We must always keep both eyes open, one eye on the world’s misery to fight it, one eye on its ineffable beauty, to give thanks.

ABBÉ PIERRE
FRENCH CATHOLIC PRIEST, RESISTANCE FIGHTER AND FOUNDER OF THE EMMAUS MOVEMENT
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Dear friends,

It is with deep gratitude and great joy that I share with you the fruits of our collective labor, driven by our commitment to altruism.

We are more convinced than ever of the need to cultivate benevolence and cooperation to build a better world, to meet the challenges of our time and those of tomorrow. We are happy to continue, together with you, Karuna's benefactors, partners and members, to humbly commit ourselves to this ideal.

In 2023, our holistic approach enabled over a million people in India, Nepal and Tibet to take action for their well-being and their future. Over 22,000 animals were also cared for by the association. By acting jointly on health and hygiene, education, food security, economic development and environmental preservation, we aim to break the cycle of poverty, thanks to the determination of our teams.

Since our beginning nearly 25 years ago, we have been committed to responding as closely as possible to the populations we support. Since 2023, the Altruism in Action Model has been applied in the regions of Darjeeling in India and Kapilvastu in Nepal, which has increased our commitment to active listening and benevolence, and to assist each person to flourish and deploy their altruistic potential. We are testing tomorrow’s operating methods, with the conviction that encouraging cooperation and the expression of altruism within communities is a more effective way of breaking the cycle of poverty. This fills me with joy and confidence in the future of Karuna-Shechen!

At the same time, our advocacy work is expanding with the organization of the Rencontres Altruistes, which aims to be a unifying event, identifying and bringing together people committed to a more united and peaceful world. Karuna-Shechen has also launched the « Resilience - Altruistic Alliance » program to support humanitarian and social organizations in their professional and personal development.

With all these achievements in mind, I would like to extend my heartfelt thanks to you, friends of the Karuna-Shechen family, for your continued support. Together, we move forward with courage and optimism, step by step taking us closer to our goal of a world guided by altruism.

With sincere gratitude,

[Signature]

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 intense 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 the noblest state of mind of human beings, and 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.

AT THE DAWN OF OUR 25TH YEAR

At the root of Karuna-Shechen lies Matthieu Ricard’s desire to remedy the suffering observed in the Himalayan regions, where he has lived for over half a century. Inspired by the secular values of Buddhism and aided by philanthropists, he founded the association in 2000.

Today, Karuna-Shechen is an international NGO bringing together hundreds of people around the world. Our teams have never ceased to place altruism at the heart of our actions, a cardinal value cultivated both within the association and with the communities we support, nurturing our ties to work together for the altruistic development of society.

These 25 years of action in the service of the most disadvantaged populations in India, Nepal and Tibet give us the opportunity to observe and rejoice in the work accomplished, without closing our eyes to what remains to be done. The year 2023 marks a milestone, with the expansion of our activities in Europe and our programs surpassing the symbolic milestone of helping one million people!

Matthieu Ricard and the entire Karuna team are looking forward to continuing to carry out our missions in the field, and to perpetuating our message of altruism and solidarity.

My priority is to continue the association’s development and guarantee its financial sustainability, but above all to ensure that our common foundation of age-old values, inspired by our founder, is continually practiced and cultivated. Being a member of Karuna is a clever way of doing this: it reminds me that I need to practice to become a better person. I’m lucky to work in a structure that reminds me of this.

QUENTIN DURAND,
CEO KARUNA-SHECHEN

Over the course of 2023, we have considerably expanded our field actions and advocacy work. The concepts of altruism in action and resilience continue to underpin our commitment. In India and Nepal, this is reflected in the action principles of open communication, shared decision-making and the active participation of the communities we support, which guarantee the effectiveness and sustainability of our programs. In Europe, Karuna has launched «Resilience», a program to develop the individual and collective altruistic potential of people working in the social and healthcare sectors, thus contributing to the resolution of challenges facing Western countries. It is with gratitude and appreciation that we thank all those who, through their donations, transform our altruistic intentions into reality.

WENDY WORNHAM,
BOARD MEMBER AND PRESIDENT OF KARUNA-SHECHEN USA
WHAT COUNTED IN 2023

- 494,130 people accompanied
- 555,000 indirect beneficiaries
- 22,000 animals cared for
- US$ 3.1M dedicated to our missions
- 256,580 villagers cultivated a nutritive garden
- 73,220 people listened to and cared for
- 14,315 young people supported in their schooling
**Advocacy**

- **902 visitors** to the Altruistic Encounters
- **400 participants** in the Resilience program
- **6,521 readers** of our articles

**Fundraising**

- **3,441 people** donated from over 57 countries
- **120 associations, companies and foundations** committed to our cause
- **4 people** bequeathed their assets

**Team**

- **343 members**
  - 13 nationalities
- **47% of volunteers** among Karuna members
- **54% women**
- **46% men**
HIGHLIGHTS

JANUARY
“ALTRUISM IN ACTION” PILOT PROJECT
Envisioned for 2022, Karuna is launching the experimental phase of its future intervention model in India and Nepal. The association will act as a catalyst, supporting communities that control the entire development process, from the expression of needs to the implementation of programs. The key to success is close cooperation between Karuna teams and local communities. (See page 16)

FEBRUARY
NEW “MEAL” SERVICE
Our offices in India and Nepal have set up a department dedicated to monitoring, evaluation, accountability and learning. This is an essential tool for steering programs, ensuring their effectiveness and gradually improving them.

