

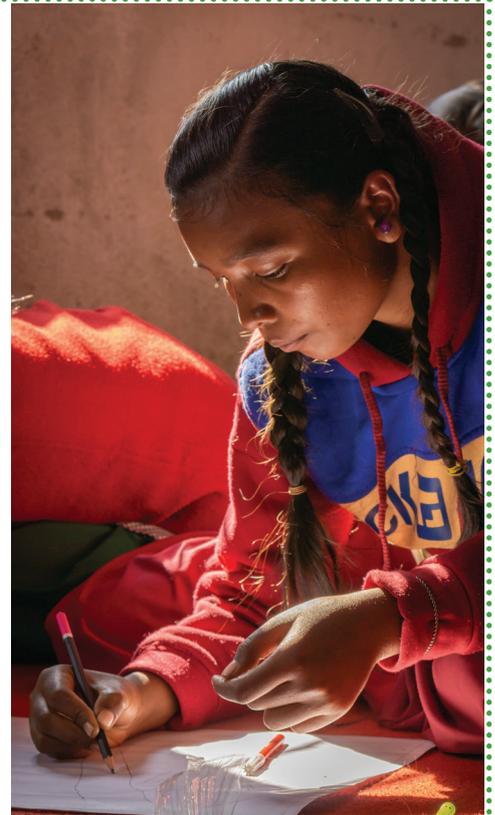
In the absence of public understanding of the dangers of plastic in nature, and of alternatives to it, India faces a major challenge.

Through awareness-raising workshops and the distribution of alternatives to plastic bags, we promote informed and responsible attitudes, especially among young people who become ambassadors of ecological altruism

“ The children were very enthusiastic about participating in this environmental awareness program. The (final) competition and quiz with all the students was very fun. This program is very useful and gives hope for the future. It will improve the students' skills and make them more responsible, especially on the use of plastic and respect for nature.

MANIK LAL MAHATO
PRIMARY SCHOOL PRINCIPAL

6,350 jute bags
distributed



NEPAL

IMPROVING WASTE MANAGEMENT

People in Nepal are not always aware of the environmental consequences of poor waste management and do not have access to solutions.

Once informed, rural people are willing to take action and implement means to do their part in waste management. In the absence of a viable response from the local administration, Karuna carries out campaigns, training and distribution of waste management equipment.

“ Our village is facing deforestation, which is polluting the surrounding areas and the rivers, the main source of drinking water for the village. Karuna's program cultivates responsible attitudes among the youth, who then act in groups to share what they learn with their community by visiting each house. The entire village is involved in the clean-up and nature conservation initiatives.

SOM BAHADUR TAMANG
PRIMARY SCHOOL TEACHER

850 villagers
use waste management facilities

ACTING WITH ALTRUISM

Partner projects

Supporting innovative programs of inspiring organizations

Since 2020, Karuna-Shechen has been committed to supporting and co-constructing innovative and collaborative projects that are aligned with our missions and values.

