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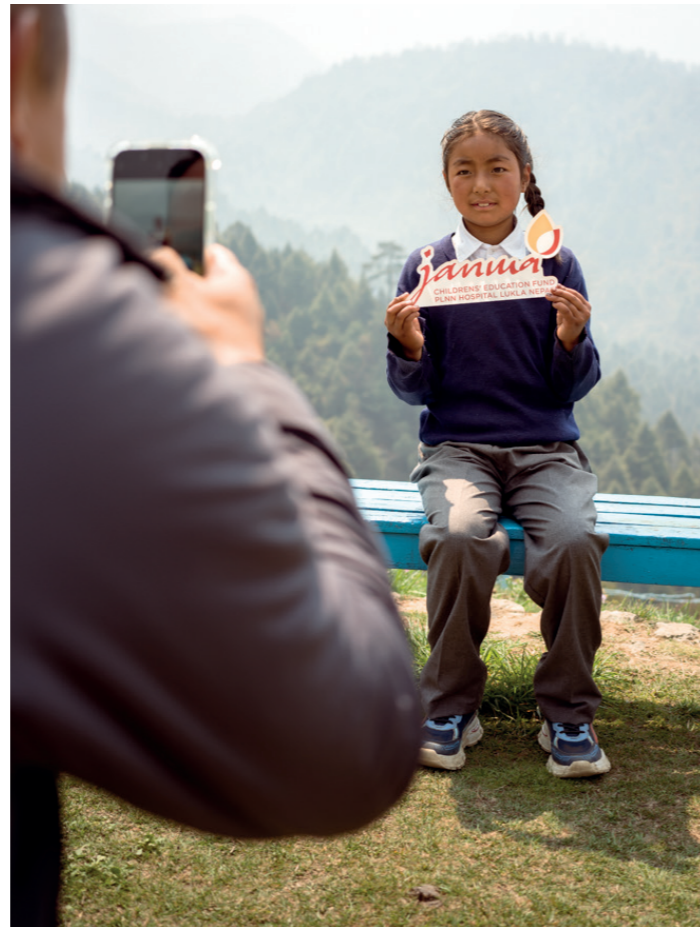


Supporting Mothers, Saving Lives - Become a Member of Janma!
A project by the Nicole Niquille Foundation - www.hopital-lukla.ch

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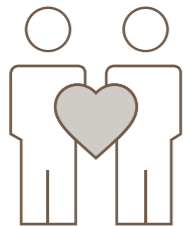


The 7th Janma Day took place on April 26, 2024. We were able to welcome 170 of the 232 sponsored children and their parents.

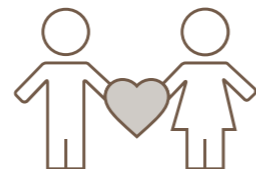


A Janma sponsorship covers a child's school costs for ten years, with annual payments starting when the child begins school.

Situation actuelle des parrainages



299 marraines et parrains



359 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

Dear sponsors, dear friends and families,

Once again this year, we had the privilege of experiencing a day of joy and connection with the children and their families in Nepal. Janma Day 2024 was a powerful testament to what we can achieve together, thanks to all the sponsors. With your help and support, we celebrated the smiles of 170 children and assisted them on their path to a promising future. Let us look back together at the highlights of this special day and the inspiring stories that Janma allows us to be part of.

Under bright sunshine, we were fortunate on April 26, 2024, to welcome 170 of the total 232 children along with their families in the outdoor area of the PLNN Hospital for Janma Day. The Janma delegation, consisting of Sophia Fromm, her partner Rob Lewis, and their daughter Josephine, was on site not only to celebrate the day but also to document it. It was a day full of joy, commitment, and memorable encounters.

Thanks to the generous support of local volunteers and the dedicated help of the hospital team, we were able to not only care for the 170 children on this day, ensuring their well-being, but also reach out to the families who, due to the distance from the hospital, cannot attend Janma Day every year. We were able to contact all the families, and in the meantime, all the photos are now available in the login area of the Janma website, where you can visually track the progress of your sponsored child.

We are especially proud that, once again this year, we were able to find suitable sponsors for all the newborn children. This is a central part of our mission to improve the quality of life for mothers and children in the region.

Next year, the PLNN Hospital will celebrate its 20th anniversary, an important milestone to be celebrated. For this reason, the Fondation Nicole Niquille will offer three different trips to Nepal in

the fall of 2025. More information can be found directly on the Fondation's website. (www.hospital-lukla.ch)

In this newsletter, we give a voice to our long-time project collaborator and administrative director of the PLNN Hospital, Pasang Lhamu Sherpa. She shares her perspective and motivation behind two decades of dedicated work for the region. Her experiences and insights are of great importance to us, as they guide and influence our shared mission.