MARCH
EMOTIONAL INTELLIGENCE WORKSHOPS IN INDIA
An integral part of the «opal» model of organization, the development of emotional and collective intelligence is at the heart of Karuna’s work culture. Quentin Durand, Executive Director, ran the first workshops in India, enabling teams in the field to learn how to perceive, express and understand their emotions.

APRIL
ACTION FOR KARUNA
The 6th edition of this movement of solidarity initiatives brings together hundreds of people: yoga classes, plant-based cooking workshops, meditation sessions, sports challenges, nature walks... A surge of altruism and generosity to support the feeding of over 70,000 people in India and Nepal.

MAY
2ND EDITION OF ALTRUISTIC ENCOUNTERS
Karuna brings together nearly 1,000 participants at the GoodPlanet Foundation to collectively reinvent our relationship with living beings. Over the course of one day, in the presence of Matthieu Ricard and a dozen other committed speakers, this free event open to all invites everyone to get inspired, trained and involved through round-table discussions, meditation sessions, meetings with associations, meditative walks and much more. (See page 37)
AnnuAl report 2023

OPhThALMIC heALTh
To address the urgent need for access to healthcare in the Ruby Valley, Karuna is improving the local health post and offering an ophthalmic health program, with a cataract screening and surgery campaign. This major step forward plays a crucial role in encouraging individuals, particularly the elderly, to give priority to their health.

CeNTRAL OffICe IN kOLkATA
Karuna has strengthened its operations in India by moving its head office from Bodhgaya to Kolkata (formerly Calcutta), in the state of West Bengal. This strategic position will enable us to better manage our programs in the three areas where we operate. The office is home to the senior management team, comprising the Country Director, Finance Director, Program Director, MEAL Department Manager, Human Resources Manager, Communications Manager and Local Philanthropy Manager.

“PASSING ON YOUR HERITAGE” CAMPAIGN
To mark International Bequest Day, Karuna is highlighting this form of donation, which provides lasting support for our solidarity programs. The launch of the first campaign on this subject was marked by the distribution of a brochure dedicated to bequests in France and Switzerland. In 2023, Karuna received legacies from 4 deceased people, and dozens of others have taken this step to perpetuate their lifelong commitment. (See page 41)

DISTRIBUTION OF VEGETABLE GARDEN KITS
Our food security program distributes indigenous seeds adapted to the rainy season and fruit tree seedlings to over 26,600 people in rural India. The vegetable gardens provide families a complete, balanced diet in sufficient quantity. We encourage sustainable agricultural practices that respect the environment and local biodiversity.

RAISING AWARENESS OF BREASTFEEDING
As part of our maternity and 1,000-day child awareness program, our local "health and hygiene" motivators delivered awareness-raising sessions to 393 pregnant and breastfeeding mothers. They learned about the importance and benefits of breastfeeding, as well as other essential knowledge to promote the healthy development of babies.

INSTRUCTOR TRAINING
At the end of the year, Karuna launched its «Resilience - Altruistic Alliance» program, based on mindfulness and talking circles, which enables people to cultivate their altruistic potential in order to strike a balance between taking care of themselves and taking care of others. The first stage is the training of future instructors who will work in non-profit organizations in the humanitarian, health and social sectors. (See page 37)
Karuna-Shechen works to break the cycle of intense poverty, strengthen the resilience and develop the full potential of poor or vulnerable populations in India, Nepal and Tibet.

In 2023, we collaborated with more than 494,130 people and cared for 22,000 animals, through a variety of interdependent programs that address the overall situation of communities: health and hygiene, education, food security, economic development and environmental preservation. Our holistic action has had a global impact on the lives of over a million people.

We create caring and inspiring environments, providing long-term support to empower people and build their resilience. By placing altruism in action at the heart of our projects, our intention is to foster listening, mutual understanding and cooperation.

This model of intervention is based on the idea that a community’s deep and stable development can only be achieved by giving the power of decision and action back to the people. In this way, together, they become actors in their own development, working towards a better future and building a more altruistic and peaceful society.
Since its inception in 2000, Karuna-Shechen has been working in India, Nepal and Tibet, in the most disadvantaged and remote regions where needs are greatest. We now operate in seven areas, each with its own specific characteristics.
Our mission as an apolitical, non-denominational association is to help children, women and men to the best of our ability, regardless of their gender, religion or caste. Above all, what unites these people is their strong determination to extricate themselves from intense poverty by becoming actors in their own development.

**Bihar (India)**
Bihar, in north-east India, is one of the country’s two poorest states; more than half the population live below the poverty line. Karuna began its activities here over 20 years ago and has expanded from a handful of villages around the town of Bodhgaya to almost 300 villages today, although numerous challenges remain. The region has a high death rate from disease and malnutrition, due in part to a shortage of qualified medical staff and very poor infrastructure.

**Jharkhand (India)**
Jharkhand, known as the “Land of Forests”, was created by the separation from the neighboring state of Bihar in 2000. This region, rich in nature and landscapes, is affected by overwhelming poverty: 42% of communities live below the poverty line. The region is subject to problems similar to those of Bihar. Added to these are environmental issues such as high levels of plastic pollution, waste management, air pollution, intensifying heat waves and the management of natural resources such as water.