INDIA | ASSEFA

SUPPORTING THE EMPOWERMENT OF WOMEN AND FARMERS

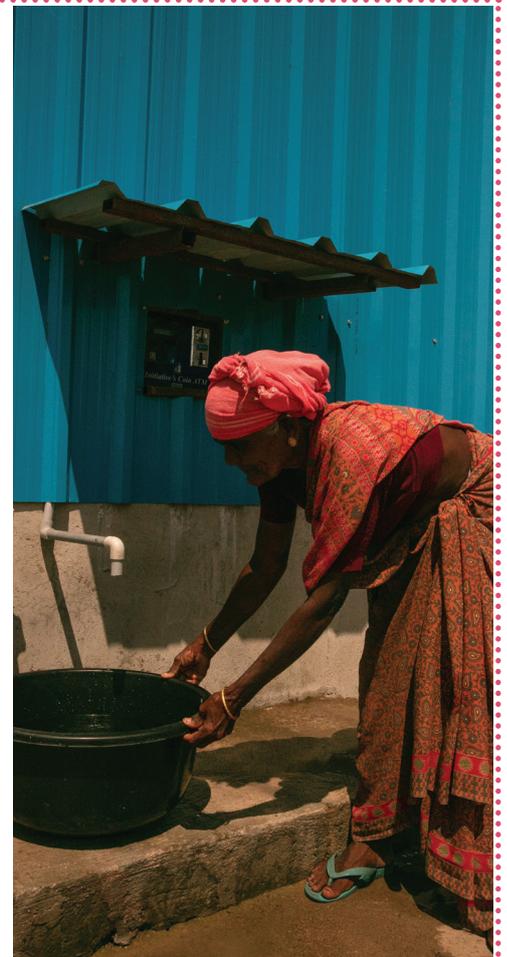
An association founded on the principles of justice, love and service, ASSEFA works to empower communities to ensure economic and social equality for disadvantaged populations.

Based in the state of Tamil Nadu in the south of the country, the association works with the same multi-sectoral and participatory approach as Karuna-Shechen, helping women and farmers in particular. We support an interest-free micro-credit program for the purchase of livestock, the construction of wells, the installation of drinking water systems and the setting up of support systems for pupils with learning difficulties.

“ After I got married, I wanted to create a social business that would allow me to earn a living while helping the community. In my village, many people have gray teeth, kidney stones, diarrhea... I heard that this was due to regular consumption of poor quality water. So I gave up a piece of my land for free to set up a water purification unit, which I manage and which brings me an income. I am happy to see the benefits for everyone, even the neighboring villages that come here.

JOTHI

854 people
supported



INDIA | CALCUTTA RESCUE

IMPROVING THE LIVING CONDITIONS IN THE SLUMS

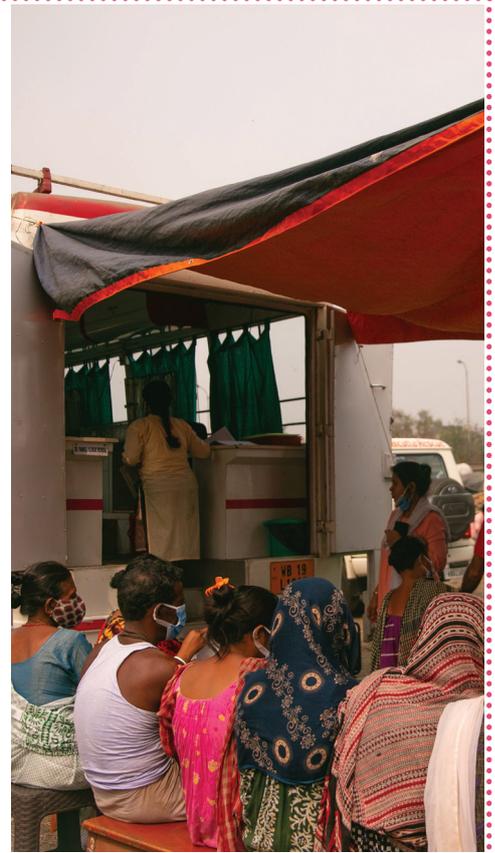
Calcutta Rescue teams aim to improve the health and general well-being of the most neglected populations.

The Calcutta Rescue association treats slum populations and provides resources to enable them to be more autonomous: prevention, improvement of sanitary conditions, hygiene products and housing assistance. Karuna supports a street medicine program and the rehabilitation of housing, sanitation and water storage facilities.

“ I live with my husband and one child and I am currently pregnant. For the past few months I have been going to the street health service to receive medicines and food supplements. It is difficult for me to express the joy of finally having a well-built toilet. Before this, we had to go far away from the house to relieve ourselves in the bush and to be careful of passers-by and animals. This is a very difficult situation in rainy weather, especially for the women.

