



AMERICAN HIMALAYAN FOUNDATION
WORKING WITH HEART





An aerial photograph of a vast mountain range, likely the Himalayas, covered in snow and partially obscured by low-hanging clouds. A winding river or road is visible in the valley below. The sky is bright with scattered clouds.

COMMITMENT

AHF's mission is to take care of people in the Himalaya who are in need and have no one else. Girls at risk of being trafficked, disabled children, destitute elders, Tibetan refugees trying to survive in the 21st century without losing their culture. We're there for all those who need shelter and warmth, education, medical care, or to live without fear and hunger.

Thank you for making it all possible. — Erica Stone, President

HRDC: LOVE HEALS

A visit to HRDC feels like a teaching about life and the power of compassion in action. Listening to the heartfelt way Drs. Bibek and Ashok Banskota speak about the Hospital and Rehabilitation Center for Disabled Children (HRDC), and witnessing the skill and care they provide to their young patients is a truly inspiring reminder of how compassionate care can transform lives and alleviate suffering.



Dr. Bibek Banskota was happy to introduce us to Ram.

Eighteen-year-old Ram was hit by a car and suffered devastating injuries, including compound fractures to his leg. The police who responded to the accident rushed him to a nearby hospital. But his injuries proved too severe for the local doctors, and they sent him on to another hospital near Kathmandu for specialized care.

When Ram's father arrived to see his son, he was caught between hope and despair. As a laborer supporting a family of seven, he knew he could not afford the care his son needed. Desperate, and believing it was the only option, he fell to his knees and pleaded with the doctor to amputate his son's leg.

Fortunately, that doctor was Dr. Bibek Banskota, who is also the Medical Director at HRDC, and he made a call that changed Ram's life. He had Ram transferred to HRDC, where he underwent multiple complex surgeries to repair his shattered leg — entirely free of charge.

Ram is still at HRDC and continuing his journey to recovery. The road ahead is long, but he is now filled with hope for the future, thanks to the amazing HRDC medical team who will make sure he is supported every step of the way.

Another instance of HRDC's motto: love heals.





STOP GIRL TRAFFICKING

AHF has been working on STOP Girl Trafficking for 27 years. In some ways, the country has changed a great deal in that time; women have more voice, more girls get an education, and there is more awareness of women's rights.



Other things haven't. Trafficking stubbornly persists, and girls are still the least valued members in many families. In times of trouble, a daughter is the first to be taken out of school, and a persuasive stranger can sway a parent to give her into their "care". But then she disappears, sold, trapped in bonded labor, or forced into child marriage.

Dr. Aruna Uprety started SGT to fight against this tragic waste of young lives, and she realized that education was the key. School acts as a safety net; along with educating the girls, it helps raise awareness about the dangers of trafficking and child marriage. And it works.

Five years ago, we expanded SGT's footprint in Ramechhap, a district of Nepal where trafficking is prevalent. We surveyed girls in the new schools beforehand, and then went back and asked the same questions this year. The

results are impressive.

- Understanding of the importance of education jumped from 28% to 82%
- Awareness of the consequences of early marriage increased from 21% to 99%
- Knowledge of the risks of trafficking soared from 7% to 89%

And, most importantly, there have been no reports of trafficking among girls in SGT or in their school communities — meaning the protective ripple effect extends far beyond the students directly enrolled. Illustrating, once again, that SGT is transformative!



Dr. Aruna Uprety, founder of our partner organization RHEST, with a classroom full of girls who are safe because of SGT.



BUXAL STORIES

Month	Day	Story
Jan	1	...
Jan	2	...
Jan	3	...
Jan	4	...
Jan	5	...
Jan	6	...
Jan	7	...
Jan	8	...
Jan	9	...
Jan	10	...
Jan	11	...
Jan	12	...
Jan	13	...
Jan	14	...
Jan	15	...
Jan	16	...
Jan	17	...
Jan	18	...
Jan	19	...
Jan	20	...
Jan	21	...
Jan	22	...
Jan	23	...
Jan	24	...
Jan	25	...
Jan	26	...
Jan	27	...
Jan	28	...
Jan	29	...
Jan	30	...
Jan	31	...

A photograph showing the interior of a gompas (a Tibetan Buddhist monastery) during a restoration project. The walls are covered in intricate, colorful murals and paintings, including a prominent vertical column of circular portraits. Several people are visible, some working on the walls and others observing. The scene is lit with warm, focused lights, highlighting the details of the artwork.

MUSTANG RESTORED

Mustang, the Kingdom of Lo, was spared from the ravages of the Cultural Revolution. But it was isolated by geography and decree, leaving its people impoverished and the ancient, sacred gompas crumbling. When the doors to the ancient kingdom were opened in 1992, AHF was invited in and the king made a surprising appeal: begin by restoring the gompas because they are the heart of Loba culture. Today, they are structurally sound and glow with butter lamps that illuminate the fifteenth-century wall paintings, and the Lobas have a renewed pride in their culture and history.