**Darjeeling (India)**
Nicknamed the “Queen of the Hills”, the Darjeeling region rises to an altitude of 3,000 meters in the state of West Bengal, in northern India. Due to its geographical isolation this popular tourist destination, renowned for its tea, suffers from significant socio-economic inequalities, including high unemployment. Over the last few decades, mass tourism has had an impact on the region’s environment, notably through deforestation, the proliferation of hotels and the massive production of waste. Some traditional crops, once pillars of the regional economy, are in decline, due to monoculture and the proliferation of pests.

**Eastern Tibet**
Eastern Tibet, also known as “Kham and Amdo”, is a mountainous region located mainly in China, but also in present-day Tibet, and inhabited by a diverse population. It includes nomads with a traditional way of life centered on pastoral herding and seasonal mobility, as well as sedentary, often impoverished populations living in isolated rural areas, who face limited access to services such as education, health and infrastructure.
ACTING ON THE FIELD

The Altruism in Action model

To ensure that communities are empowered to be at the center of their development, we place them as equal partners throughout the entire program deployment chain.

COMMUNITY-DRIVEN DEVELOPMENT

In 2023, at our new sites in Kapilvastu, Nepal, and Darjeeling, India, we continued to experiment with the transition from a community-centred to a community-led development approach.

The people we support are no longer just beneficiaries, but real players in their own development, thanks to their involvement in the entire project management process: identification, design, implementation, monitoring and evaluation. This vision requires us to evolve the structure and organizational methods of our programs, and to support our teams in this change.

At Karuna-Shechen, we are convinced that communities living in poverty deserve the dignity of making their own decisions. That’s why we support them in implementing the solutions they want to put in place, by making the most of natural resources and local knowledge, and by providing them with organizational tools, technical expertise and financial support.

The fundamental component of this model is the Better Future Council (BFC). Several villages are grouped together to form a cluster of approximately 5,000 people who then elect one man and one woman to represent their village. Together, these volunteer pairs form the BFC and are supported by a duo of one man and one woman, employed by Karuna, who guarantee overall coordination, inclusiveness, efficiency and good governance.

BFC members are trained in various aspects of development programs: communication, the project management cycle, participatory planning and budgeting. We also train them in emotional intelligence and Karuna’s values to encourage the emergence of altruistic behavior and genuine sharing relationships.

Every month BFCs meet with the villagers to listen to their needs, exchange ideas and act as fair representatives of their community. Sub-committees for hygiene, sanitation, environment, education, etc., can also be set up according to specific needs and projects.

AN INNOVATIVE MODEL OF INTERVENTION

Thanks to more than 20 years’ experience in the field, Karuna has developed its own intervention model called Altruism in Action. During 2023 this model was initiated in our new areas of intervention where it is constantly being evaluated and adapted, with a view to gradual global deployment beyond 2025.

CASE STUDY

As a concrete illustration of the impact of our intervention model, the construction of 80 toilets in the Kapilvastu district has brought about a significant change in the lives of hundreds of people.

Open defecation is still widely practiced in rural India and Nepal, due to a lack of infrastructure and information. This poses health, environmental and social problems: the spread of disease, soil and water contamination, school absenteeism and insecurity.

BFC quickly identified this issue as a priority. The local authorities had already built many toilets, but they were implemented without consulting the villagers or raising their awareness of the health benefits and thus poorly utilized. Karuna supported the village council by providing technical expertise, health, education, and co-financing 40% of the construction of the toilets by the villagers themselves. Thanks to volunteer work and locally available materials, the construction costs dropped by 80%. BFC has also appointed mobilizers in each village who, after training from Karuna-Shechen, are able to organize awareness campaigns and monitor the project.

This is a promising example of how an altruistic partnership relationship with communities is essential and relevant.
Those who work 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.

TOWARDS COLLECTIVE FULFILLMENT

In 2023, our commitment to achieving the objectives defined in Karuna-Shechen’s Plan 2025 intensified, with a focus on realizing the “Fulfillment” pillar, essential to the success of our missions.

We have harmonized the structure of local teams between India and Nepal, to enable cross-functionality and knowledge sharing. Salary scales have been redefined and upgraded to foster an environment conducive to personal fulfillment. A simpler, more transparent organization allows each member to feel valued and able to reach his or her full potential.

Emphasis has also been placed on the organization of events to encourage exchanges, strengthen ties and build team cohesion. These meetings also enable us to share information transparently, so that everyone feels fully invested in a common mission.

We will continue to foster the emergence of an altruistic mindset within our teams, and to strive towards the principles of an organization based on collective intelligence and fulfillment, as desired by Matthieu Ricard.
Health and Hygiene
Saving lives and preserving health

In India and 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 and specialized medical services. Our teams promote preventive medicine through awareness about nutrition, menstruation, safe birthing practices, maternity, breastfeeding and childhood diseases. Veterinarians also 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.

- 73,200 patients listened to and cared for
- 22,000 animals treated
- 17,635 women and girls educated about menstrual hygiene
- 1,480 toilets built
INDIA

ORAL HYGIENE FOR A NEW SMILE

In India, people are confronted with various dental health problems: oral cancer, overconsumption of sugar and fluoride, poor hygiene.

