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All 23 employees of PLNN Hospital, Lukla



Pasang Kazi Sherpa, CEO



Pasang Lhamu Sherpa



Dr. Sarita Shresta K. C.



Dr. Anish K. C.



Ngagyaljen Sherpa



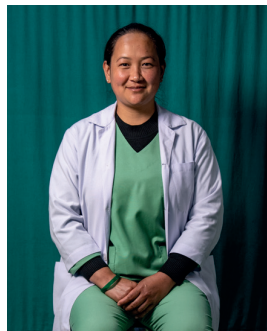
Rupa Chaudhary



Anjana Thapa



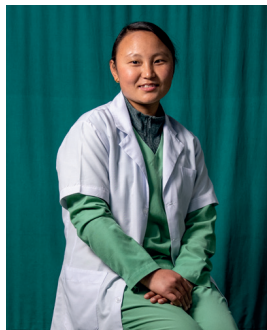
Ang Sona Sherpa



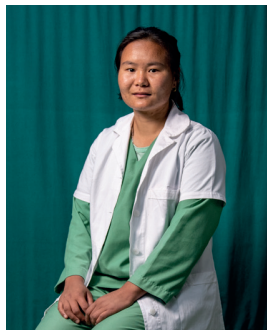
Sona Gurung



Sanjaya Sharma



Karina Bhote



Lhamu Bhote



Santoshi Pathak



Mukesh Chaudhary



Ang Phurwa Sherpa



Dayangjii Sherpa



Rajan Magar



Ngim Futi Sherpa (BBC)



Kami Nuru Sherpa



Sumina Magar



Gopal Shrestha



Maya Magar



Mankazi Magar

Dear godmothers and godfathers Dear friends and families

The joy of finally travelling to Nepal in person again after two years was great. The global outbreak of Covid did not stop at the Himalayas and posed great challenges for the team on the ground.

In Switzerland, we stood on balconies to show our gratitude to the nursing staff with applause. We would have loved to do the same for the staff of the PLNN Hospital in Lukla. But they would not have heard it. All the more we want to show in this newsletter the faces who do their best every day on site to help Janma move forward. The Pasang Lhamu Nicole Niquille Hospital and its staff made it possible that the sponsorship contributions could be paid out even without our presence. The contributions can now be sent to the children and their families by bank transfer and no longer have to be paid out in cash. Nevertheless, we still maintain that the sponsored children show up at the Lukla Hospital on the occasion of the annual Janma Days. On this day (every April - at the beginning of the school year in Nepal), the Janma children come with at least one parent to the PLNN Hospital in Lukla and prove with their Janma birth certificate that they belong to the project. This is how we ensure that the contributions go to the right families and that this is only ever done on the condition that the children attend school.

In addition, we use the Janma Days as an opportunity to take portraits of all the children and make the pictures available for you to view via the protected sponsor log-in. This way you can follow the development of your sponsored child from year to year. This approach makes it possible and guarantees that 100 percent of the sponsorship contributions go directly to the children and their families in Nepal.

The Janma Days 2022 took place on 26 April. Janma co-founder Rob Lewis travelled to Lukla with his girlfriend Sophia Fromm. Read Sophia's account of her experience from the perspective of a mother and godmother on pages 4 and 5. Nicole Niquille also combined her group trip to Nepal with a visit to the Janma Days and attended the celebrations.

Wherever your motivation for taking on a Janma sponsorship or for making a donation to our project lies: We would like to take this opportunity to thank you very much. Do you have any questions about Janma? Write to us via e-mail to: info@janma.org.

Namaste

Rolf Loepfe

Rob Lewis



Adventurous journey of a godmother



Three years ago I had already planned a trip to Lukla to participate in the second Janma Day. But things turned out differently and due to my pregnancy at the time, a trip to the Himalayas was not possible. On 25 October 2019, my daughter Josephine was born and only 52 minutes later in the Khumbu Valley, our godchild, Jigme Wongchhu Sherpa.

The desire to travel to Nepal remained and this year, thanks to grandparents who took over the care of our daughter, I was finally able to embark on this journey. In April 2022, I flew to Nepal for two weeks with my boyfriend and co-founder of Janma, Rob.

The anticipation of this trip and of visiting our godchild Jigme was enormous, even though saying goodbye to my daughter was harder than I thought. We had decided to travel to Nepal without our daughter so that I could help flexibly on site. We arrived in Kathmandu in the midday heat and tired. There was one afternoon left to stroll through

Thamel, the tourist quarter of the city, and enjoy a first Nepalese meal. As the weather looked good for the following morning, the onward flight to Lukla was already planned for the next day. Full of new impressions, I fell into bed that evening and the early morning alarm clock pulled me out of a deep sleep. A last hot shower and off I went to the airport again.

Landing in Lukla, the place where the PLNN Hospital is located, we were already warmly welcomed at the airport. As soon as we checked into the lodge, we were greeted by Pasang Lhamu, the head of the hospital. We immediately started with the preparations for Janma Day and also talked about the past, as the last visit of a Janma delegation had taken place in 2019 due to the pandemic.

