

live To love



Resilient and Rising

Annual Report 2020-2021

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Chairperson's Address

Live to Love

Dear Live to Love Family and Friends,

The global pandemic is receding. We continue to endure seismic disruptions to our lives and communities. Yet with resilience, hope persists, yielding compassion and action.

During these challenging times, it's been an extraordinary privilege to be involved with our Live to Love Family, and our programs have never been more vital. Since 2020, with your support, some of our accomplishments include:

- Partnering with the Tzu Chi Buddhist Foundation to deliver COVID-19 relief to 85,000 Himalayans
- Celebrating the award-winning Druk Padma Karpo School's 20th anniversary and hosting a Covid-friendly virtual fundraising event that raised USD \$59,300 for classroom construction and earthquake protection upgrades
- Continuing entrepreneurship graduate programs and start-up launches of the Naropa Fellowship through the pandemic's logistical and supply chain challenges
- Live to Love Germany delivering supplies to thousands of Ukrainian refugees fleeing the war with Russia

Live to Love is expanding in scope and impact. Our online campaigns reach a wider public audience. We are building our grant maker and corporate outreach to harness institutional goodwill and strategic partnerships. And Live to Love continues to be blessed with generous high net-worth donors and our thousands of supporters, who have been the bedrock of our programming and impact since the beginning. Our outlook for 2022 and beyond is stronger thanks to all of you.

Words cannot express our gratitude for your continued support. I encourage you to review the following report, and we wish you good health and happiness in 2022 and beyond.

Thank you sincerely,

James Potter

OUR STORY

Live to Love cultivates the power of indigenous Himalayans to safeguard their land, culture and autonomy. We partner with indigenous leaders to activate, author and accelerate sustainable growth in the region.

Once a thriving confluence of culture, trade and diplomacy, today, the Himalayas and its people are on the verge of collapse due to continual disruptions in their ecological, social, economic and political lives.

To foster resiliency and self-empowerment, Live to Love is reviving the role of indigenous people as learners, innovators, warriors, changemakers and healers of the Himalayas through its diverse projects and initiatives in the larger global dialogue.

ABOUT US

The Himalayan mountain range encompasses critical geo-strategic interests, traversing several countries, cradling many cultures, ethnicities and traditions.

The Himalayas are a significant source of defense, agriculture, energy, water and tourism for the nations they occupy. Yet the region faces a number of challenges.

Live to Love utilizes sustainable development to tackle these challenges and foster sustainable resiliency. Our projects achieve multiple goals at once, such as protecting natural resources, providing medical care and promoting equality. We honor the Himalayas by celebrating its diverse cultures through education and heritage preservation. Live to Love provides the next generation of Himalayans with an appreciation of their culture and a modern skill set to lead their communities.

OUR VALUES

Live to Love projects are:

Grassroots:

all of our projects are locally led

Inclusive:

we are committed to eliminating barriers based on culture, race, language, religion, sexuality, ability, class and age

Respectful of regional cultures:

we honor the indigenous traditions, heritages and experiences

Environmentally conscious:

we focus on education and preservation

In doing so, Live to Love has grown a grassroots movement that originated in the Himalayas into a model for the rest of the world where similar projects are adopted and duplicated.

Roadmap—Two Decades of Active Kindness

1999 Inception of Druk Padma Karpo School in Ladakh, India

2008 Drukpa nuns began learning Kung Fu to protect themselves

2010 Cloudburst devastates Ladakh, Live to Love provides immediate relief and reconstruction aid

2012 and 2013 Live to Love volunteers planted one million trees and broke the Guinness World Records, twice

2014 Locals gathered to create the Live to Rescue shelter to protect animals from animal accidents and starvation

2015 The Kung Fu Nuns tackle 7.8 scale earthquake in Nepal, cross rivers to provide relief to most vulnerable villages

2016 Kung Fu Nuns embark on 5,000-kilometre-long Cycle Yatra to raise awareness against human trafficking in the Himalayas

2017 The historic Naropa Festival in Ladakh gathered 200,000 people to celebrate Himalayan culture

2018 Inception of the Naropa Fellowship to create Himalayan leaders and reduce income and gender inequalities

2019 Asia Society honors the Kung Fu Nuns with the Game Changer Award for 12 years of dedication in protecting young girls in the Himalayas

2020 and 2021 Live to Love spearheads massive COVID-19 relief to 85,000 people in the Himalayas, protecting them from disasters



Live to Love Building Back Bolder

When the pandemic hit in 2020, the world and Himalayan communities were guessing at the magnitude of the pandemic. In 2021, we were better prepared. Live to Love ensured that relief was no longer a concern. We planned ahead for economic recovery to build financial, physical, emotional and spiritual resiliency.