The dental health program consists of oral hygiene education, prevention, diagnosis and non-traumatic restorative treatment. The mobile clinic provides its services free of charge, with a particular focus on children. Oral hygiene is no longer seen as a luxury, but as a necessity.

"I went to the clinic because my teeth were suffering. On examination, the dentist suspected fibrosis of the oral submucosa, due to my daily consumption of 10 packs of gutka (chewing tobacco) over the past five years. She strongly suggested I stop and change my diet, eating more fruit and vegetables. She also prescribed facial exercises to improve the muscular movements of my mouth. I was impressed by the dentist's warm welcome and the affordable price of the consultation."

BISWAJIT MANDAL
BREEDER

5,253 people sensitive to dental problems

NEPAL

TOILETS FOR HEALTH AND DIGNITY

To tackle the problem of open defecation, a source of disease and pollution, the construction of sanitary facilities is essential, especially for women and the elderly.

Awareness-raising campaigns encourage rural communities to use toilets, or to have them built when they don’t exist or are dysfunctional. They co-build toilets hand-in-hand with our teams who also provide financial and technical support.

"Having a toilet was a dream for my family. In addition to providing financial assistance, Karuna-Shechen gave us information sessions. We acquired the necessary know-how to build toilets using locally available materials. I feel a deep sense of satisfaction and security: my family no longer has to run the risk of venturing into unsafe areas to satisfy their basic needs."

RINA CHAUDHARY
FARMER

80 toilets built for 400 people
Education
Strengthening access to quality education for all

Education is a means of improving living conditions and 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 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.

Our Programs

- **Early childhood development**
  Encouraging joy, cultivating values of cooperation and sharing

- **School support**
  Rehabilitating buildings, providing materials and educational tools

- **Adult literacy**
  Learning to read, count and other essential skills

- **Teacher training**
  Teaching innovative and caring teaching methods

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<th>Outcome</th>
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<td>14,300 children and adolescents supported in their schooling</td>
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<tr>
<td>8,450 children attended kindergarten</td>
<td></td>
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<tr>
<td>700 adults taught to read and write</td>
<td></td>
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<td>140 teachers and facilitators trained</td>
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NEPAL

A SCHOOL BUILT BY THE COMMUNITY ITSELF

Nestled against the Himalayas the village of Kharsa in Ruby Valley has just one dilapidated school. Despite these conditions, the teachers are highly motivated and the children are eager to study. Built entirely using local materials and know-how, it is earthquake-proof and adapted to the region’s climatic conditions. The new Kharsa school, the fruit of collaboration between young French architects and our local teams, will enable children to study in a pleasant, safe environment, conducive to the development of their full potential.

"Before the school was built, local children found it difficult to continue their education. Classes were held in cramped rooms, and sometimes in the courtyard, due to lack of space. The construction of the new school brings a sense of encouragement to parents and children who dream of a better future.

UMESH NAKARMI
RUBY VALLEY PROGRAM COORDINATOR

80 children
and 5 teachers

INDIA

KINDERGARTENS PROVIDE A SOLID FOUNDATION FOR THE FUTURE

A child’s early years are an essential time for healthy development. Early childhood programs therefore encourage the progression of skills and abilities in children aged 3 to 6.

To foster the holistic development of young children, we support kindergartens in creating learning environments conducive to quality, joyful and cooperative education. Playful, creative activities foster language, motor, social and cognitive skills.

"I would like to thank Didi, our village motivator, for explaining to me the need for my daughter to go to kindergarten and the importance of looking after her studies and taking an interest in her overall development. I’m very grateful to Karuna-Shechen for its support. The teaching methods and toys they provide are of great benefit to the children.

RITA SARDAR
MOTHER OF A 4-YEAR-OLD GIRL

8,448 young children
supported in 167 schools
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

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 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

COLLECTIVE SOLUTIONS TO ENSURE ACCESS TO WATER

To support organic, nutritious farming, we help local communities implement village-level water management solutions. This is a major challenge for populations otherwise powerless to cope with climate change.

A fundamental resource, essential to life and livelihoods, water is becoming increasingly scarce in the regions where we operate in India. Karuna helps local populations set up water management committees to decide on the most appropriate solution for each village. With our support, all the inhabitants mobilize to undertake the construction of rainwater retention ponds, as well as the repair or digging of wells. These sustainable solutions, coupled with raising awareness, ensure greater water availability throughout the year for domestic use and irrigation of vegetable gardens.

Previously, we had no choice but to use unsafe water in insufficient quantities. But with your support, the village has built a pond. We’ll be able to irrigate our farms, wash, and water our animals all year round. Our lives will be simpler!

INDRAJIT SINGH MUNDA, FARMER

10 wells and 12 ponds
benefiting 6,300 people

NEPAL

CENTERS TO PROMOTE SUSTAINABLE AGRICULTURE

Our nurseries provide villagers with seeds and seedlings and host training courses. At the heart of our action, they are places of learning, sharing and experimentation in the service of agriculture that respects living beings.