The great desire to visit Jigme also became an immediate topic that afternoon. During our travel preparations, we had thought of combining the visit to Jigme with a trek through the valley towards Mount Everest. «No sooner said than done» was Pasang's motto and after one phone call we found the right guide for our four-day trek. I had not expected such an uncomplicated and generous willingness to help.

Already the following morning we left and Pasang Lhamu had organised more visits to Janma children to save them the long way to Lukla for Janma Day.



It was an indescribable experience how we were welcomed by all the families. Experiencing these encounters surrounded by world-renowned mountains left me speechless in some situations.

On the second last day of our trek, the time had finally come and we set off for the village where Jigme lives. On the way, it started to rain lightly and as soon as we arrived at the lodge where we were staying for the night, it poured with rain. It was clear to our guide Dawa and Rob that we would not visit Jigme again today and would visit him tomorrow before returning to Lukla. I could hardly stand this wait. Our host knew Jigme and already told us the first details, mentioning in passing that we had a view of his home from our room. We would have a view of his home from our room. Sad and full of anticipation at the same time, I sat down at the window and looked at the house in the rain, where neither light nor people could be seen.

That morning, before we left the room, I spotted a little boy running wild outside Jigme's house while his mother was washing. That had to be Jigme and the fear that I might not meet him during my trip was finally gone.

Directly after breakfast, we crossed a small gorge and the farmland of Jigme's family to his home, where he shyly ran into the house to his mother at the sight of us. Dawa, our guide, took over the translations and managed to draw the little boy out. A small rubber ball I had brought with me, which he threw wildly around the room, created trust. I was amazed and somehow proud to see how active and agile Jigme was. With Jigme's mother, communication was more difficult and with a man as translator, it quickly became clear. As a translator, it quickly became clear that the classic women's and mothers' issues tended not to be discussed.

But time did not stand still and so that we could walk back to Lukla the same day, we had to leave again at noon.



This hike and especially the visit to our godchild reverberated and made us go to bed that evening with many thoughts.

The following days we stayed in the village, organised the last details for the Janma Day and I tried to support Rob and Pasang as much as possible with all the tasks.

The big Janma Day started for us early in the morning at the temple next to the hospital and was followed by a day of glorious sunshine, full of gratitude, with many happy children and for me an afternoon surrounded by a crowd of mothers and their children bustling with birth certificates and Janma certificates to get confirmation for the payment of their sponsorship contributions.

This trip moved me very much and prompted me to write a very personal and detailed report about my time in Nepal. The text with more pictures of the trip can be read on Janma's website.

Sophia Fromm and Rob Lewis are joint godparents
by Jigme Wongchhu Sherpa

Impressionen des fünften Janma Days



The 5th Janma Day was held in the open air on 26 April 2022, in front of the PLNN Hospital, Lukla.



Appa Sherpa, Nicole Niquille and Marco Vuadens during the opening ceremony



Godchild: Pasang Tashi Shrestha (4 years) and his mother Kami Diki Sherpa



Long queue at the registration for Janma Day



The monks of the Lukla Monastery performing the the Lion Dance - a tribute dance for Project Janma



This year, 175 children received their sponsorship payment.



Finally arrived - many parents and their children take a long way to be part of Janma Day



Pema Sherpa (4 years) during the annual Photo shoot for the sponsorship picture



Most of the children come in school uniform



A short film about Janma Day 2022 can be found at the janma.org website. Or simply scan this Scan the QR code and watch!



The Janma Birth Team

The eight-member team, consisting of two doctors, five nurses and the director of the hospital, Pasang Lhamu Sherpa, brings us closer to the goal of reducing maternal and child mortality during births in the Himalayas. With great dedication and heart and soul, they take care of the health of mother and child before, during and after birth.

The family-like working atmosphere and the strong cooperation in PLNN pay off. We have been able to rely on the team for several years and are always very happy to meet familiar faces during our visits to Lukla. The accumulated experience in a well-coordinated team makes it possible to make the birth of children here as safe as possible. Without these people, Janma would be impossible - thank you very much!

left to right Ang Sona Sherpa, Lhamu Bhote, Santoshi Pathak, Karina Bhote, Sona Gurung Pasang Lhamu Sherpa, Dr. Anish K. C., Dr. Sarita Shrestha

Godparents wanted

Take over a sponsorship now and find out more about it on our website janma.org.

Also one-time donations to support the of the project are welcome!

Fondation Nicole Niquille, Hôpital Lukla
Vermerk «Janma» – Childrens' Education Fund
La Bourliandaz 105, 1637 Charmey (Gruyère)



ACCOUNT
Raiffeisen Moléson
IBAN CH57 8012 9000 0415 3952 2
Fondation Nicole Niquille, Hôpital Lukla
Janma – Childrens' Education Fund
La Bourliandaz 105
CH-1637 Charmey (Gruyère)



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www.hopital-lukla.ch



In cooperation with JETHA MAILA



Janma – Childrens' Education Fund Nepal
Steinhübeliweg 8 | 3074 Muri bei Bern
www.janma.org | info@janma.org