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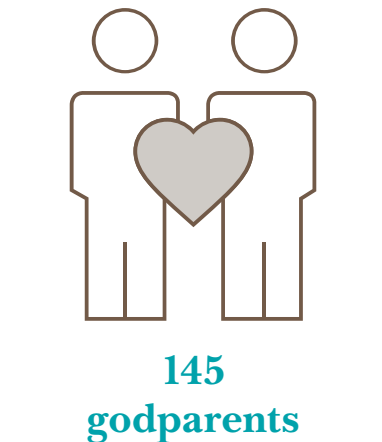
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Janma guarantees that 100% of the sponsorship contributions go directly to the families in the Himalayas.



Make a donation or start a sponsorship?

Whether you make a one-time donation or a sponsorship
We are happy about your interest and about Your contact.
Even small donations can help us continue to develop Janma.
More information can be found at www.janma.org

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Dear godparents, dear members of the Janma Association, dear friends and families

Bright-eyed children, grateful parents, happy families, many moving moments and beautiful encounters. In short, this was the first Janma-Day in Lukla. The first Janma children travelled on the 29th of April 2018 to the Pasang Lhamu Nicole Niquille Hospital in Luka to receive the sponsorship fees for their first year in school, sponsored by their godparents.



In 2014, the beginning of the Janma project, 40 children were born in the safe environment of the hospital and looked after by well trained medical personnel. We are proud, that we contribute with the idea and the project to the reduction of the still high rate of child and maternal mortality in Nepal and the Himalayan region. The children will receive also in the coming nine years the fees donated by their godparents. This allows the families and children to finish the 10 years of basic education without financial difficulties and increase their chances of getting a good formation afterwards. It is important to mention, that the donations will only be paid to the families if the children actually attend school.

It is our wish to thank you cordially, dear godparents and sponsors, for your trust in our association and in our project. This allows us to fulfil, in your name, the promises we made four years ago: to combat the high rate of child and maternal mortality through the motivation of safe birth giving in a hospital environment.

Namaste!
JethaMaila


Rolf Loepfe


Rob Lewis

«I am happy that my children can attend school.»

Nikki Rai and Roshan Rai were the first children that entered the Janma project. Nicole Niquille took over the sponsorship for Nikki Rai, whereas Esther and Marc Durcrey took that of her brother Roshan Rai. Esther and Marc Ducrey visited the family in their home in Lukla.



Hari Maya Rai links mit Tochter Nikki und rechts mit Sohn Roshan.

Janma: Nikki und Roshan Rai were the first children that entered the Janma project. How do you as a family benefit from those sponsorships?

Hari Maya Rai (Mutter): We lived here in Lukla under very hard circumstances. Roshan was already born when we had great financial difficulties. We were thinking about leaving Lukla and go back to Bung (our home village). Then Nikki was born. After the birth in the hospital

of Lukla, Pasang Lahmu informed us, that there is a new project (Janma), which can help us financially and takes over the school fees for the children. We both wept for joy. Nicole Niquille visited us in the hospital and we were very grateful. I was never able to attend school and only learned reading and writing when I was 17 years old. I am very happy that my children can go to school.

Janma: Yesterday the official ceremony for the first Janma-Day took place in the hospital. Present were the Nepalese Minister for Tourism, representatives of the regional authorities, monks of the monastery in Lukla and of course the children and their parents. What do you think the medium- to long-term impact of this project will be?

Hari Maya Rai (Mutter): I think, that it will mainly have an impact on the health of the mothers-to-be and their children. It will be guaranteed that the children can attend school because Janma donates the money for the school fees.

Janma: Roshan, you have been enrolled in school for the past six years, what does school give you?

Roshan Rai (12): There are many good things in our school. We also learn how to help our classmates. I would like to finish the natural sciences level in school, so that I know everything about the human body. I have never seen a skeleton – can you bring me one when you visit us next time?

Interview: Esther Mueller Ducrey and Marc Ducrey

Marie-José worked for over five years as a nurse for the International Red Cross. She travelled to Nepal several times and fell in love with the country and the people. So this year she decided to lay her travel itinerary in a way that she was able to be there in person when the first Janma children received their sponsorships. She is herself godparent of a seven months old boy, which she was able to meet and take in her arms in Lukla. The whole event and the ceremony were very moving for Marie-José, and she will treasure the memories for a long time. She is convinced about the sustainability of the project.

Sustainability is more than a word. Two godparents participated at the ‘Janma-Day’ in Lukla.



Patrik Messerli, a 25-year-old graphic designer from Bern, travelled with the Janma-Crew to Lukla. Together with his father, he decided a few years ago that they will renounce sending the clients of their company, Messerli Kommunikation, Christmas presents and instead took on two Janma sponsorships. They received a lot of positive feedback from their customers. Meanwhile, the family supports Janma also during private festivities and asks family and friends donate to Janma instead of giving them birthday presents.

At the company headquarters in Muri hangs a very big poster of Janma. The journey to Lukla was very important for Patrik to convince and tell clients and friends of the sustainability of the project. Patrik: ‘I took a lot of impressions back home with me. I will never forget the adventurous flight in a small plane from Kathmandu to Lukla and the laughing children’s faces there. A special memory is the impressive ceremony that was held for Janma in front of the hospital. The many sweet children and the gratefulness of their parents was very moving and convinced me of the sustainability of the project and our engagement in it.

