

INVESTING IN CHILDREN IN THE HIMALAYAS

A large group of children and a few adults are running and jumping joyfully in a park. The children are wearing various casual clothes like t-shirts, sweatshirts, and shorts. Some are holding hands, forming a line. In the background, there are large trees and a hilly landscape. The overall mood is happy and energetic.

HIMALAYAN LIFE
ANNUAL REVIEW 2021/2022

Our **MISSION** is to protect, nurture and educate children in the Himalayas:

- By providing comprehensive care to street children, abandoned children, slave children, and other socio-economically disadvantaged children.
- By touching the lives of a wide range of community children through meaningful school and community-based programs.

Our **VISION** is to invest in the lives of thousands of children and youths in the Himalayas, thereby making a lasting transformative impact on their individual lives, families and communities. We want to see them flourish and live with hope and joy, reconciled with self, others and God.

PROJECT LOCATIONS





OVERALL IMPACT

With your help and by God's grace, our work has affected children in Nepal in the following ways:



3,130
children impacted
by our programs



491,052
meals served
in one year



132
amazing Nepalese
staff investing in
the lives of children



469
children given
access to formal and
informal education



325
children provided
with safe housing



56,824
pounds of rice
delivered to families
in need of relief

INVESTING IN GIRLS



For the last 15 years, we have focused on rescuing street children - primarily boys - from the streets of Pokhara. Presently, we have 90 former street children in our care, and we are committed to investing in their lives as they overcome deep trauma and engage in education, some for the first time.

However, we also recognize that girls are suffering in the shadows of Nepalese society. Consequently, we have begun to explore ways to reach out and rescue girls from their circumstances. We now have 21 girls in full-time care at our new home in Pokhara that is dedicated to protecting and nurturing girls.

As the Himalayan Life team in Chitwan has been serving children and families in the slums, they noticed a growing number of cases of trafficking, child marriage and abuse, particularly among young girls. In response, the team started the Chitwan Girls Program! Their vision is for young girls to learn health, hygiene and safety and prepare them to stand on their own feet. So far, 140 girls in the surrounding communities have been served by the new “Focus on Girls” education programs.



111
girls housed



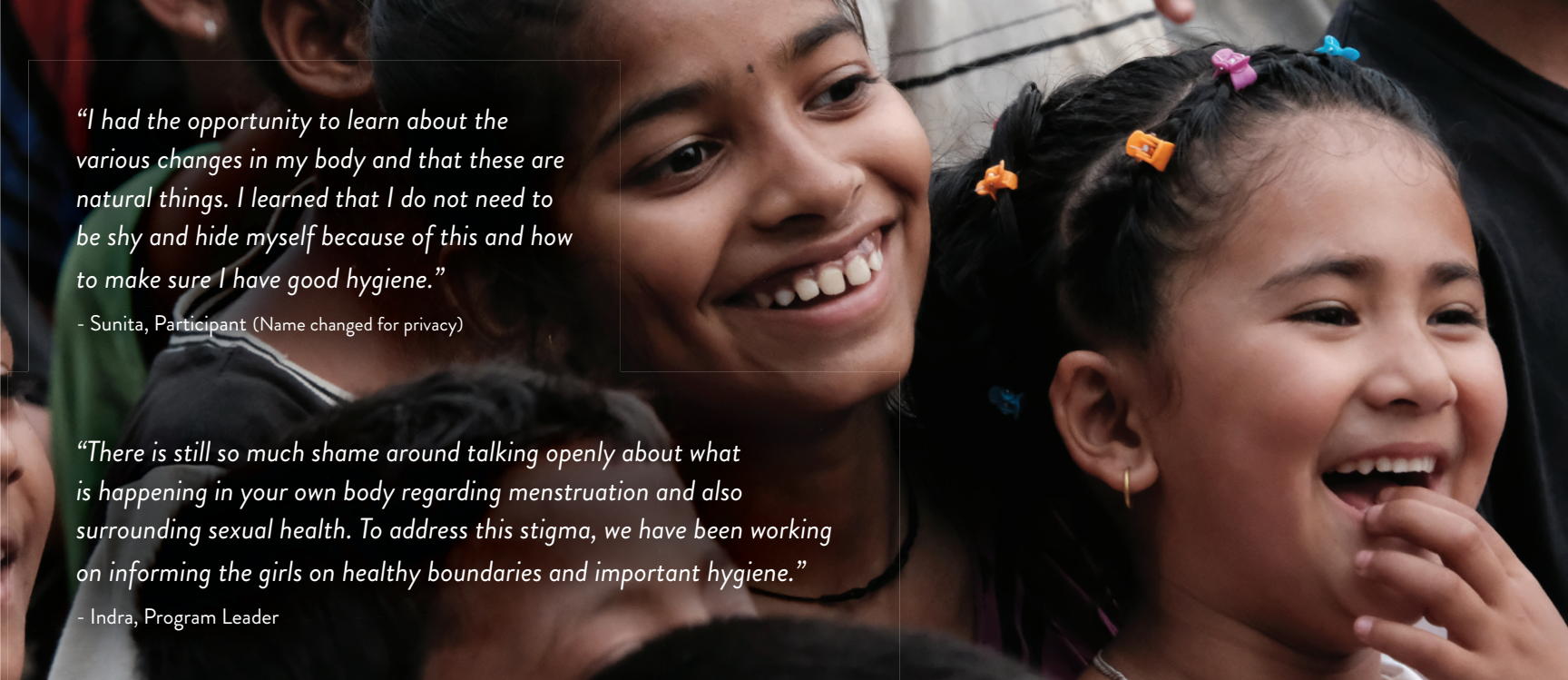
230
girls given the
opportunity for
education