Karuna-Shechen supports the development of organic, local agriculture that promotes health, food security and the environment. We promote the use of indigenous varieties, adapted to local conditions, and permaculture-inspired techniques, free of chemicals and respectful of biodiversity. The nurseries, run by the local population, are also places where people can meet and exchange ideas, learn and experiment.

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 get them to grow properly because of the cold. Today, thanks to a greenhouse, I can grow fruit and vegetables even in winter, and sell the surplus. I’ve also learned to produce seeds myself, thanks to the training I’ve received in sustainable farming methods adapted to our region.

KHURANI GALE, FARMER

690 farmers
trained in 10 nurseries
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**

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

TRAINING IN SUSTAINABLE AGRICULTURAL PRACTICES

In the Darjeeling region, where agriculture contributes almost 30% of GDP, communities are faced with poor economic performance and seasonal difficulties.

Thanks to a holistic approach, our training courses offer farmers the keys to developing their entrepreneurial skills, strengthening their links with the market and diversifying their production, while respecting the environment and biodiversity.

“Under the guidance of Ranjit, an agricultural technician from Karuna-Shechen, we followed a training program on the production of fruit with a high market value. We gained in-depth knowledge of nursery bed preparation, as well as essential practices such as manuring, weeding and irrigation. One of the highlights of my experience was the beekeeping training. Before that, we had only a limited understanding of beekeeping practices.”

CHALI MAYA MAGAR
FARMER

35 farmers
trained in citrus growing

INDIA

MICRO-CREDIT FOR A COMFORTABLE LIFE

Setting up a micro-business not only strengthens the financial independence and resilience of entrepreneurs, but also boosts the local economy.

Karuna offers interest-free micro-loans, mainly to women, for the creation of income-generating activities. Whether it’s a street food stand, a sewing stall or a small grocery store, the people we support receive the financial boost they need to stay motivated.

“I received financial support of 2,000 rupees (€25) from Karuna-Shechen. I set up a small business selling beauty products and accessories. I sell from my home, in markets and at local fairs. Demand for my products is growing, especially for the glass bracelets used at weddings and traditional celebrations. I’ve applied for an additional loan of 5,000 rupees (€55) to develop my business and open a real boutique.”

GAYATRI SARDAR
ENTREPRENEUR

498 people
micro-business owners
Environment
Promoting practices respectful of nature and life

The effects of climate change are evident 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 programs 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**

- **Responsible practices** Raising awareness and taking action
- **Tree planting** Fighting global warming and preserving biodiversity

**OUR METHOD OF INTERVENTION**

Adaptation and cooperation are at the heart of our program 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. This essential approach aims to train and encourage them to strive for a future in which nature and daily life coexist in harmony.

- 9,750 trees planted
- 17,665 people made aware of eco-responsible attitudes
**INDIA**

**ACTIONS THAT RESPECT LIFE**

Today, environmental education for the very young is essential to encourage tomorrow’s citizens to take responsibility and strive for a future more in harmony with nature and the living world.

Karuna is strongly committed to raising environmental awareness among young people, and is an ambassador for ecological altruism. To mark World Environment Day, hundreds of young people took part in workshops to raise awareness of climate change, received a burlap bag to replace plastic bags, and planted dozens of trees in their villages.

“It’s a great victory to see my students’ creativity and ideas for environmental awareness expressed through art and concrete action. The awareness program is a joyful moment that covers a multitude of subjects essential to our common future. The students have drawn great inner wealth from it.”

**DOLMA BHUTIA**

**TEACHER**

**17,665 students**

**informed**

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**NEPAL**

**WASTE MANAGEMENT TO PROTECT THE ENVIRONMENT**

Disadvantaged rural populations are the first victims of climate change and are increasingly aware of the importance of protecting the environment. They are determined to play their part, to promote a future in harmony with the Earth.

Once informed, local people are keen to take action and implement measures to help protect their environment. In the Ruby Valley, we have set up a dedicated committee to implement awareness-raising and waste management initiatives, in collaboration with local authorities. In just one year, the three participating villages are clean and have planted numerous trees to combat landslides and help replenish water reserves.

“We’ve discovered that many degradable wastes can be used as natural fertilizers, and we’ve also learned to avoid using plastic products and polythene bags. In the past, waste disposal was done at random or in a communal area. I’m delighted to have acquired, along with my peers, new knowledge that will help keep our environment clean.”

**YUVRAJ SUNUWAR**

**STUDENT**

**310 trees planted**

**and garbage cans installed**
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 promoting new agricultural practices among farmers.

ASSEFA encouraged me to start raising cattle for dairy products. Along with other interested farmers, we visited a dairy near Chennai and received basic training. This gave me the courage to start a new business and improve my situation. ASSEFA also co-financed the construction of a cowshed and the purchase of five cows. I’m happy and I’ve gained confidence for the future! ASSEFA encouraged me to start raising cattle for dairy products. Along with other interested farmers, we visited a dairy near Chennai and received basic training. This gave me the courage to start a new business and improve my situation. ASSEFA also co-financed the construction of a cowshed and the purchase of five cows. I’m happy and I’ve gained confidence for the future!

M. RAJAGOPAL
FARMER

2,893 families assisted
INDIA | CALCUTTA RESCUE

IMPROVING THE LIVING CONDITIONS IN THE SLUMS

The Calcutta Rescue teams aim to improve the health and well-being of the most neglected populations of Kolkata, the megalopolis of West Bengal.