ARCHANA

4,270 people
benefiting from the program



NEPAL | TERGAR CHARITY NEPAL

ENSURING FOOD SECURITY IN MOUNTAIN REGIONS

The Tergar Charity is an organization founded by Yongey Mingyur Rinpoche. It works to ensure that the people of the remote Nubri Valley in Nepal can be self-sufficient, develop economically and cope with climate change.

The program supported by Karuna aims to improve food security through the provision of greenhouses, which allow for the growth of a variety of nutritious vegetables throughout the year. The crops also allow the women supported to develop an income.

“ Now we can get all kinds of vegetables all year round: in spring, when no vegetables grow outside because of the cold weather, I can grow them inside. I feed my family in all seasons. I am also very happy that I have been able to share my produce with my neighbors and friends. We live much better than before.

YOU DON

669 people
supported



TIBET

Since the beginning of Karuna-Shechen, we have been accompanying the nomadic populations and the most destitute in Eastern Tibet.

The projects supported in this region offer access to schooling, medical services, care for the elderly, infrastructure and cultural preservation initiatives.

The general situation in Tibet still presents many challenges for humanitarian organizations, especially for local teams. For this reason, we are voluntarily limiting our report on this region.

“ Impartiality is an essential component of altruism: the desire for beings to find happiness and be free from suffering should not depend on our personal attachments or on how others treat us or behave towards us.

MATTHIEU RICARD,
A PLEA FOR ALTRUISM







Advocating FOR ALTRUISM

Karuna-Shechen invites everyone to develop their altruistic potential and walk together towards a more altruistic, resilient and peaceful world.

Our era is confronted with the challenge of reconciling the search for well-being, the protection of living beings, the imperatives of the economy, social justice and the security of future generations. Altruism offers the most concrete solutions to these challenges.

Altruism changes the way we look at the world. It helps us to develop authentic relationships through sharing, support and care. This authenticity is considered the cornerstone of a fulfilling life, and is very different from selfishness, which destroys the bonds with those around us, both near and far.

Karuna offers the possibility to cultivate our inspiration, training tools of how to practice meditation and mindfulness, and suggests ways to take part in the change and to get involved in a concrete way.



ADVOCATING FOR ALTRUISM



Be inspired

change your look at the world and people

Adopting a new way of looking at the world, free of any negative bias, allows us to pay attention to the beauty of the beings and the environment around us and to be inspired to take care of them.

Inspiration requires us to look closely at what is usually less visible, to witness the beautiful as well as the not so beautiful. By changing our view of the world, we can focus our attention on caring behaviors, beautiful landscapes, animals or artistic creations. The purpose of inspiration is to lead us to act for the better, whether it is by cultivating positive emotions such as joy or wonder, or by being moved by a sense of outrage. Without this inspiration in our daily lives, we risk losing sight of our motivation, and ultimately forgetting the meaning of our actions.

“ We can marvel at the best in others, as well as the most sublime in nature.

MATTHIEU RICARD

PODCAST

A SUMMER WITH MATTHIEU RICARD

During the summer, Karuna launched a new format by broadcasting eight audio episodes featuring exchanges between Matthieu Ricard and specialist speakers on themes such as altruism at work, liberation or animal suffering. Each episode attempts to take a fresh look at these different topics, as well as to provide inspiration and food for thought. The podcast series is still available on the streaming platforms Spotify, Deezer and Apple Podcast.



AN INVITATION TO WONDER

Following up on our partnership with Minimento last year, Karuna has teamed up with video artist Russell Gonsalves to produce a poetic animation that invites us to (re)take the time to marvel at the details of everyday life. Watch it on our Youtube channel.



ALTRUISM AT THE HEART OF THE DEBATE

In the context of the presidential elections in France, Karuna wanted to put altruism at the heart of the debate by offering round table discussions on three topics: the climate crisis, extreme poverty and animal suffering. These discussions involved experts on these subjects: Brigitte Gothière from the L214 association, journalist Hugo Clément, Xavier Emmanuelli founder of SamuSocial de Paris and Catherine Le Bris, an expert in human rights and environmental rights.