13
girls pursuing
higher education



24
girls rescued from
labour camps in
Ladakh



"I had the opportunity to learn about the various changes in my body and that these are natural things. I learned that I do not need to be shy and hide myself because of this and how to make sure I have good hygiene."

- Sunita, Participant (Name changed for privacy)

"There is still so much shame around talking openly about what is happening in your own body regarding menstruation and also surrounding sexual health. To address this stigma, we have been working on informing the girls on healthy boundaries and important hygiene."

- Indra, Program Leader



140

girls attending health, hygiene and safety awareness programs



812

girls protected, nurtured and educated through Himalayan Life's programs



75

women in leadership positions in Himalayan Life

(RE)INVESTING IN EDUCATION



In its fourth year of operations in 2021, the Yangri Academic Centre was busy with 200 students attending Kindergarten through Grade 7, with many more students from the 15 villages in the Yangri Valley waiting to join in. To our devastation, our beloved school was hit by a cataclysmic flood in June 2021 that destroyed several buildings. Many towns in the Yangri Valley were completely inundated. We are beyond grateful that none of the students and staff were harmed by the flash flood.

Himalayan Life's first response was to provide supplies and relief to those most affected by the flooding. During this initial period, some parents of YAC students risked their lives to wade across the raging river with ropes tied around their waists to tell the teachers not to give up on their kids. The YAC team responded with commitment and strength, ensuring that we would continue to invest in education in the Yangri Valley.

Temporary schooling was set up in the remaining classrooms and in tents



185

students attending
the Yangri
Academic Centre



139

children housed
at the Yangri
Academic Centre



324

school uniforms
worn by children
in Himalayan Life



15

devoted teachers
working at the
Yangri Academic
Centre

on the premises to ensure that education could continue. This short break in studies and financial pressures due to the global pandemic made some families reconsider their investment in their children's education. One student named Maya* was a Grade 7 student at YAC before the flood. When the school reopened, her father insisted that she quit school and start working to support the family. When this was brought to the staff's attention at YAC, the teachers visited her family to convince her father of the benefits of education and its necessity for Maya to have a bright future. Thankfully, Maya is now back at YAC to continue her schooling.

The next step for the Yangri Academic Centre is to rebuild the elementary school that was destroyed in the flash flood and build a secondary school alongside it in a new location. New land has been purchased in the village of Bangdang, just up the valley from Yangri. This new space is just shy of 10 acres and will accommodate Kindergarten to Grade 12 in one campus. We are excited about this next chapter for YAC and how it will make space for many more students, like Maya, who are eagerly awaiting an education.