The Calcutta Rescue association cares for the most disadvantaged and marginalized populations and provides resources to enable them to become more self-sufficient: prevention, improved sanitary conditions, hygiene products and housing assistance. Karuna supports a street medicine program and the rehabilitation of housing, sanitary facilities and water storage systems.

“I’ve been living in the Dakshineswar slum for 15 years, in a precarious bamboo shack under a roof made of plastic sheeting. When cyclone Amphan hit in 2020, our houses were decimated. But now everything is changing! Along with fifteen other families, we’re moving into real concrete houses, with tin roofs and windows. We’ll finally have the security, comfort and protection we so desperately need to live.”

BANI
RECEIVING HOUSING ASSISTANCE

8,396 people
program beneficiaries

NEPAL | H.E.L.P.

A HOME FOR THE WOMEN OF SAMAGAUN

To extend the efforts of his association Tergar Charity Nepal in the fight against climate change in the Himalayas, Yongey Mingyur Rinpoche has founded Himalayan Environment and Life Protection (H.E.L.P.). This new initiative aims to empower communities to become resilient in the face of climate challenges and preserve the Himalayan ecosystem.

The supported project aims to reinforce equality and autonomy in society by building a community house for women. This space facilitates exchanges between different educational, religious and political women’s groups, as well as their commercial and income-generating initiatives. Construction of the house is currently underway, with a focus on sustainability and earthquake resistance.

“Karuna’s support to H.E.L.P. has enabled the construction of this house, which is essential to help all women in the region gain the recognition they deserve and realize their dreams, both personal and professional.”

DECHEN DOLMA
HOUSE ADMINISTRATOR

150 women
will be the future beneficiaries
Since the beginning of Karuna-Shechen, we have been assisting 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.

“Valuing others and caring for them are two essential components of altruism. When this attitude prevails within us, it manifests itself as benevolence, and translates into openness and a willingness to care.

MATTHIEU RICARD
ALTRUISM
Karuna-Shechen invites everyone to develop their altruistic potential. Inspire, Train and Get Involved: this is the triptych proposed by the association to help us move towards a more compassionate, 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. It changes the way we look at things, and helps us to develop authentic relationships of sharing, support and care, which are considered to be the cornerstone of a fulfilled life.

The altruistic state of mind is a balance that can only be maintained if all three pillars are nurtured. We need to spend time cultivating each of them, because neglecting any one of them creates an imbalance that can expose us to the risk of non-action, empathic distress or loss of meaning.

Karuna offers the possibility to cultivate our inspiration by providing training tools for meditation practices and mindfulness, and suggests ways for those who are interested to become involved in specific projects.
Be inspired
Change how you 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.

Let us marvel at wild nature, a birth, an act of kindness [...] or a face that reflects the unfathomable depths of wisdom and compassion.

MATTHIEU RICARD

PODCAST
EVERYDAY ALTRUISM
Through its podcast, Karuna highlights its advocacy and its vision that altruism is one of the concrete solutions for a fairer world. Each episode offers observations. Ideas, tools and ways of perceiving reality, all told by the people who make up Karuna. Ideal for cultivating your altruistic potential, this podcast is available on the Spotify, Deezer or Apple Podcast streaming platforms.

WONDER KIT
To alleviate the perils of eco-anxiety generated by the environmental crisis of our time, Karuna proposes a kit of wonder. This emotion engenders respect for nature, which leads to the desire to protect our environment, which in turn leads to action and commitment. Scan the QR code to download.

A PLEA FOR LIFE
Matthieu Ricard brings together his writings from Altruism and A Plea for the Animals in a single work, with a previously unpublished preface. Together these books take into account the full range of issues facing contemporary society. Matthieu Ricard invites us to cultivate our altruistic potential, towards people close to us, and those we don’t know, as well as towards animals and nature as a whole.
Practice

Taking care of yourself to take care of others

Taking care of oneself is essential to being able to take care of others and acting 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 recognize, 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 including 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.

“If you want others to be happy, practice compassion. If you want to be happy, practice compassion.”

THE DALAI LAMA

GROUP MEDITATION WITH MATTHIEU RICARD

For the second edition of the Rencontres Altruistes, Matthieu Ricard led a collective meditation, an experience that allowed us to connect with ourselves and with others. Young and old alike closed the event together in mindfulness.

STUDY AND CONFERENCE

MEDITATION AND BRAIN AGING

During a round-table discussion moderated by Franck Blot, Karuna-Shechen’s Advocacy Director, Gaël Chételat, coordinator of the Silver Santé study, Antoine Lutz, Meditation Workpackage Manager and Titi Tran, meditation teacher, spoke about the Silver Sante study, investigating the impact of meditation on cognitive decline, improved well-being and the mental health of senior citizens.

THE LINK BETWEEN MEDITATION AND NEUROSCIENCES

Karuna regularly examines research studies that measure the effects of meditation on the brain. These have multiplied in recent years and indicate that meditative practices have many benefits. Visit our website to discover them in our article «Training the mind to heal the body». 
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, 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.

The best way to connect with someone is to listen. Just listen. Perhaps the most beautiful thing we can offer is our attention. A loving silence has far more power to heal and connect than even the most well-intentioned words.