ADVOCATING FOR ALTRUISM



Practice

change yourself to better change the world

Taking care of oneself is essential to be able to take care of others and act in favor of a more altruistic world. Karuna-Shechen invites us to reconnect with our emotions before gradually adopting promising new habits.

Developing emotional intelligence allows us to recognise, understand and control our own emotions and to enter more easily into compassion with others. Regular practice of compassion allows us to gradually transform our lives and become more altruistic. Contemplative sciences such as neuroscience have proven that basic human qualities can be cultivated through training, just like any other ability we practice regularly: playing the piano, drawing or playing sports. Without this training of the mind, we risk becoming exhausted in the face of the world's misery or difficulties. In the long run, there is also the risk of falling into empathic distress. So it's a balance between taking care of ourselves and taking care of others.

“ Life itself is true meditation and not just the time we spend sitting in meditation.

JON KABAT-ZINN

DISCOVERING MEDITATION

Matthieu Ricard has been invited to collaborate on the content of the Prezens App and offers eleven guided meditations for developing mindfulness, cultivating altruism and compassion, and managing pain. This collaboration contributes to the spread of mindfulness in an accessible and free way.



RESILIENCE EMBRACING THE EVERYDAY

Aimed at people working in the field of care, the Resilience program offers a series of eight workshops to strengthen emotional skills and reduce stress, based on mindfulness. Caregivers and social workers learn to preserve themselves in order to better help by cultivating their inner balance, respecting their limits and regaining confidence in their abilities and decisions.



MEDITATING TO CULTIVATE OUR ALTRUISTIC POTENTIAL

People close to Karuna offer guided meditations on the association's Youtube channel, inviting us to pause, to marvel and to be inspired. These collaborations spread the word about mindfulness and make a wide variety of meditation materials available, free of charge. The aim is to encourage and participate in the development of altruism in everyone.

ADVOCATING FOR ALTRUISM



Get involved

acting for a more altruistic world

Taking action for a cause that is dear to us can sometimes be difficult. Karuna-Shechen recommends committing oneself at one's own pace, in one's own way, keeping a fair and measured intention.

An altruistic vision becomes meaningful when it is implemented in a practical and efficient way for the benefit of others. Everyone can make a commitment, to those around them or to the environment, starting with small gestures that are sources of motivation and joy. Commitment can take different forms: minor adjustments to daily life, major personal or professional choices, sudden or gradual changes, individual or collective initiatives. The important thing is to find the one that suits us. Without commitment, we risk falling into dull non-action and sterile indignation.

“ Not a day goes by without you having an impact on the world around you. What you do makes a difference, and it's up to you to decide what difference you want to make.

JANE GOODALL

LAUNCH A SOLIDARITY FUND

Action for Karuna is a movement of solidarity initiatives that allows everyone to organize an event, alone or in a team, to raise funds. The money raised reflects the incredible energy, creativity and talents of the project leaders: meditation workshop, yoga class, sports challenge, student action, birthday party, going-away party... More than 430 people have already created small collections of funds and launched themselves into altruism in action.

“ Since 2018, I have been supporting Karuna at my humble level through a fund for yoga classes that I run. I am celebrating my 70th birthday this year. Karuna offers me a useful old age!

PAULE D.



ENGAGING YOUR COMPANY

We are committed to cultivating a genuine relationship with each corporate sponsor. Based on shared values, partnerships can take various forms: financial or in-kind donations, product sharing, skills sponsorship, internal mobilization and team-building events. To date, nearly 200 organizations have committed to a responsible approach by supporting Karuna-Shechen.

“ We believe that a company can and should be a good corporate citizen. Our company and all its employees are happy to contribute to a project that promotes the autonomy of the most underprivileged populations living in the regions in which we do business.