Marie-José Matile and Patrik Messerli in Lukla.

These are the first 40 children or 38 families who received their first sponsorship payment on April 29, 2018. Our godparents can download the pictures with their personal login and find further information at about their godchild under janma.org/login



Janma-Day: the first 40 godchildren receive their fees during a festive ceremony

Only the weather did not want to play along on this important day. A clouded sky and occasional raindrops caused the many eager supporters to put up tarpaulins over the place of the event in front of the hospital. Aside from representatives of the local authorities and a delegation of monks, Mr. M. Kripasur Sherpa, Minister for Tourism of Nepal, was present at the ceremony and honoured the Janma project and the importance of the Pasang Lhamu Nicole Niquille Hospital for the Khumbu-Region in his speech. Also the founder of the hospital and honorary member of Janma – Nicole Niquille – was present at the ceremony. She was able to take the first Janma godchild into her arms, which was named after her, Nikki Rai (see page 4).



The Janma-Crew, with Fabienne Kaupert, Esther Mueller Ducrey, Marc Ducrey, Jolyne Loepfe, Laurent Ulrich, Patrik Messerli and Rob Lewis, registered ahead of the handover of the sponsorship fees in cash, the 40 Janma children and their families,. After the speeches of the mentioned representatives, Rob Lewis, deputy President of Janma, directed some words to all those present. He also thanked the families for their trust in the project. Rolf Loepfe, President and co-founder of Janma, was unable to attend the ceremony due to back surgery and was represented by his daughter Jolyne. The ceremony was framed by traditional dances and additional dance performances by the children. Also Pasang Lhamu Sherpa, who is the person representing Janma in Lukla, was visibly moved and proud of what has been achieved yet.



The young assistant doctor Léonard Diserens spends three months at the Pasang Lhamu Nicole Niquille hospital and has already attended several births.

It is important, to correctly evaluate the risks.



I became aware of this hospital in the Himalaya thanks to a colleague who worked here a few years ago. And here I am. Great emphasis is placed on safety in the Pasang Lhamu Nicole Niquille Hospital. Although the hospital has an ultrasound scanner and an operating theatre, high-risk pregnancies are generally transferred to Kathmandu. Because we do not have a blood bank, we try to identify high-risk pregnancies early to make sure that nothing goes wrong. Most births, however, proceed as scheduled and the mothers already came for prenatal examinations. The midwives are doing most of the work. It is important to always stay alert and to keep the timing in view, because the pregnant women often have to undertake long walks to get from their home village to the hospital. Now a little bit further down the valley there is some kind of birthplace, but the hospital is for many expectant mothers still the easiest to reach. The hospital also contributes positively to the issue of family planning. From a medical point of view, my work is comparable with what I normally do in Switzerland. Maybe except for clinical pictures related to the altitude here in the Himalayas. I will take home to Switzerland many lasting impressions and experiences of my time here in Nepal.

Recorded by Fabienne Kaupert and Jolyne Loepfe

Nicole Niquille: Janma developed into a pleasant and important project.



She was the first female Swiss mountain guide. The successful mountain climber lives in a wheelchair after an accident, but this did not keep her from running a mountain restaurant or build a hospital in the Nepalese Himalaya. Nicole Niquille is an honorary member of Janma and godparent of the first Janma child.

For me it was always clear that one of the most important goals is to ensure safe births with the hospital. Together with Rolf Loepfe and Rob Lewis (JethaMai-la) we developed the Janma project, an instrument that goes above the provision of basic healthcare. It actively motivates mothers-to-be to give birth in a safe hospital and in that way ensure the education of their new-borns.

«Already before the foundation of the hospital, I was preoccupied with the high children and maternal mortality rate in the Himalayas»

Life in Lukla is for many of the poorer families difficult and the financial hardship significant. It was and still is a long way, to convince the parents that the investment in the education of their children is worthwhile and that it increases their chances to study later in Kathmandu or to learn professions, which allow them to reach a better living standard. I am proud to be godparent of the first Janma child. Janma developed into a pleasant and important sister project of the hospital in Lukla.

Nicole Niquille is president of the Fondation Nicole Niquille and honorary member of the Janma Association.

Janma is the Nepalese word for birth. The idea for the project was born one evening in November 2013 in Lukla (Nepalese Himalaya) during a dinner with Nicole Niquille, the founder of the Pasang Lhamu - Nicole Niquille Hospital Lukla (PLNN Hospital). The topic was the still high infant and maternal mortality rate in Nepal and especially in the Himalaya. Since its opening, the hospital has carried out birth attendances and deliveries. A central question is therefore: How can one motivate expectant mothers in the Lukla region to give birth to their children in hospital? Through information and through school education for their Children! We promise every child born in Lukla Hospital annual contributions to the school costs up to the 10th school year.

Patinnen und Paten gesucht

Become a Godparent now and inform yourself about this on our new designed website janma.org
Also unique donations for the support of the project are welcome!

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JANMA TRIP 2019

In the spring of 2019 we are planning the next trip to the Himalayas. Godparents who would like to visit the Hospital Lukla and be part of the Janma-Day (April 2019) are welcome to join. Please do not hesitate to contact us.

Imprint



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