We would like to sincerely thank all our donors, sponsors, and supporters for their continued support. It is your commitment that allows Janma to grow and encourages us to continue advancing our main goal of reducing maternal and child mortality. Together, more can be achieved, and we look forward to the challenges and successes ahead.

Your Janma team, Namaste



Rob Lewis



Rolf Loepfe

Pasang Lhamu Sherpa and her mission in the name of health for all



Nicole Niquille, together with Pasang Lhamu Sherpa – the administrative director of the PLNN Hospital in Lukla and the main person responsible for the Janma project on site.

Next year, the PLNN Hospital in Lukla will celebrate its 20th anniversary. With the hospital's inauguration in 2005, a lot changed for the hospital's current administrative director, Pasang Lhamu Sherpa. She was determined to be there on the day of the inauguration, dressed in her traditional Sherpa attire, and set out alone towards the hospital. However, she didn't make it to the hospital; the path was crowded with people wanting to welcome Nicole Niquille to Lukla. Pasang stood by the side of the road with a Khata. Nicole's strong personality, resilience, and positivity deeply impressed Pasang. «That day, Nicole became my role model,» says Pasang almost 20 years later, remembering the tears she had in her eyes at the time.

As the mother of an adult son, Pasang clearly remembers the medical care in Lukla before the PLNN Hospital was opened. «I remember carrying my son several times to Khunde to get the necessary vaccinations,» says Pasang, reflecting on the exhausting hikes from that time.

Two years after the hospital opened, when Pasang learned that an administrator was needed, it was clear to her that she would apply. She felt a responsibility to contribute to ensuring that healthcare in the Solokhumbu Valley was accessible to all.

The high maternal and child mortality during childbirth remained an issue in the region even after the hospital opened. Pasang herself had experienced this firsthand and had to be transferred to Kathmandu for further treatment due to complications. This experience strengthened her resolve to work even harder to ensure that all mothers have the opportunity to give birth in a hospital.

In 2011, Rolf Loepfe and Rob Lewis made their first trip to Lukla and the PLNN Hospital, where they also met Pasang Lhamu Sherpa for the first time. Two years later, together with Nicole Niquille, the idea for Janma was born – to motivate expectant mothers to give birth in the hospital through financial support for their education.

As the administrative head of the hospital, Pasang Lhamu Sherpa has been involved in the project from the start. Due to her personal experience, it was clear to her that she would not only advocate professionally for as many mothers as possible to give birth in a hospital.

Apart from Janma, the PLNN Hospital has been offering free pregnancy care and deliveries since its opening. The same applies to the treatment of children under five years old.

«The annual free HPV screening for the local female population, along with the follow-up exams, is one of the most important achievements of the hospital,» says Pasang, who also privately raises her voice for the women in the valley and takes on responsibility in the Solokhumbu District.



Group photo in front of the PLNN Hospital, taken after this year's Janma Day. A big thank you goes to all the staff and volunteers who made this day possible on site.

The team at the PLNN Hospital does not limit its activities to on-site consultations alone. Especially for older and less mobile patients, the hospital organizes annual visits to various communities around Lukla to make medical support accessible to those who might otherwise have difficulty reaching it.

The hospital treats all types of patients, with a primary focus on the local population. However, during the trekking season, numerous tourists also visit the PLNN Hospital for treatment. Often, the challenge is to determine whether transport to Kathmandu is necessary or if treatment in Lukla is sufficient.

When Pasang thinks about the future, there is much she envisions or hopes for. «I imagine a fully equipped health center that meets the evolving needs of our community and improves access to specialized care,» she sums up her vision. She sees the Fondation Nicole Niquille as the backbone of this initiative and believes that the local population also shares responsibility. Investments in training programs that empower local staff to manage and

expand the services are, for Pasang Lhamu Sherpa, a way to secure the future of the PLNN Hospital and ensure that the hospital will continue to serve and support the local community and tourists for generations to come.

To all of us at the Janma Commission, there is only one thing left to say: THANK YOU, PASANG!

Pasang has been our direct contact on-site since the founding of Janma in 2013, coordinating and supporting us in all matters. Without her and her team, the project would not be possible.

