



Karuna-Shechen

Humanitarian Projects in the Himalayan Region

ACTIVITIES SUMMARY



OUR BENEFICIARIES IN 2010

Education

- Scholarships for over 4,000 students for primary education at 2 new Bamboo Schools in Pokhara (Kashi District) and Bhairahawa (Rupandehi District) in Nepal and 6 primary schools in Tibet.
- Scholarships for over 10 students for secondary education at Mani Genko College, Tibet
- Scholarships for over 30 students for high school in Rebkong in Tibet.
- Scholarships for 60 students for university studies in Tibet.

Social Services

- More than 60 patients were welcomed by our Palliative Care Service in Nepal.
- Over 50 elders are being provided food, clothing and housing in Tibet.
- More than 25 abandoned, disabled, and abused women are being supported in Nepal.
- 5 young illiterate grandmothers have been trained to become solar electrical engineers in a six-month residential course. This is the first step toward an environmental project in Indian villages.

Health Care

- Over 63,000 poor people benefited from our clinics' medical services in urban areas or isolated regions in India, Nepal, and Tibet. Of these, 65% were women and children.
- More than 6,000 people received training in health education, 48% in India and 52% in Nepal, including over 700 children in the Bamboo Schools.
- Over 250 Dalits, the poorest of the poor in India, received medical check-ups and basic medications during our first medical camp. We will conduct follow-up camps every month.

Cultural Preservation

- 100 students, more than 20 small monasteries, over 500 nuns, 7 retreatants, and several communities of yogis are supported to help maintaining Tibetan cultural heritage in Tibet.





EDUCATION

We foster opportunities for individual and communities through education.

In Nepal

Two new Bamboo Schools were built providing education to more than 3,000 underprivileged children. A third school is still under construction and will open its doors for 1,500 children in 2011. In general, 65% of children enrolled in these schools are girls.

Karuna-Shechen continues stronger support to local associations who help underprivileged children attend school. Partnerships are developed with the Himalayan Children's Society (helping 25 children), Namaste Banepa (supporting 20 children) and through the Shechen Clinic for boarding facilities (for 52 children).

In Tibet

Education is the most important gift we can offer to the Tibetan people to help them access a better future.

In Amdo and Kham six primary schools are supported by Karuna-Shechen, more than 100 scholarships are granted to students in higher education and at university.



“Light and Water” Initiatives

Karuna-Shechen supported initiatives for setting up an environmental program based on the empowerment of women and rural development:

In India

- Partnership with The Barefoot College
- Training of solar engineers

In Tibet

- Network of garbage collection containers
- Tree nursery in Amdo



HEALTH CARE

We offer health care to bring strength and dignity to our beneficiaries. Karuna-Shechen provides primary health care to more than 63,000 poor people in urban areas and isolated regions of India, Nepal, and Tibet.

Medical Clinic Services

Providing primary health care to over 63,000 poor people in urban areas and isolated regions of India, Nepal, and Tibet.

In Northern India

The new Shechen clinic in Bodhgaya has been inaugurated on February 14, 2010 after 18 months of construction.

The Shechen Clinic in Bodhgaya in the state of Bihar has treated more than 14,000 people from the nearby urban area of Bodhgaya, among these 46% were women, 24% were men, and 30% were children. Mothers and children represent 76% of our patients.

The new pathology laboratory, opened in July 2010, operates two days a week.

More than 250 patients were offered a medical check-up in the first Shechen Clinic Health Check-Up Camp for Dalit People.

In Nepal

In the Shechen Clinic, located in an urban area of Kathmandu, over 15,000 new patients received medical services. The clinic is offering a variety of different methods of treatment: allopathic medicine, acupuncture, homeopathy, physiotherapy, Tibetan medicine, and palliative care.

In the laboratory more than 4,000 patients came for analyses and over 11,000 analyses were performed.



In our palliative care unit, more than 60 patients came for treatment and loving care.

Over 430 consultations for physiotherapy were given. Around 1,500 consultations in acupuncture were offered and over 700 new patients received treatment.

We have given over 2,700 consultations in Tibetan medicine for around 700 new patients.

Almost 100 patients have benefited from the DOTS service (Directly Observed Treatment, Short-Course Chemotherapy) for treating tuberculosis.

In Tibet

6,200 nomads and farmers benefited from Karuna-Shechen's five clinics located in remote nomad regions: Shechen, Tsatsa Kathok, Shangu, and Legon.





Outreach Programs

The most effective method for improving the health of people in underserved communities of the Himalayan region is medical outreach programs that focus on the poorest people in urban and isolated areas.

In India

Our programs have reached more than 8,600 people in 12 villages. Our Mobile Clinic Team visits daily these 12 isolated villages that are 12 km to 60 km from our main clinic. Over 7,300 new patients received medical services. Patients from around 70 “satellite villages” close to our 12 villages attended these programs representing around 10% of the total patients.

The strategy is to hire and train village coordinators who are in charge of training groups of “motivators” to implement the health education program in 12 villages.

