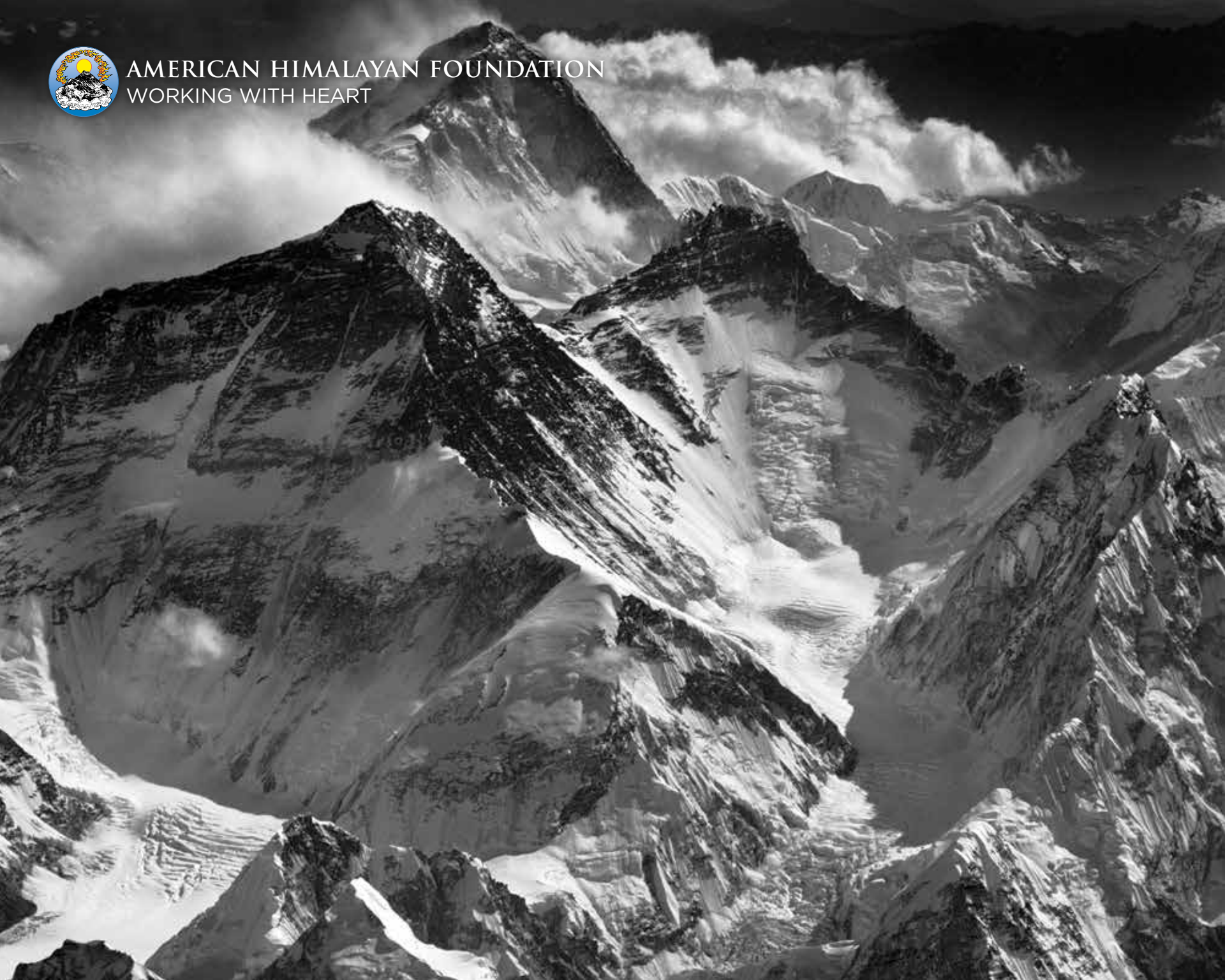




AMERICAN HIMALAYAN FOUNDATION  
WORKING WITH HEART







70

*Conrad Anker, far right, smiles as 30 other Everest summiters take over the stage for the grand finale of AHF's Everest 70th celebration. This stellar group includes the "Super Sherpas" with 90 (!) summits among them, and someone who has been called "the fastest mountaineer of our time." Can you find them?*





*AHF was born of the mountains. For 40+ years, we have been dedicated to improving the lives of people in the Himalaya who have no one else. And we're still committed: to education, to health care, to cultural and environmental protection. The view from the top is great, and so is the smile of a girl finally in school.*





**32K**

*Dr. Aruna Uprety, in front, is the visionary force behind STOP Girl Trafficking. She pioneered the idea that keeping girls in school is the key to keeping them safe. Over 32,000 girls have been spared the tragedy of slavery or forced child marriage. And they are building a better future for all women and girls in Nepal.*





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**माथीसवर**  
WOMAN'S VOICE  
[Portrait of a woman]

**माथीसवर**  
WOMAN'S VOICE

**रेष्ट बुलेटिन**  
संस्कृत धर्मशास्त्र संघ संस्था

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# 113K

*AHF and Dr. Ashok Banskota have a 34-year partnership, and in those decades the Hospital and Rehabilitation Center for Disabled Children (HRDC) has grown under his leadership from a tiny clinic to a 100-bed children's orthopedic hospital that has treated over 113,000 children.*





From Dr. Ashok Banskota's early years in tiny, rented clinics to the "hospital on the hill" that the Hospital and Rehabilitation Center for Disabled Children (HRDC) has become, we have been honored to be partners in his pioneering work to heal Nepal's most disadvantaged children. 113,000 children now have struggled into the hospital, some limping or carried on their parent's backs. And they have walked out, ready to reclaim their childhoods.