MUSTANG REVITALIZED



Yangchen Gurung is the Program Manager at our partner organization, the Lo Gyalpo Jigme Foundation. After getting her master's at Columbia University, she returned to Nepal and now splits her time between Kathmandu and Upper Mustang, overseeing our projects there.

I am constantly grateful to call this Himalayan corner of the world home — a place where 2,700 people live across 20 scattered villages. Though small in number, they embody the essence of happiness: compassion, spirituality, and love. This enduring spirit owes much to the generosity and important work of AHF, which has been making a meaningful difference here for three decades.

This year alone, we cared for 108 children in daycare centers, supported the education of 60 young nuns, 45



A lovely Mustang welcome.

monks, and provided local language education to 200 students. We sustained the operations of two grassroots educational initiatives and tackled 5,724 health cases.

But the impacts of climate change are strongly felt in Mustang — drying water sources, new crop and livestock diseases, and the weathering of historical monuments are challenging our way of life. So, our focus must now include restoring water sources for both humans and wildlife, cultivating climate-smart crops for local farmers, and reducing human-wildlife conflict.

Our eco-clubs in schools and monastic institutions are nurturing the next generation of conservationists: young monks, nuns, and lay children who are learning to protect their environment and cherish the natural habitat of the wild.

Thank you for helping continue this work that is so vital to my home and my people. — *Yangchen*





CARING & KINDNESS

Compassion is not something passive but an active, driving force. Offering kindness to those who are overlooked, misunderstood, or slip through the cracks in society and expecting nothing in return is a radical act. And we are proud to partner with the Himalayan organizations that go out and do that every day.

We fund elder homes for refugees who have ended up alone after years of struggle in exile. Everything they need — shelter, food, medicine — is taken care of, so they can finally relax and spend time in the company of friends, sipping tea and spinning prayer wheels. For 200+ other elders, who already have roofs over their heads, we offer modest stipends to help make ends meet, ensuring there is food on the table and fuel for the heater.

Children with disabilities often need extra and specialized care that many families don't have the resources to provide. Ngoenga and Navjyoti schools help fill this gap. They offer loving care and tailored



education to help their students grow stronger, express themselves through art and music, and learn skills that will help them live as independently as possible. This year, 50 students are living and learning at Ngoenga, and 80 students attend the Navjyoti day school.

Our non-human neighbors deserve compassion too. And that is what drives a group of young women volunteers who go out every day and feed 150 street dogs in Kathmandu. Over time, the dogs have come to trust them and wait patiently to be served in their bowls.

Tigers and other wildlife don't want cuddles, but we offer them other vital care. Greed and fear threaten their safety. So, we fund anti-poaching patrols and awareness-raising programs in communities bordering preserves to help reduce human-wildlife conflict and keep these majestic creatures roaming free.

A little kindness goes a long way.





“Love and compassion are necessities, not luxuries. Without them, humanity cannot survive.”

— HH Dalai Lama

THE THAME FLOOD

Thame, nestled at 12,467 feet in the Everest region, is a charming traditional Sherpa village beloved by locals and trekkers alike.

Or, was, until on August 16th, when it was overwhelmed by a catastrophic glacial flood that swept away most of the village. Miraculously, all the villagers, including the 47 children at the school, were able to flee to safety.

In the immediate aftermath, we provided clothing, food, and supplies for the children who had to be relocated to another village to continue their schooling. Now, the



Students and teachers after receiving clothes, bedding, and supplies.

community is looking to rebuild the school, hostel, staff quarters, and health clinic, but in Thame-teng, a small village above Thame that is safe from flood.

During our recent trip to Kathmandu, we met with members of the Thame community, who are still grappling with the disaster

caused by the flood. Sherpa climate activists and scientists are also developing a plan for Thame and other villages in the Khumbu that will include disaster preparedness to better safeguard against future calamities.

AHF has a long history of working in the Everest region and responding to crises like the one in Thame. Together, with your support, we can help the people of Thame rebuild their lives and homes, preserving their community and heritage for generations to come.

— Norbu Tenzing, Vice President

“As glaciers melt and lakes expand, disasters like Thame will be more frequent, we have to adapt... We have to get back on our feet and prepare for what’s coming.”

—Tenzing Chogyal Sherpa, Glaciologist



The icy flood waters tore through Thame Valley with unstoppable fury, leaving the village in ruins and lives shattered in their wake.



KEEP THE FAITH

During a recent visit to a Buddhist nunnery we have supported for many years, a senior nun proudly led us into the small shrine hall. Butter lamps lit up the deities and intricate mandalas, bringing the sacred room to life. It is an oasis of inner harmony and peace against the challenges waiting for us outside.