Six months after this program was used in 12 villages, more than 200 training sessions have been given to the motivators representing 500 people. The motivators have reached out to over 630 families.

In Nepal

Activities have focused on bringing health care into nine schools located in urban areas of Kathmandu. The Schechen Clinic has organized 60 medical camps for more than 2,500 participants and 60 dental camps for around 3,000 participants in 9 schools. Over 50 health education camps have opened in 9 schools and reached more than 3,000 people, teaching personal and dental hygiene, and performing hearing check-ups and hepatitis testing.

SOCIAL SERVICES

We help under-served people to empower themselves and better their lives.

In India

Shechen Clinic has referred more than 700 patients who needed further care to hospitals (Public Health Center of Bodhgaya or the Medical College in Gaya).

A Poor People’s Fund is reserved for medical and social cases requiring specialized treatment or attention. Those social services expenses are covered by the Shechen Clinic Bodhgaya budget.

In Nepal

Karuna-Shechen continues to support the “Ama House” for abandoned, disabled, and abused women.



Shechen Clinic’s Social Service Program has referred around 250 patients to hospitals, and most of the time paid for their transfer.

The Shechen clinic Palliative care unit helps patients’ families find solutions to problems caused by the illness of the main caregiver or breadwinner.

Our small unit devoted to psychological support resumed its activities in October providing psychological support for 12 people.

Apart from the “Ama House”, those social services expenses are covered by the Shechen Clinic Kathmandu budget.

In Tibet

Over 40 elders are supported and given housing in Shechen Village (8), Marthok (15), and Ratho (20).

The Dzongsar school in Eastern Tibet is reviving traditional arts and crafts by offering vocational training to local men and women. Several workshops (weaving, sewing, carpentry, manufacture of leather bags, and computer workshops) are specifically intended to train and employ women from nomad and farming areas. One of the goals is to sell authentic traditional crafts products in shops in Lhasa and China.

CULTURAL PRESERVATION

We also work to ensure the continuation of heritages that promote well-being.

Karuna-Shechen’s humanitarian projects were initiated and originally managed by the organizations of Shechen Monastery. Although Karuna-Shechen is now a separate entity with its own independent board, we continue to maintain an excellent working relationship with our spiritual co-founders.

Moreover, monastic schools, monasteries, and nunneries are places of education and cultural preservation that also provide social services and moral support to their local communities. These services are essential life necessities for the Himalayan people.

Karuna-Shechen looks forward to a continued partnership with its spiritual and philosophical roots in our effort to fulfill our goal to reach the most underserved people in the region.



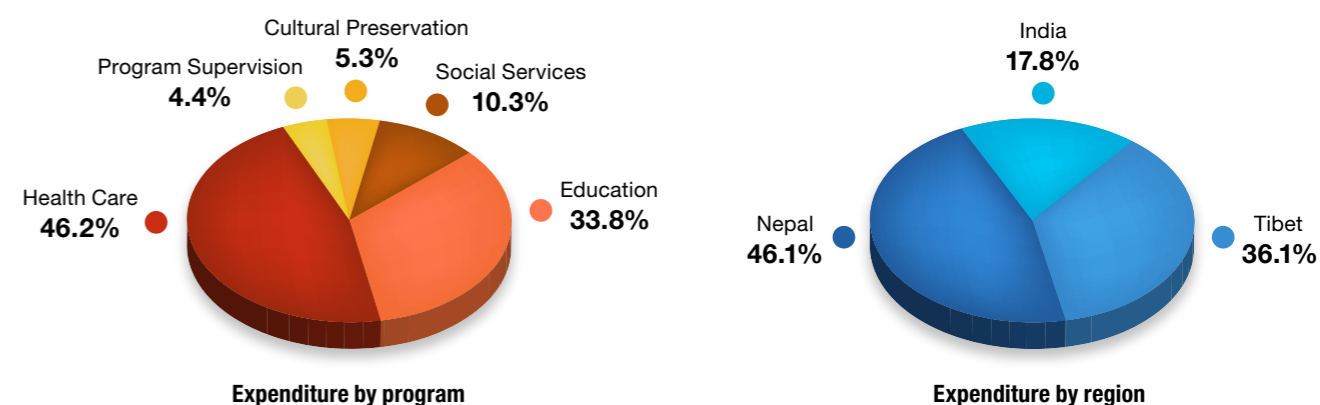


ACCOUNTS

EXPENDITURE BY PROGRAM	Sub %	%
Education		33.8%
India	0	0.0%
Nepal	200,856	53.2%
Tibet	176,447	46.8%
TOTAL EDUCATION EXPENDITURE IN USD	377,303	100%
Health Care		46.2%
India	177,556	34.5%
Nepal	277,623	53.9%
Tibet	60,098	11.7%
TOTAL HEALTH CARE EXPENDITURE IN USD	515,277	100%
Social Services		10.3%
India	0	0.0%
Nepal	2,300	2.0%
Tibet	112,938	98.0%
TOTAL SOCIAL SERVICES EXPENDITURE IN USD	115,238	100%
Cultural Preservation		5.3%
India	11,018	18.7%
Nepal	7,344	12.5%
Tibet	40,414	68.8%
TOTAL CULTURAL PRESERVATION EXPENDITURE IN USD	58,776	100%
Program Supervision		4.4%
India	10,080	20.5%
Nepal	26,181	53.3%
Tibet	12,843	26.2%
TOTAL PROGRAM SUPERVISION IN USD	49,104	100%
Total expenditure by program in USD	1,115,698	100%