- Distributed covid relief and resources helping 2,000,000 people globally
- Protected 86,000 at-risk Himalayans during the pandemic
- Coordinated 5,000 volunteers to deliver support and administer relief
- Educated 2,183 young Himalayans throughout the pandemic
- Rescued 1,000 stray animals from accidents and starvation

“Never before had I connected directly to the people. The spirit of the people and their faith in us kept me going even at 14,500 feet high mountain passes.”

–Sonam Zangpo, Volunteer, Ladakh



Naropa Fellowship

Live to Love's current flagship project, the Naropa Fellowship is a postgraduate program that cultivates and incubates the next generation of Himalayan leaders. The Fellowship, uniquely designed to tackle systemic income, health, and gender inequities, is a beacon of hope and resiliency. The curriculum integrates multidisciplinary and entrepreneurial coursework to build critical thinking and problem-solving competencies. Utilizing a socio-constructive, place-based pedagogy of Live-Action Projects (local, practical, real-life applications of course objectives), the Fellows build innovative start-ups creating an ecosystem of entrepreneurship while multiplying jobs locally.

At the centre of the learning process are the Young Fellows. The Fellowship provides leadership skills, a safe residence, and greater access to knowledge and digital skills to participate in the local and global economy. In rural India, where only 18.8% of women are in leadership positions, the Fellowship up-ends this phenomenon by providing role models and mentors via female-led businesses.

Faculty from the University of Pennsylvania, Ashoka University and other esteemed institutions deliver 40+ academic courses with a liberal arts approach. An intervention-based feature of the curriculum, the Live-Action Projects draw early-stage investors, seed funders and accelerators from around the globe at the annual Impact Summit. Fellows' ventures include agri-tech, sustainable innovation in energy, ed-tech, and digital healthcare. They have received grants from UNDP, CITI Foundation, Oyo Hotels and Spas, the Honnold Foundation, and others. The Naropa Fellowship emphasizes sustainability and equality, galvanizing the start-up spirit in the Himalayan region.

NIMA GOOS GOOS

"We never thought we could continue with our idea. Ladakhis were absent in our own markets. Our Fellowship mentors helped us awaken the community on the nutritional and market value of our native organic herbs. We had a vision to promote the uniqueness of Ladakh in the world and it was food that united us. We now have a team of 12 women farmers from 100% organic villages."

–Rigzin Angmo, Naropa Fellow and Founder, Nima Goos Goos





Naropa Fellowship

LAP IN HIGHLIGHTS

Navikarana

Co-Founders: Kunga Bodh, Sushant Guleria

Navikarana is a trust working for the welfare of society in the energy sector.

Currently, it provides sustainable solutions for water lifting in the village of Pishu, Zanskar to provide better irrigation, increase biodiversity and enable sustainable livelihoods for local farmers.

Winner: \$27,000 grant from Honnold Foundation

Little Green World

Tourism and overconsumption of imported items have resulted in the failure of waste management in the Himalayas. Mountainous regions like Ladakh become inaccessible for almost six months, further adding to the issue. Little Green World is a consulting firm that works with schools, institutes, and government agencies to create awareness by imparting training on various approaches to waste management. Co-Founders: Preeti Chauhan, Paldan Dorjay

Winner: \$2,500 micro-grant from GAIA



FACTS AND FIGURES

- 179 Fellows Graduated across three batches since 2019
- 78 Live Action Projects (LAP's) founded by Naropa Fellows since 2019
- 47% female students
- 21 Organizations
- Naropa Fellows interned with 21 organizations including LinkedIn, UnLtd India, OYO and Digit India throughout 2020-21.



Druk Padma Karpo School

For students around the world, the pandemic kept them isolated and demotivated. Our teachers at the Druk Padma Karpo School, Ladakh, utilized an innovative approach to encourage student participation. Instead of asking students to attend classes, they began sharing stories and poems. Their tales featured Ladakhi warriors, overcoming challenges with kindness and discipline. The students, several first-generation learners, were filled with curiosity about their Ladakhi heritage. The stories connect them with their heritage, their parents, grandparents, and their friends at a time when modernization is uprooting indigenous cultures and a sense of community. The students graduated this year with a 100% pass percentage.

