



**Supporting Mothers, Saving Lives – Become a Member of Janma!**  
A project by the Nicole Niquille Foundation – [www.janma.org](http://www.janma.org)

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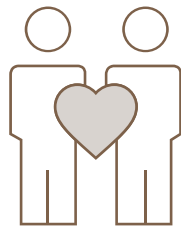


A reunion shortly before Jigme's sixth birthday: together with his parents, who make their living from farming, he leads a simple and peaceful life.

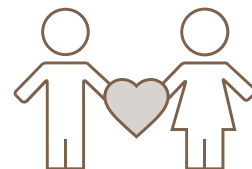


Mingma Chhanji Tamang, born on May 27, 2014, one of our first sponsored children, dreams of becoming a doctor. Big dreams are welcome!

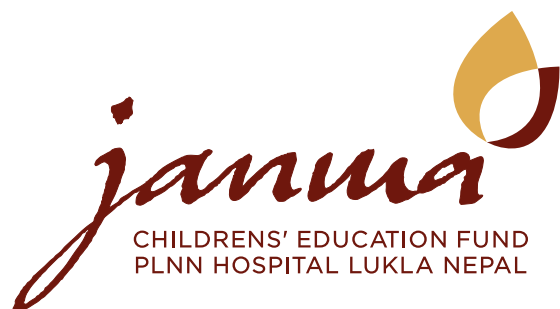
## Current Sponsorship Status



312 Godparents



394 Sponsored children



## Make a Donation or Become a Sponsor?

Whether you wish to make a one-time donation or take on a sponsorship, we appreciate your interest and your contact. Even small donations help us further develop Janma. More information can be found on [www.janma.org](http://www.janma.org)

## Dear sponsors, dear friends and families,

**The year 2025 is a turbulent one for Nepal. The still young democracy experienced severe unrest this autumn: above all, young people took to the streets to protest against corruption and to stand up for freedom of expression. Their demands for perspectives and opportunities clearly show how important access to education and medical care is in this changing country. This makes the role of the PLNN Hospital in Lukla — which has now been providing care for 20 years — all the more significant: a place that creates stability and offers hope.**

What began in 2005 as a vision of Nicole Niquille has today become an indispensable institution for the entire region. For the 20th anniversary, two travel groups from the Fondation Nicole Niquille set out for Nepal this autumn: a trekking group headed to the Everest region and a cultural group on a journey through the country. In Lukla, a total of 66 participants finally came together to celebrate this special anniversary together with local authorities, the hospital team, and numerous families.

The day was marked by joy, gratitude, and moving encounters. Many Janma children and their families traveled to Lukla, making touching meetings between sponsors and their sponsored children possible. During the festive dinner — lovingly prepared by the Sherpa women of the Khumbu region — the strong sense of connection that underpins our shared work was palpable.

The Janma team — represented this year by Rob Lewis and his two friends Markus and Roman — also used the trip to visit several families in the Khumbu Valley. One visit was particularly striking: the mother featured on the cover of this year's newsletter. She cares not only for her own two children but also for the two children of her late sister. All four children are part of the Janma family and receive support. Normally, we do not grant more than two sponsorships per household in order not to increase the birth rate. But in this case, it is clear how much

the additional support relieves the mother and gives the children real prospects for the future. It is one of many stories that motivate us to continue — and that we are happy to share with you.

More than ever, it is evident how sustainably the Janma program is working. More and more children are growing up in stable conditions, attending school regularly, and beginning to form their own dreams for the future. One young Janma student told us she wants to become a doctor one day — a wish that touches us deeply and reminds us of Nicole's own path.

The PLNN Hospital and the Janma program make an indispensable contribution to this every single day. We thank all sponsors, donors, and friends for their loyal support. None of this would be possible without you. Together, we remain committed to reducing maternal and child mortality in the Himalayas — step by step, year by year.

With heartfelt thanks and best wishes,  
Your Janma Team. Namaste

Rob Lewis

Rolf Loepfe



# In conversation with Nicole Niquille: The PLNN Hospital — A Matter of the Heart



Nicole Niquille in front of the PLNN Hospital in Lukla — showing unwavering dedication, even though every journey there is a challenge.

«For me, the PLNN Hospital is my greatest adventure,» says Nicole Niquille. Immediately after this year’s celebration in Lukla, an extensive on-site interview was conducted with her, in which she spoke openly about the hospital’s beginnings, challenges, and successes.

Nicole recounted how it all began more than twenty years ago: an encounter with Ang Gelu Sherpa, who worked in the kitchen of her restaurant by Lac Taney, brought her and Marco to the region. At that time, there was neither a hospital nor any medical infrastructure on the hill in Lukla — just trees and rocks.

The vision grew out of a personal story: Ang Gelu’s sister, Pasang Lhamu Sherpa, had successfully climbed Everest as the first Nepali woman on her fourth attempt — and tragically died on the descent. Her lifelong goal had been to help the women and children of the region. Nicole and Marco deci-

ded to fulfill this wish.

With a starting capital of 100,000 Swiss francs, they founded the foundation, assembled a competent team of medical professionals, financial experts, and dedicated supporters, and did everything possible to build the hospital in Lukla.

The administrative hurdles were enormous. Nepal has many laws and regulations, and establishing a hospital within these rules was complicated. In addition, at the beginning there was neither internet nor fast means of communication — photos were sent by post, and every detail had to be carefully checked.

Nicole recalls: «At the beginning, Marco was my legs. I couldn’t do much, but together we made it happen.»

She emphasizes that she is particularly proud of how the hospital has adapted to Nepal’s changes. From a monarchy to a democratic republic, with new regulations, inspections, and reports to the authorities — and yet the hospital has established itself as a reliable place for medical care. In 2023, it was even recognized as the best hospital in the district.