FRANÇOIS-XAVIER D.



EXTENDING A LIFE'S COMMITMENT

Every year, some people pass on their assets to Karuna-Shechen in the form of legacies, donations or life insurance policies. This is a wonderful opportunity for them to make a final gesture of kindness, to perpetuate their action and their values.

“ Benevolence in action is a hope to light up hearts. At my level it is an answer and a solution to find direction and meaning in my life. I am delighted with Karuna’s projects and achievements, they correspond to what I imagine we can do for others. Participating, even if it’s only a little, gives me happiness.

ANNE J.



GET INFORMED AND SHARE

Karuna invites you to follow our advocacy and field work through our social networks, our new website and by subscribing to our quarterly newsletter. We share informative content about our programs and resources to help inspire, train and engage everyone.



MAKE A REGULAR DONATION

Each year, Karuna-Shechen can count on the trust and generosity of thousands of benefactors. In order to act sustainably, regular donations allow us to ensure the long-term development of our projects and thus to generate a real impact at the local level. The association is equipped with a 100% secure and easy-to-use online payment platform.



THE TEAM

Karuna-Shechen lives thanks to its close-knit and committed members: employees, volunteers, interns and trainees, who act on a daily basis to guarantee the best possible service to the people supported by its programs.

The organization strives to cultivate and embody what it stands for. Altruism is therefore established as a work culture and takes various forms: work values, bonding time, inspirational books and photos, collective meditations, pleasant premises, etc. These provisions contribute to personal development and the emergence of a work environment that simultaneously promotes efficiency and benevolence.

Our teams in the field are made up entirely of local professionals from the regions where we work, whose cultural and spiritual diversity we respect.

“ At Karuna, we try to adopt an innovative model, to break the hierarchical or pyramidal codes and to value collective intelligence in order to cooperate together with enthusiasm and determination.

QUENTIN DURAND,
CEO KARUNA-SHECHEN



1 head-office in Paris
10 employees
4 interns and alternates



6 international branches
France, Hong Kong, India, Nepal, Switzerland, United-States



302 members worldwide including 83 volunteers
56% man
44% woman



9 operation centers in India and Nepal
255 local employees including 57 people on the medical staff
50 local volunteers village liaisons



THE “OPAL” FUNCTIONING

In 2016, Karuna-Shechen had the opportunity to be involved with Frédéric Laloux, a world-renowned expert in new organizational modes. Matthieu Ricard has called for us to adopt an «opal» mode of organization. After a first successful trial in 2016 for the French and Swiss branches, in 2020 the model was extended to the international structure. Opal organization is based on three pillars:

Self-governance, utilizing collective intelligence

Self-governance is an alternative to both democratic collegial decision-making and pyramidal hierarchical decision-making. Decisions are made by the initiator of the project (also called the source). Any given decision must not harm the organization and it must fit into the annual strategic plan validated by the Board and the CEO. Self-governance is, therefore, neither pyramidal, nor horizontal.

Wholeness, linked to emotional intelligence

Linked to the development of each person's emotional intelligence, wholeness invites all members to behave as who they are by showing all their facets - including their vulnerability. In this way, a person can bring their entire human potential to each of their altruistic activities.

The evolutionary direction, linked to the intelligence of the living organism

The organization is a living entity, with its own energy and sense of direction. The management team lets the missions evolve according to the community context, taking into account the direction that each member proposes. They try to listen to where the organization is naturally going.