I was walking with Dr. Ashok's son, Bibek, also an orthopedic surgeon and now Medical Director, who started talking about HRDC being a happy place: "The patients are happy, the doctors are happy, the staff is happy." It's true; the children are everywhere and the halls ring with their chatter and laughter. But it's not that way in most hospitals, so I asked him to explain.



Making miracles happen, on the road.

Dear AHF friends,

HRDC is a happy place.

The work environment is "stress-free" because many of us who work here have been here for decades and forged long-term working relationships and friendships. This allows us to discuss differences in opinion and eliminates the possibility of conflict.

The philosophy of compassionate care as envisioned by our founder, Dr. Ashok Banskota, is at the heart of HRDC's treatment model, and all who work here are inspired by this philosophy. This is more than just a job for us, and we are all aligned.

Everyone who works here is given the same value and importance for whatever they do, so there is a sense of wanting to do their best for the institution.

And, most importantly, the children whom we serve inspire us by their ability to smile in the face of the many adversities they face. Their smiles are contagious, and this helps us become better human beings in the process of restoring those smiles.

Many thanks for everything you do for HRDC. Friends like you who have shouldered HRDC for decades give us the security for continuity of this work.

Warm regards and respect,

Dr. Bibek Banskota



# HRDC LOVE HEALS



*At HRDC, we get an opportunity to touch the lives of children in need. This makes our own lives more meaningful and fulfilling every day.*











Give someone an education and you will change their life forever. That is especially true for girls in rural Nepal. In communities where women traditionally have no voice and daughters are considered a burden, educating a girl is transformative. The longer she stays in school, the more she learns about the world and her own worth; her family learns too. And when she graduates, she becomes a role model and advocate for other girls in her village — showing everyone just what a girl can do.

This year, there are 11,950 girls, 1,200 newly enrolled, in 492 schools across Nepal with STOP Girl Trafficking. All of them were once in danger of being sold, sent away to work, or married off too young. Instead, they are safe in school with a deep network of teachers, mentors, and SGT alums standing by them, lifting them up.



Yes to school! Three of over 32,000 girls who are happily part of SGT.

## RAMILA'S STORY

Ramila, an alum of STOP Girl Trafficking, has been awarded a scholarship to pursue her dream of becoming a doctor. SGT usually focuses on girls from grades 1 to 12, but Ramila had special circumstances.

She became part of SGT in grade 5; her mother was not well, and her father was a laborer with little regard or money for his daughter's education. Her school's Friday teacher was worried Ramila would become a child laborer, or worse, and asked SGT to enroll her. With the help of AHF, and her own determination, she completed grade 10 with distinction, then took science in senior high school, with a GPA of 3.32 in grade 12.

It wasn't easy. Ramila suffered with depression from personal hardships, including her father's passing and her mother's declining mental health. But she persevered and was awarded a full government scholarship for medical school. AHF has committed to taking care of her rent and living expenses.

We're so proud of her. And grateful to you. Your generosity lets them reach for the stars. Thank you.

# STOP GIRL TRAFFICKING



***\$100 a year gives a girl a backpack, school supplies, uniform, extra tutoring — and mentors who make sure she stays in school and safe.***



Compassion is at the core of everything we do, a thread that connects us all heart-to-heart. Essential to this is helping those most in need, the people who truly have no one else.

After difficult lives of struggle, over 300 elders can finally rest. Your support gives them shelter and takes care of all their basic needs so they can live with dignity. Instead of toiling as laborers, they can now spend their days praying and drinking tea in the company of friends.

Children who were left alone and afraid after being orphaned, abandoned, or abused are now home at Child Haven. Here, they are surrounded by loving housemothers and the happily boisterous company of other children. Plus, a good Ghandian education that opens up their futures.

There are few resources in the Himalaya for families when a child is born with a disability. So, the child suffers without the tools to develop mentally and physically. Thanks to Navjyoti and Ngoenga Schools for children with disabilities, skilled and devoted caretakers help these children get what they need to learn, grow, and thrive. And they are joyful places, full of students' art, music, and laughter.

Treat people with tenderness, meet them where they are, and show them that someone cares. Give them sanctuary and a sense of belonging and safety. They will forever remember your kindness.