Total expenditure by program in EURO 774,071
Rate as of June 1st, 2011 (1 USD = 0.6938 EURO)

EXPENDITURE BY REGION	Sub %	%
India		17.8%
Education	0	0.0%
Health Care	177,556	89.4%
Social Services	0	0.0%
Cultural Preservation	11,018	5.5%
Program Supervision	10,080	5.1%
TOTAL INDIA IN USD	198,654	100%
Nepal		46.1%
Education	200,856	39.1%
Health Care	277,623	54.0%
Social Services	2,300	0.4%
Cultural Preservation	7,344	1.4%
Program Supervision	26,181	5.1%
TOTAL NEPAL IN USD	514,304	100%
Tibet		36.1%
Education	176,447	43.8%
Health Care	60,098	14.9%
Social Services	112,938	28.0%
Cultural Preservation	40,414	10.0%
Program Supervision	12,843	3.2%
TOTAL TIBET IN USD	402,740	100%
Total expenditure by region in USD	1,115,698	100%





2011 PERSPECTIVES

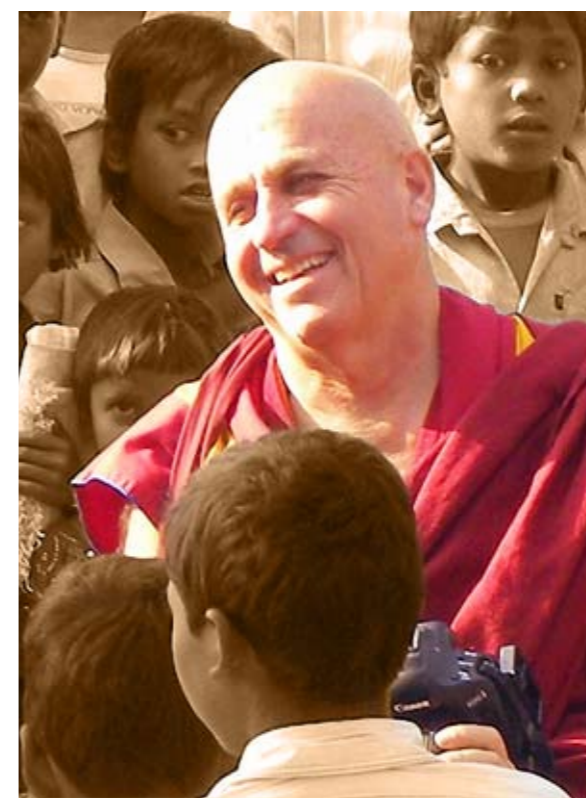
While committed to continuing our existing projects, for 2011 we have collectively set improvement on our operations through a number of targeted tasks:

- Improving our management tools with Karuna-Shechen International (a new Administrative Board and one Executive Field Committee).
- Set up a new information technology (IT) and communication service that will allow better access to information and outside Karuna-Shechen, specially with a new donor data base and a new project information tool.

Improving our projects:

- Further develop our educational projects in Nepal.
- Build an earthquake-resistant school in Tibet.
- Install solar electricity in our Indian villages.
- Continue to sustain and develop our existing projects.

But our biggest challenge is to face daily problems and never be discouraged.



Matthieu Ricard

Matthieu Ricard
Co-founder of Karuna-Shechen

Matthieu is the co-founder of Karuna-Shechen. He is a Buddhist monk, a scientist, a Tibetan translator, a world-renowned author and photographer, and a humanitarian activist who has lived in the Himalayan region for over four decades.

For further information and to make a donation:
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KARUNA-SHECHEN is a non-profit humanitarian organization that works with a network of local partners and volunteers to provide education, health care, and social services to the under-served populations in the greater Himalayan region.

Our programs are developed in direct response to the needs and aspirations of the local communities we serve, with respect to our beneficiaries' unique cultural heritages. We give special attention to the education and empowerment of women and girls.

Karuna-Shechen

करुणा बेकेच

Karuna-Shechen has its origins in the inspiration and activities of Dilgo Khyentse Rinpoche and Rabjam Rinpoche who initiated Shechen Projects, an organization dedicated to humanitarian projects in the Himalayan and northern India regions. In 2009, these activities became Karuna-Shechen, a new not-for-profit, secular and apolitical organization. Its name expresses its mission while paying homage to its roots: Karuna is "compassion" in Sanskrit, and Shechen is the name of a major monastery in Tibet.



www.karuna-shechen.org



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