OUR WORK VALUES

Be the team

take part in something bigger than oneself with dedication

Invite joy

search and recognize joy wherever it is found

Listen actively

engage in dialogue by listening carefully

Be benevolent

take care of others without neglecting your own needs

Stay efficient

find the right balance between common goals and benevolence

Embrace the unknown

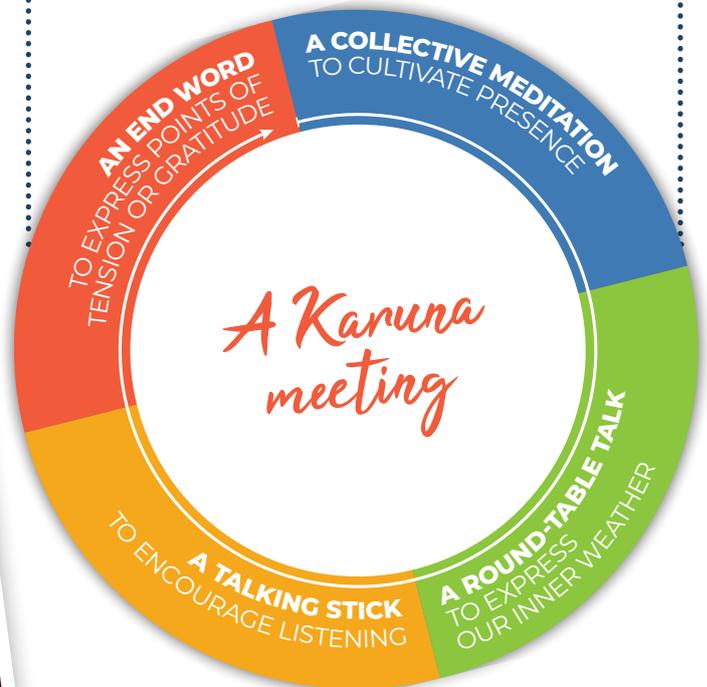
listen to new ideas with a beginner's mind

Express gratitude

pay attention to all the little details that might be overlooked

Share with wise speech

dare to open up to others, with honesty, integrity and humility





JOY AND gratitude

The support of our benefactors is a catalyst of hope, allowing our programs to shine and make a difference in the lives of those who need it most.

Every donation, large or small, regular or single, helps to improve the lives of those we serve. Your show of solidarity is essential to continue to carry out our mission and to foster the resilience of the most vulnerable communities in our regions of intervention. We warmly thank you for your presence at our side.

US\$ 50,000 AND MORE

Anonymous
8BP Fund hosted by Swiss Philanthropy Foundation (Switzerland)
Émergences (Belgium)
Maryse Goeminne-Bernabe (Belgium)
Hershey Family Foundation (United States)
Inspir' Foundation (Switzerland)
Jonala Foundation (Germany)
Association SER - Santé Éducation Recherche (Switzerland)
Tellus Viva Foundation (Switzerland)

US\$ 20,000 TO US\$ 49,999

Anonymous
Allary Editions (France)
American Himalayan Foundation (United States)
Azure Wealth Switzerland SA (Switzerland)
Alette and Jérôme Ballardur - Ayovie (Austria)
George Family Foundation (USA)
Gere Foundation (USA)
Latika and Rajiv Jain Foundation (USA)
Malkani Family Foundation (India)
Palais des Thés (France)

US\$ 5,000 TO US\$ 19,999

Anonymous
American Endowment Foundation - Benevity (United States)
Frédéric Aumont (France)
Marie Baudron (France)
Beauty Street (France)
Anne-Véronique Binétruy (France)
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Cristina Funes-Noppen (Belgium)
Gaëa Sécurité (France)
Thomas and Mirjam Gerber Neidhart (Switzerland)
Jacques Maire (Switzerland)
Antoine Markus (France)
Michèle and Bertrand Piccard (Switzerland)
Planet'Fun - Cube France (France)

“ Over the years, we have witnessed the profound impact of our programs and the lasting improvement in the lives of hundreds of thousands of people through our collaborations. Your commitment to the most vulnerable communities is an inspiration to us all, and we know that we could not continue our work without your generosity. To you, dear friends and philanthropists, I would like to express my deep gratitude on behalf of all those who benefit from our programs and all our colleagues who implement them on a daily basis.