RACHEL NAOMI REMEN

JOY, THE SPARK OF COMMITMENT
No matter what the situation is or how we get involved, we can marvel at the joy of putting our intention into action. Commitment isn’t always easy, and it always has a cost: it takes up our time, our energy, our emotional capacity, our money. But it nourishes us in coherence, resonance and sharing. Joy is therefore a spark in commitment: neither a cause nor an objective, it’s a gift that we may receive when we give of ourselves. To find out more about commitment, read all our articles and dedicated content on our website.

The Good Fight is the one we engage in because our heart demands it.

PAULO COELHO
ADVOCATING FOR ALTRUISM

Key projects

Throughout the year, Karuna offers a variety of content on its website and social networks, providing opportunities to cultivate inspiration, practice mindfulness and get involved in concrete ways. It is in this spirit that the association is developing its two main advocacy projects for a more altruistic world.

ALTRUISTIC ENCOUNTERS

Since 2021, Karuna has organized the Rencontres Altruistes, inviting each and every one of us to be collectively inspired, nurtured by rich exchanges and shared around a theme touching on our values and current affairs.

On May 27, 2023 the second edition of the Rencontres Altruistes, organized at the GoodPlanet Foundation, addressed the theme «Together, let’s reinvent our relationship with living things». At this free event, open to all, the public was treated to a rich exchange of views between a diverse group of participants as Caroline Lesire and Ilios Kotsou from Emergences, Isabelle Giraldo and José Rexach. Workshops in small groups encouraged participants to take action, and they left with the motivation and desire to act together, starting with the smallest possible step. The day was punctuated by times of meditation to practice developing one’s altruistic potential. On May 25 and 26, 2024, the 3rd edition of the Rencontres Altruistes will address the theme «From local to global: cultivating our commitment».

1 day | 10 speakers | 2 workshops | 3 meditations
2 round tables | 2 screenings | 902 visitors

RESILIENCE - ALTRUISTIC ALLIANCE

Based on altruism, action and commitment, Karuna-Shechen launches its new Resilience program - Altruistic Alliance.

Three years ago, Karuna-Shechen initiated the Resilience program in collaboration with Mindfulness Solidaire to prevent empathic distress among nursing staff and social workers. Building on this experience - 45 cycles run and over 400 people supported - we have designed a new program, with the support of experts including François Bourgognon and Christophe André. Resilience - Alliance Altruiste is tailored to the needs and organization of non-profit organizations in the healthcare, humanitarian and social sectors. The program goes beyond the balance between taking care of oneself and taking care of others. It aims to bring about systemic change within organizations, through the emergence of collective resilience and a culture of authenticity, mutual aid and commitment. Fully supported by the New World Fund, the program draws on behavioral and contemplative sciences, including Mindfulness-Based Stress Reduction (MBSR) methods, talking circles and Acceptance and Commitment Therapy (ACT). As of December 2023, we have trained fifteen instructors - educators, psychologists, therapists, coaches, trainers, executives and leaders - fully aligned with Karuna-Shechen values and committed to spreading this program. The aim is to conduct approximately 30 cycles in 2024.

Care professions are perceived as enriching and meaningful, but frequently, those who work in them think they’re not doing enough. Joy and gratitude are hard to feel, and can lead to empathic distress and burn-out.

FRANCK BLOT
ADVOCACY DIRECTOR AND RESILIENCE INSTRUCTOR
Karuna-Shechen gives 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

<table>
<thead>
<tr>
<th>1 head office in Paris</th>
<th>6 international branches</th>
<th>343 members worldwide including 163 volunteers</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 employees</td>
<td>France, Hong Kong, India, Nepal, Switzerland, United-States</td>
<td>54% women, 46% men</td>
</tr>
<tr>
<td>3 interns and apprentices</td>
<td>6 operation centers and 2 country headquarters in India and Nepal</td>
<td>168 local employees including 40 people on the medical staff</td>
</tr>
<tr>
<td></td>
<td></td>
<td>126 local volunteers, administrators or village liaisons</td>
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**THE “OPAL” FUNCTIONING**

At Karuna-Shechen, each and every one of us is invited to pay particular attention to cultivating an altruistic state of mind, through complementary work values. These are based on the expression of benevolence and empathy.

Our desire to help individuals grow is inseparable from our desire to create a welcoming work environment, conducive to cooperation and exchange, which encourages us to act with full awareness, for a project that goes beyond ourselves.

Practicing, inspiring and applying these values on a daily basis is an exercise in spirit, a commitment by our members to each other, to the people we accompany, and to those who support our associated projects.

At our head office in France, in our various branches and in our intervention sites, Karuna-Shechen pays particular attention to cultivating the bonds that unite us, spreading our values and promoting the many organizational and practical tools that accompany them. In short, we try to practice what we preach.

**OUR WORK VALUES**

- **Be the team**
  take part in something bigger than oneself
  with dedication

- **Cultivate 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

**A Karuna Meeting**

- **AN END WORD**
  to express points of tension or gratitude

- **A TALKING STICK**
  to encourage listening

- **A ROUND-TABLE TALK**
  to express our inner weather

- **A COLLECTIVE MEDITATION**
  to cultivate presence

- **A TALKING STICK**
  to encourage listening
Joy and gratitude

The generosity of Karuna’s friends is the essential foundation of our action, helping to build resilience and brighten the lives of those who need it most.