Today, the PLNN Hospital is a central anchor for the region. The local community, and especially the Sherpas, strongly identify with the hospital. Women from the region contribute valuable daily work, the technical team has provided stability from the very beginning, and the medical team is



The celebration took place in the forecourt of the PLNN Hospital.



Monks from a Buddhist monastery in Nepal perform the traditional Lion Dance — a ritual dance representing the mythical snow lion. The dance is meant to drive away evil spirits, bring protection, and bless the audience.

committed to caring for patients. Nicole emphasizes: «Trust and personal relationships are crucial. It’s not just about the building and the infrastructure, but about the people behind it. If I don’t feel good about someone, I can’t accomplish anything.»

And what is particularly close to Nicole’s heart?

That the hospital is run by a dedicated local team, adapts to all challenges — whether political changes or natural disasters — and yet continues to operate reliably. Despite many difficulties and financial hurdles, sustainability and stability have been achieved over 20 years — something Nicole is especially proud of.

Her message to the children, families, and supporters of the hospital is clear: dreams can become reality if you work persistently, are well supported, and pull together as a team. For herself, she says: she will always be there for her team to guide and support the project. As she says: «As long as I live, I will always be there for you.»

Currently, 394 children benefit from the Janma sponsorship program, which provides them with real prospects for the future. This success would not have been possible without the dedication of Nicole, Marco, Ang Gelu, and many other partners.

The PLNN Hospital remains a living labor of love, which will continue to grow in the coming years — carried forward by people who stand behind this project with heart, trust, and determination.





To celebrate the day, the Swiss Ambassador to Nepal, Danielle Meuwly, and the Chairperson of Khumbu Pasanglhamu Rural Municipality, Mingma Chhiri Sherpa, jointly lit a butter lamp.



Dawa Futi Sherpa, daughter of Pasang Lhamu Sherpa — the first woman to summit Mount Everest. She continues her mother's dream and works with the Pasang Lhamu Foundation to support the well-being of the Nepali people.



Ang Gelu Sherpa, brother of the late Pasang Lhamu Sherpa and co-initiator of the PLNN Hospital in Lukla.



In honor of Nicole, Sherpa women perform traditional Sherpa dances.



Sponsor Martine Peiry meets her sponsored child, Urgen Jangbu Sherpa (4).

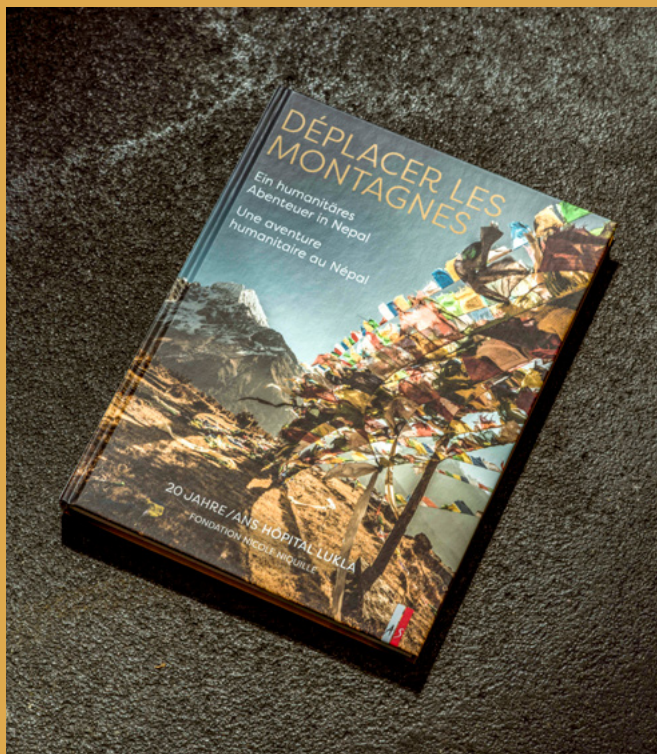


After the arrival of the long trek: Nicole welcomes the travel group at the entrance to Lukla.



The entire PLNN Hospital team with Nicole Niquille — united, dedicated, and full of pride after this year's celebration in Lukla.





«Moving Mountains – A Humanitarian Adventure in Nepal,» the anniversary book for the 20th anniversary of the Pasang Lhamu-Nicole Niquille Hospital.



The PLNN Hospital in front of the village of Lukla, featured in the new anniversary book.

## Twenty Years of Moving Mountains — A Humanitarian Adventure in Nepal

Just in time for the 20th anniversary of the Pasang Lhamu-Nicole Niquille Hospital, the book «Déplacer les montagnes – A Humanitarian Adventure in Nepal» was published. Rob Lewis was responsible for the concept and photography, while the texts were written by Nicole Niquille and Lise Grossrieder. The project was made possible thanks to the financial support of Lenzlinger SA in Neuchâtel.

The book provides insights into the past twenty years as well as a look toward the future and current developments. Thanks to the dedicated support of people in Switzerland and Nepal, Nicole Niquille, together with her husband Marco Vuadens, was able to establish the Fondation Nicole Niquille twenty years ago and enable the construction of a hospital in Lukla.

«Déplacer les montagnes» — literally «Moving Mountains» — is a tribute to the tireless commitment to the people of Solokhumbu. Personal and close to the people, the book tells the unique humanitarian success story of the Pasang Lhamu-Nicole Niquille Hospital through text and images.

On September 20, 2025, a vernissage was held in Charmey, where the book was joyfully presented. It was published by AS Verlag and can be ordered by email for CHF 50.00, including shipping, at [lukla@niquille.ch](mailto:lukla@niquille.ch)



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