**name changed for privacy*



5

buildings wiped away
due to the flash flood
in Yangri



185

students being taught
in tents due to the flood
destruction



145

children attending educational
support programs

INVESTING IN FAMILIES



My name is Salomi Sherpa, I'm 25 years old. My mum and dad are Lila and Sonam Sherpa, and I have a younger sister and brother. I am proud of my family. I look up on my dad, how he

untiringly throws his skills, his time and all he is into his work and leadership of the Himalayan Life school in Yangri. I admire how my mum has not just raised the three of us siblings, but hundreds of children in her capacity as hostel parent, first in Ladakh, and now in Yangri. My sister Roshni is working on her Bachelor's as an architect, and my brother Joash is a Grade 8 student at the Yangri Academic Centre.

I have no words for how grateful I am for the transformation I have experienced in and through our family. In fact, remembering the violence and utter lack of peace in our home during my early

childhood still sends chills down my spine. We could not have made it without intervention or without the grace of God.

When our lives became intertwined with Himalayan Life 15 years ago, a fresh wind from a different direction started filling our sails. My parents had been migrant workers in India, desperately trying not just to make ends meet but to earn their place in society. Maybe, just maybe, if they had property, a house, car, material things, they would finally be respected as members of the community which didn't seem to have room for them. But things have turned out different in a beautiful way: My mum is now honoured as the mother of hundreds of children and young adults, and my dad is a trusted leader of the community in the Yangri Valley. The path to our identity turned out to be not affluence, but compassion and service.

I am the very first graduate from any of the Himalayan Life homes. Upon completing my 12 years of schooling, I went on to earn my Bachelor's degree in Clinical Psychology, supported by a scholarship from Himalayan Life. While I still need to gain work experience and eventually would like to pursue a Master's, I already know that I want to make my vocational skills available to Himalayan Life. I simply would like to give back a little of what I have been given.

I dream of seeing more of the kind of transformation which we have experienced in our family. My heart weeps when seeing children grow up without the nurturing care they need in order to become healthy, responsible and whole adults. I want to make a difference.



1031

families supported
through relief in
Chitwan



61

families financially
supported during the
pandemic through
Himalayan Life
Plastics



132

families supported
by Himalayan Life
through direct
employment



185

families financially
supported to send
their children to
school through
scholarships

MESSAGE FROM THE CEO



On the recent occasion of my late mother's funeral, I reflected on just how much my mum had invested in me and my siblings—so much care. Endless energy. Years of her life. Faith. Lots of delicious food. And most of all: Love.

Investing in the lives of their children is what parents do. This investment, in tandem with God's grace, puts ground under our feet upon which we eventually can stand and leap forward in life.

At Himalayan Life we do precisely that: invest in children and youth, particularly those who are less fortunate and do not have mothers or fathers who can invest in

them. In their stead, we protect, nurture and educate them. We care. We know them by name. And most of all: we love them.

I think I speak for all of our staff when saying that investing in the children is not a chore, but a privilege. We are grateful for and energized by the transformation we are seeing in the lives of the children.

By your generous giving and prayers, you too are investing in the children in the Himalayas. Thank you. I trust that the stories of transformation in this review will be a source of joy and inspiration to you.

With gratitude,
Daniel



FINANCIAL REPORT

International Revenue

Canada	\$850,820	40%
Switzerland	\$1,254,124	60%
Total	\$2,104,944	



International Expenses

Programs	\$1,760,192*	87%
Administration	\$159,600	8%
Fundraising	\$99,153	5%
Total	\$2,018,945	



*includes \$717,719 of designated funds for rebuilding the Yangri School

All funds are in Canadian dollars. Detailed audit statements are available upon request.

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We are delighted to announce that Himalayan Life Canada has been accredited by Imagine Canada's Standards Program. The Standards Program is designed to strengthen the practices of Canadian charities and to demonstrate their commitment to the highest level of accountability, governance and transparency.



HIMALAYAN LIFE
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