CÉCILE DETRAIN

PHILANTHROPY AND GRANTS OFFICER

A special thanks to our anonymous donors around the world, and to all our dear friends for their presence by our side: Guillaume Allary, Jacqueline, Daniel and Andréa, Martine and Gyaltsen, Caroline Lesire, Ilios Kotsou and Émergences, François-Xavier, Frédéric and the whole team of Palais des Thés, Laurence d'Aboville, Olivier Adam and Dominique Butet, Fleur Gimond, the Jane Goodall Institute, Éditions La Martinière, Messales & Associés, Mindfulness Solidaire, Minimento, L214, Photoby, CréaContacts, Rencontres Perspectives, Patricia Christin and Marion for her inspiring gesture. And for the enthusiastic and dedicated involvement of Romain, Paul, Leïla, Oriane and Hélène.



WITH GRATITUDE WE ACKNOWLEDGE THE BENEFACTORS AND FRIENDS WHO HAVE LEFT US

Marie Madeleine J., Christiane R., Brigitte M., Noëlle d.B., Françoise C., Alison W., Michel K., Chantal N., Mihaela C., Monique L. and Nicole Lattès.

Thank you François

« You only increase yourself by what you transform, because you are the seed ». This quotation from Saint-Exupéry, shared by our friend François B., testifies to the inner quest he has led, cultivating self-transformation and putting himself at the service of others. We are deeply grateful to have known François and our discussions still resonate within us. We will always remember his sincere interest in our work with those people so dear to his heart, his faithful and deeply selfless contribution, his modesty and courage. We are certain that his legacy of kindness and generosity will live on in the memories of all those who had the good fortune to walk alongside him.

A SUSTAINABLE ACTION

“ By donating every month, Karuna-Shechen is able to continue its work in the long term. The modest donations I make add up to a lot in the end. It is essential to help more and more people in a concrete way.

THIERRY B.

Through monthly donations, nearly 2,500 donors ensure the long-term development of our programs. Thank you!

PHILANTHROPY AND SPONSORSHIP: A PARTNERSHIP COMMITMENT

Our philanthropists and sponsors actively participate in the viability of our programs, and we are committed to cultivating a warm, trusting and attentive relationship with each of them. To date, nearly 200 organizations are committed to a responsible approach by supporting Karuna-Shechen.

In 2022, the support of the Malkani Family Foundation enabled the setting up of mobile dental clinics in India. Through their generosity and trust, hundreds of people are receiving preventive dental care, treatment and education for optimal oral health. In previous years, the foundation has supported the diagnostic services of our clinics, which have been equipped with modern radiology equipment.