Your support enables our actions and brings significant and lasting change into the daily lives of the people we support. Each commitment is unique. It is an essential link in the realization of our missions, which are centered on altruism and the fight against precariousness. Thank you for your invaluable friendship.

US$ 50,000 AND MORE
Anonymous
Fondation Inspir’ (Switzerland)
Hershey Family Foundation (United States)
Madeleine and Jacques Maire (Switzerland)
Fonds Nouveau Monde (France)
Palais des Thés (France)

US$ 20,000 TO US$ 49,999
Anonymous
8BP Fund hosted by Swiss Philanthropy Foundation (Switzerland)
American Himalayan Foundation (United States)
The Annenberg Foundation (United States)
Yousef Aouad (United States)
Birgitta Amoroso (Sweden)
François Xavier and Natasha de Mallmann (United Kingdom)
Gáetan and Vivian Filpo (France)
George Family Foundation (United States)
Maryse Gouïmine-Bernabe (Belgium)
Huang Chen Mei Yu (Taiwan)
Latika and Rajiv Jain Foundation (United States)
Thérèse and Daniel Janssen (Belgium)
Jonala Foundation (Germany)
Tellus Viva Foundation (Switzerland)

US$ 5,000 TO US$ 19,999
Anonymous
Agro Sourcing Foundation (France)
Allary Editions (France)
Frédéric Aumont (France)
Alette and Jérôme Balladur - Ayovie (Austria)
Marie Baudron (France)
Suzanne Boyer (Canada)
Stéphane Brac de la Perrière (France)
Bruno Corre (France)
Marie-Christine Coudenc (France)
Pascale De Bereder (Spain)
Cristina Funes-Noppen (Belgium)
Thomas and Mirjam Gerber Neidhart (Switzerland)
Intermed Exportation (France)
Karma Sherab Namdak Fund hosted by King Baudouin Foundation (Belgium)
The MCJ Amelior Foundation (United States)
Jacqueline Riesen (Switzerland)
Eric Ripert (United States)
Jonathan and Diana Rose (United States)
Rotary Wezembeek-Kraainem (Belgium)

On behalf of the communities we support and the local teams who implement our programs on a daily basis, I would like to express our most sincere gratitude. Thanks to you, we are able to listen to and serve those who need assistance, so that together we can bring lasting change to their lives and offer them a better future. It is with deep humility and renewed commitment that we bring your generosity to our actions. We are deeply honored by your trust and friendship.

CATHERINE LALIVE D’EPINAY
DIRECTOR, CIRCLE OF PHILANTHROPY AND KARUNA-SHECHEN SWITZERLAND

We would like to express our special gratitude to our anonymous donors around the world, and to all our valued friends for their ongoing support: Guillaume Allary, Caroline Lesire, Ilios Kotsou and Emergences, François-Xavier, Frédéric and the entire Palais des Thés team, Laurence d’Aboville, Fleur Gimond, the Jane Goodall Institute, La Martinière Editions, Messales & Associés, Mindfulness Solidaire, Minimento, L214, Fondation GoodPlanet, Photoby, CréaContacts, Rencontres Perspectives, Patricia Christin, Betty Yamanjian, Vincent Mudry, Rose Hervé-Cruyser, Lancelot Mourgère, Charles and the Biological Farm of the Bec Hellouin, Wendy, Sally, Virginie, Élodie and Chloé. Shalav for his years of involvement in the development of Karuna in Nepal. And for the enthusiastic and dedicated involvement of Éloïse, Inès, Amandine and Amélie.
Helping people from another culture can be complex, particularly when it comes to balancing values. The challenge is to encourage development in terms of education, health, the status of women, family planning, agro-ecology and so on. Helping them to evolve, while preserving the country’s original culture and strengths of cohesion and coherence, is an ongoing challenge that Karuna-Shechen takes up in an often difficult and sometimes even extreme environment. In our opinion, the association lives up magnificently to its name, “altruism in action”, with a Buddhist reminder of humility: the sincerity of giving.

MADELEINE AND JACQUES M.

“By making this bequest, I’m happy that my aspirations continue to live on through Karuna. The important thing is not to live just for yourself, but to make yourself useful.”

Through her bequest, our friend has given a lasting legacy to the most vulnerable communities, perpetuating her commitment to a better world. In the course of her association career, she has witnessed the recurring difficulties of fund management in organizations. For her, Karuna represents a safe, transparent association with rigorous professionalism.

“Having worked in this field myself, I have great confidence in the way funds are managed and I’ve also seen the impact of holistic project interventions.”

Thanks to all of you for your involvement.
Karuna-Shechen’s global expenditure in 2023 amounted to US$ 3.8M, 82% of which was devoted to our programs to combat intense poverty. Advocacy activity represents 2% of our budget. To support our missions, operating costs amount to 16% of expenditure. In 2023, expenditure exceeded resources. This unprecedented situation is due to the catch-up effect of the COVID years, which had seen the pace of expenditure slow down as a result of successive confinements and the administrative inability to operate the full range of our activities.

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

For more information on the funds raised and how they are used, please refer to our financial report, which can be viewed and downloaded by clicking on the QR-code opposite.
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