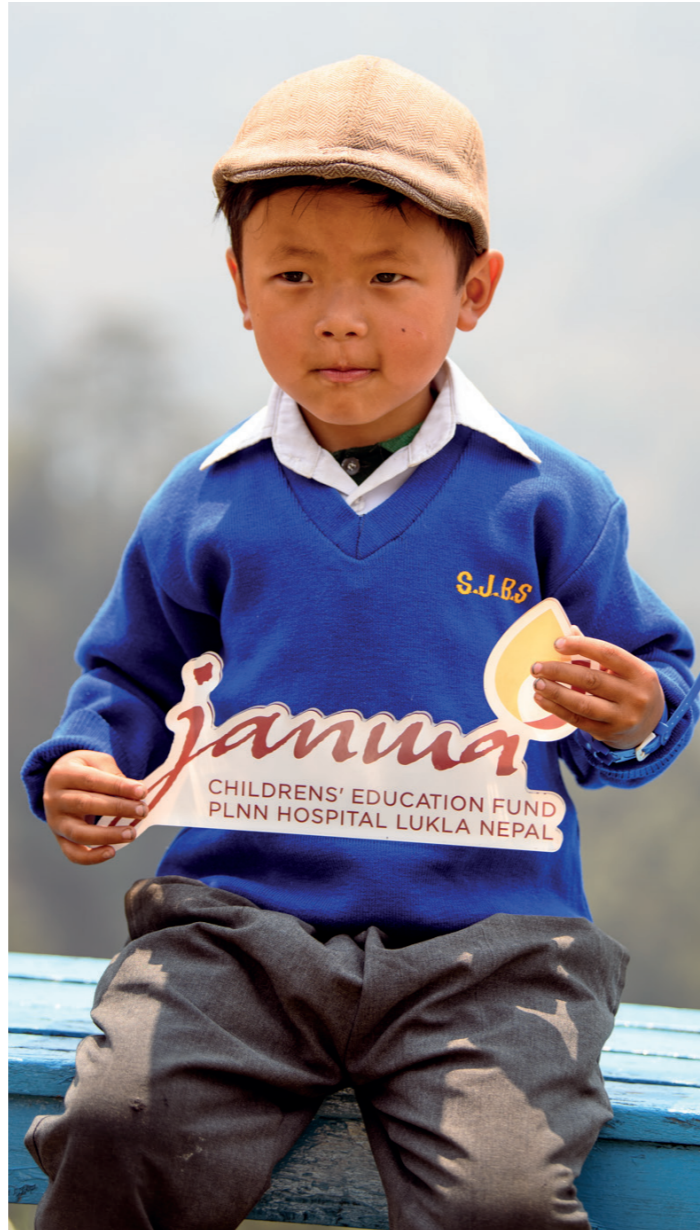
For more information about the hospital and the work of the Fondation Nicole Niquille, you can find it here.

www.hopital-lukla.ch

Faces of joy and future are at the heart of our commitment.



Anyone who has been to Nepal knows about the warm hospitality and gratitude of its people. That's why it's important to us to look them in the eye and ask directly about their well-being. Over time, Janma has grown into a large family, connecting people and striving to empower mothers while providing children with opportunities through education.



Ishak Thulung Rai (5) at the annual Janma photo.

Chhiring Jangmoo Sherpa (10), the second Janma sponsored child, had to be born in Kathmandu due to complications.

On April 26, 2024, this year's Janma Day took place at the PLNN Hospital in Lukla, marking yet another remarkable day. Children in school uniforms, accompanied by their mothers, arrived at the hospital from all directions, eager to exchange stories and share important updates. For children who have reached the age of four, a bank account is opened with the help of their birth certificate—a process facilitated by a bank employee who travels from Lukla to the hospital specifically for this purpose.

In addition to the official photo for the sponsors and a brief data review, there is also the option to conduct health checks for the children, if needed. For the Janma Commission, it is a valuable opportunity to observe firsthand how the project is progressing on site.



Newly enrolled, Noryang Sherpa (4) with her mother, Doma Sherpa.



Mothers waiting at registration.



A grand reunion – the annual event leads to many encounters.



Ngim Dawa Tamang (9), Binu Maya Tamang (4), and Pasang Gyaljen Tamang (8).



Rijan Karki (9) is barely a month older than his friend Kusal Tamang (9).



The foundation stone was laid in 2003. The Minister of Health, Dr. Upendra Devkota, laid the first stone of the hospital.



Ngagyaljen Sherpa led the Healthpost in Lukla, Nepal, years before the hospital was opened.

The foundation of healthcare in the Khumbu Valley of Nepal.

In 2003, the official laying of the first stone for the PLNN Hospital in Lukla, Nepal, took place. The then Minister of Health laid the first stone, marking an important milestone for healthcare in the Khumbu Valley. Before the hospital opened in 2005, medical care in the region was limited to a small health post, equipped with only a few medications.

A particularly moving chapter in the history of the PLNN Hospital is the role of the head of this health post, who was one of the first employees of the new hospital. Today, he is responsible for the pharmacy at the PLNN Hospital and is passionately dedicated to sustainably improving healthcare for the local population.

The PLNN Hospital represents not only progress but also hope and a healthy future for the Khumbu Valley.

To celebrate the 20th anniversary of the PLNN Hospital in Lukla, the Nepali branch of the Fondation Nicole Niquille will organize a celebration with a Pujah (a Buddhist blessing ceremony).

If you would like to participate, visit the hospital, meet your sponsored child, or simply experience an exceptional journey to Nepal, a great opportunity will arise in autumn 2025.

For more information, please contact us via email at voyage@niquille.ch or by phone at +41 79 274 64 13.



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