This diminutive, charismatic nun helped establish the nunnery in the early 1980s after her former nunnery was destroyed and she fled to Nepal. For 150 women and girls, this place is now family, home, and school. They learn not only the scriptures and rituals, but also English, Nepali,

math, and other secular subjects while living together as sisters. Many of the nuns come from poor families in remote villages where they would not have had an opportunity to get an education. Here, they do.



This is just one inspiring example. Many other nunneries and monasteries that have been revived and are thriving in exile. They give hope and opportunity to the communities that grow around them. From Mustang and the Everest region down to the settlements in Southern India, nunneries and monasteries are the key institutions where Himalayan people can gather, practice the dharma, and keep their language and culture alive.

AHF works with many settlements to help them survive, hold onto traditions, and keep their community together and strong. Alongside schools, clinics, elderly homes, and local organizations, supporting their spiritual wellbeing is another way we are with them in this journey.

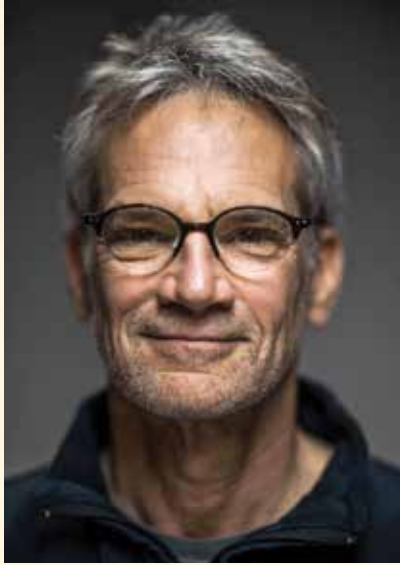
—TDL



A lighthearted moment during our visit with the nuns.



COMMITMENT



Dear friends,

As 2024 comes to a close, everyone here at the American Himalayan Foundation would like to express our immense gratitude for your support. Owing to your generosity, we have been able to continue our crucial work throughout the Himalaya. The people of this unique region depend on us more than ever, and your compassion has made their lives significantly less difficult.

Among the many projects you made possible this year, I am especially proud of what we accomplished with Doctors Ashok and Bibek Banskota, father and son, to alleviate the suffering of thousands of Nepali kids at their amazing Hospital and Rehabilitation Center for Disabled Children.

HRDC exemplifies how we work and have been able to achieve so much. First, we work really hard to find local partners like the Banskotas who possess an unquenchable desire to help people in need, the vision to imagine extraordinary things, and the skills required to accomplish what they imagine. Then — and this is crucial — we nurture, encourage, and collaborate with them over the long haul.

But it's your ongoing kindness that allows all of it to happen.

Thank you,

A handwritten signature in blue ink that reads "Jon Krakauer". The signature is fluid and cursive, with a long horizontal stroke at the end.

Jon Krakauer
Board Chair

BOARD OF DIRECTORS

Jon Krakauer, Chairman
Conrad Anker
Heidi Blum
Ambassador Peter Bodde
David Bonderman

Christopher Hest
Peter Hillary
Eileen Mariano
George McCown
Bruce McCubbrey

Bernard Osher
Ambassador Nancy Powell
Louis F. Reichardt, PhD

PRESIDENT: Erica Stone
VICE PRESIDENT:
Norbu Tenzing Norgay

INSIDE COVER: MOSAIC PANORAMA OF EVEREST BY RENAN OZTURK
PHOTOS: LUIGI FIENI, CHIME TASHI LAMA, SCOTT MCDERMOTT,
BRUCE MOORE, TSERING RHITAR, MATTHIEU RICARD, NAWANG
SHERAB, NORBU TENZING AND COURTESY OF OUR PARTNERS

DESIGN: ALLYSON APPEN, STUDIOA2

PRINTED BY UTAP PRINTING CO.

Please Help



Walk the Walk

\$200 gives a child life-changing surgery so they can take their first steps towards a new future.

STOP Girl Trafficking

\$100 keeps a girl safe in school for a year. **\$1,000** takes her all the way to graduation.



Doggone Generous

\$50 feeds a street dog for a year. Give them a future worth barking about.

Good Dharma and Karma

\$40 takes care of a nun's material needs for a month so she can study the dharma.

Let's Zero TB

\$100 screens 10 people for tuberculosis, halting the spread and saving lives.

Tending to Tradition

\$450 for a year of comfort and care to a Tibetan elder in India, honoring their life's journey.

Tiger Spotlight

\$350 for a tiger monitoring camera, helping to track and protect these magnificent big cats.

Rebuild, Renew, Restore

Give what you can. Every gift will help rebuild Thame village.



AMERICAN HIMALAYAN FOUNDATION

909 Montgomery Street, Suite 400
San Francisco, California 94133
(415) 288-7245
www.himalayan-foundation.org