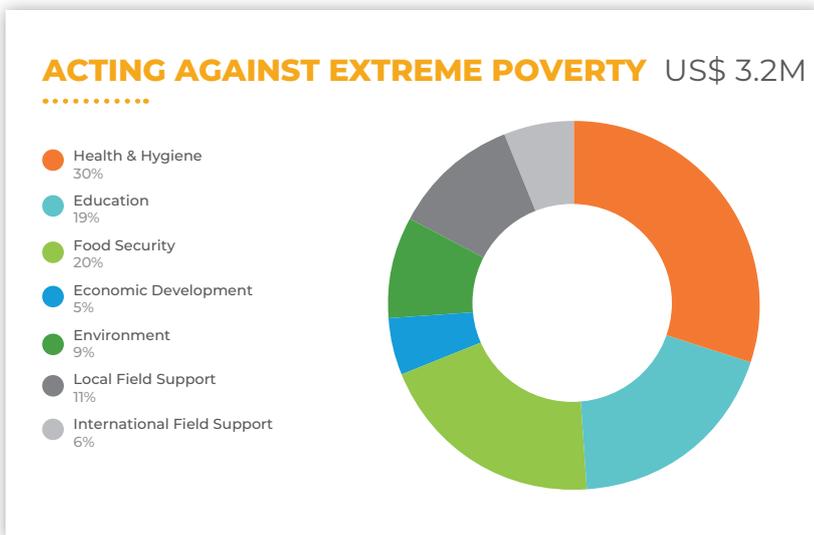
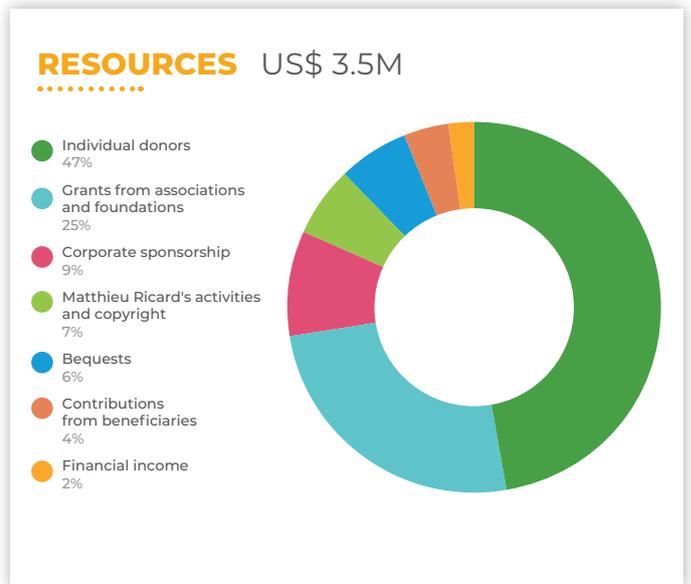
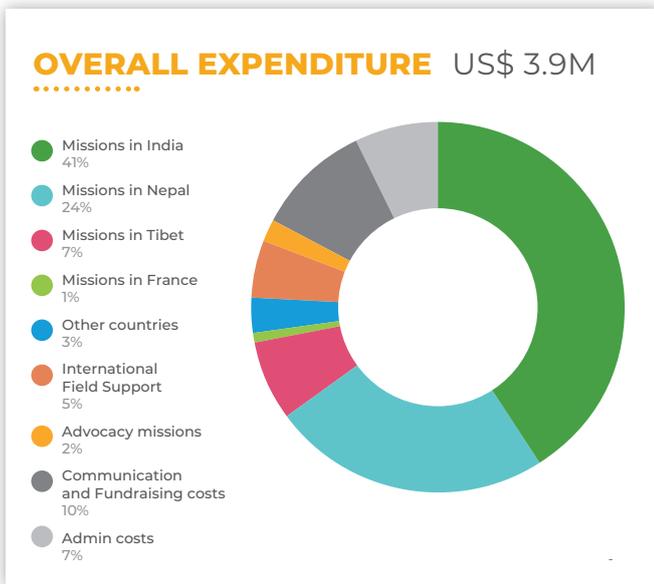
The Karuna vision and program implementation is possible thanks to the interdependence that unites those we accompany, benefactors, volunteers, friends and teams. It is only together that we can move towards a more altruistic world.

Thank you
all for being here

THE FINANCIAL *summary*

Every year, Karuna-Shechen benefits from the generosity of thousands of people and organizations around the world.

Karuna-Shechen's global expenditure in 2022 amounted to US\$ 3.9M, 81% of which was devoted to our programs to combat extreme poverty. Advocacy activity represents 2% of our budget. To support our missions, operating costs amount to 17% of expenditure.



TRANSPARENCY AND IMPACT

Our actions are based on effective altruism through rational design, rigorous measurement and evaluation of our impact and efficient use of resources. We are committed to transparency, integrity and anti-corruption.





ANNUAL REPORT 2022



At Karuna-Shechen, we believe that altruistic love and compassion are the best ways to ensure the good of others, and also to live a meaningful life.

MATTHIEU RICARD



**karuna
shechen**

**altruism
in action**

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