# CARING & KINDNESS



*Treat people with tenderness, meet them where they are, and show them that someone cares.*



**Physical therapy for Ngoenga children**









# MUSTANG CHANGES

Much has changed in Mustang in the two plus decades AHF has been working there.

What has changed: 15 daycare centers take care of little ones while their parents work in the fields. Schools now include local language teachers. 6

health posts treated 5,146 patients this year. 17 essential water projects have included irrigation canals, wastewater systems and reservoirs.

The monastic schools are larger and more secure. 15th century temples

have been restored and religious festivals, long abandoned, have been exuberantly revived, making the Lobas, the people of Mustang, proud of their heritage.

All of this helps the Lobas as they navigate the 21st century while holding on to their culture and traditions.

Now, another change has come to this spectacular high, windy desert: the climate is shifting. Rain, though still infrequent, sometimes falls hard enough to damage the hundred-year-old mudbrick buildings. The good news is a green movement, think green

*The climate is shifting and the rain can be intense. The coming years will include more focus on the environment.*



**When the AHF team was in Lo Manthang this spring, we had a lovely surprise. The Lo villagers invited us to a gathering to offer thanks for everything AHF has done for them over the years. Unexpected and fun!**

teens and eco-clubs, is growing that offers hope for the future of the environment.

What hasn't changed: Mustang is still high and cold, the landscape still spectacular and the people welcoming. It's a magical place.











# KEEP THE FAITH



*Kunsang Choling has 70 nuns now and is renowned for the nuns' scholarship, piety, and beautiful mandala paintings.*

It's not possible to get quietly into Kunsang Choling nunnery. As our car turns into their land, an ebullience of nuns, red robes flying, come running towards us. They arrange themselves speedily into a welcome line, the little ones first. As I bend down to greet each one, they offer me a white khata. By the time I get to the end of the line, now khata-laden, the senior nuns are smiling and laughing. It's wonderful.

Lama Gondup waits and takes my hand, clearly happy to see us. We are jindakas, benefactors of the nunnery, yes, but we also have a friendship of over twenty years that is clearly precious on both sides.

When Lama Gondup emerged from an 18-year retreat, he met with His Holiness the Dalai Lama, who said it was now time for him to be useful in the world. So, he decided to open a small nunnery for girls from Nepal's far west who were being abandoned by their families in a time of desperate famine.

He sent a note asking for support with the fledgling nunnery, written, literally, on the back of an envelope. The small house with five nuns became a bigger house and we kept helping out. Finally, Lama Gondup raised enough to build his own nunnery, just outside Kathmandu.

Kunsang Choling has 70 nuns now known for their scholarship, piety, and beautiful mandala paintings. The nunnery is well woven into the local community, who rely on them for pujas and other spiritual needs. A visit there is a happy, welcoming whirl, followed by tea and blessings. And they always tell us that they pray every day for the whole AHF family.

— Erica Stone









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*Jon out in the field*

Dear friends,

All of us at the American Himalayan Foundation are immensely grateful for your compassion and generosity in 2023. Your donations allowed us to look after a great many people throughout the Himalaya. Together, we have uplifted entire communities, alleviated suffering, and made life in this special corner of the world less difficult in countless ways.

This year we were again able to protect nearly 12,000 at-risk girls from being trafficked. Doctors Ashok and Bibek Banskota could heal a multitude of disabled Nepali kids at their miraculous Hospital and Rehabilitation Center for Disabled Children. Thank you.

The Everest area and Mustang are both in the crosshairs of climate change in Nepal. In the Everest area, the glaciers are disappearing at an alarming rate. As our VP Norbu Tenzing said, "For Sherpas, the Himalaya are our lifeblood where we draw our spiritual sustenance as well as our livelihood."

In Mustang, where most folks are traders and subsistence farmers, the rapidly changing climate adversely affects their ability to provide for their families. We will be addressing this in the years ahead to help create a greener and more resilient Mustang.

So, please stay with us. None of this would be possible without your gracious financial support and commitment to this special part of the world. Thank you again.

Tashi Delek,

Jon Krakauer  
Chairman





# Will you help?



## Safe and Sound

**\$100** keeps a vulnerable girl safe in school for a year. **\$1,000** will take her through graduation. Check!

## Mobility Miracles

**\$200** for transformative surgery at HRDC that enables a child to live a more joyful life.



## Nurturing Needs

**\$360** will support a special needs Tibetan child for a year. Add **\$375** to gift mobility — a life-changing wheelchair.

## Street Pup Grub Hub

**\$40** will keep a homeless pooch fed for a year. **\$100** feeds 30 for a month.

## Keeping the Faithful

**\$300** supports a nun living and learning at Kunsang Choling Nunnery.

## Dignity and Respect

**\$1,200** (that's all!) a year to care for an elderly Tibetan refugee.

## Sowing the Seeds

**\$1,000** will build a greenhouse in Mustang to house seedlings for reforestation. **\$50** will keep the seedlings nourished for a month.

## Saving the Tiger

Please send what you can. There are still more poachers than tigers.





# AMERICAN HIMALAYAN FOUNDATION

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