In Ladakh, the land of the highest roads in the world, the Druk Padma Karpo School is a pioneer in innovative and experience-based learning. The award-winning school's curriculum is crafted to blend traditional knowledge with modern cutting-edge education. The school utilises an interdisciplinary, broad-based approach to early education, instilling curiosity from the very beginning.

The school emphasizes social, cognitive, emotional and physical development to unlock students' true potential. One of the first schools to break away from rote education in the region, DPKS now stands at the forefront of a systemic educational transformation.

The school's award-winning architecture, led by the Arup Group, incorporates traditional Ladakhi architectural elements with Greco-Buddhist roots to build thermally efficient buildings in the often sub-zero environment. The walls, built from mud, are passively heated by the sun with south-facing glazed and Trombe construction. The energy requirements of the entire campus are taken care of by the 42 kW photovoltaic system, sustaining 833 boarders, day scholars and faculty. A scarce commodity in the region, water is pumped from melted snow in an aquifer to the site, minimizing the use of limited groundwater sources.

"I am the eldest at home so I have many responsibilities. But the best part of my day is when I do my math homework. I love solving equations. My math teacher is so cool!"

–Stanzin Wangdan, 16, student at Druk Padma Karpo School

FACTS AND FIGURES

- 100% of 10th grade students passed the Board exams with flying colors
- 10th student of DPKS emerges as the District Topper for Leh, Ladakh with 98.2%
- DPKS rated among the top 50 Indian schools in a survey of 26 states



The Kung Fu Nuns

The Kung Fu Nuns are known around the globe as a group of young nuns from the Drukpa lineage of Buddhism who have adopted Kung Fu as a way to build strength while championing gender equality and environmentalism. They are in fact heroes.

An example of kindness in its fiercest form, these young women are known for their epic acts of service. In 2015, they famously refused evacuation after the Nepal earthquakes to deliver relief aid on foot to regions neglected because of their proximity to landslide zones. In 2016, their 5,200-mile “Bicycle Yatra for Peace” from Nepal to Ladakh, India took over three months, as they stopped in hundreds of villages for environmental education and to speak out against human trafficking. They also run free health clinics, rescue injured animals, and have now manually removed thousands of pounds of plastic litter from across the Himalayas and India.

Human trafficking is one of the most rampant crimes in labor-surplus and developing countries like India and Nepal. India has been named the most dangerous country for women in terms of human trafficking according to a Thomson Reuters Foundation survey. According to the reports of the National Human Rights Commission of Nepal, around 16,500 Nepali citizens, mostly unmarried women and children, were trafficked in between 2014 to 2016. To educate women, and to empower them against these threats of abuse and violence, the nuns now teach self-defense in the Himalayas. These revolutionary workshops consist of human rights trainings and physical training in an environment where young girls of different religious and ethnic backgrounds learn to support, protect, and care for each other. In October 2019, Asia Society New York awarded the Kung Fu Nuns with the prestigious Asia Game Changer Award for their extraordinary acts of service that are changing the face of the Himalayas.



The Kung Fu Nuns



Allies of Live to Love, the Kung Fu Nuns are champions of gender equality and environmentalism and promote equality through teaching self-defence, advocating against human trafficking, and providing disaster relief.

“I am from Ramechhap village in Nepal. When I was growing up, nobody wanted daughters, they only wanted sons. Daughters were treated as a burden. During the pandemic, we saw that girls can’t study because they were forced to work at home. Girls are forbidden to step outside the house. Sometimes, they were beaten for not following the rules. There was no money in villages so young mothers couldn’t get baby food. Families were selling their daughters for money. We realised that girls didn’t need protecting, they needed to take charge of their own future. Then they can step outside the house and be free. Our message to girls everywhere is to be your own hero. Be your own CEO.” –Jigmet Yangchen Ghamo, Kung Fu Nun

FACTS AND FIGURES

- The Kung Fu Nuns reached more than 25,000 families throughout the Pandemic providing essential medical supplies and food relief.
- The COVID-19 pandemic saw a substantial rise in rates of domestic violence and abuse – an increase as high as 40 percent, according to UN Women. The Kung Fu Nuns reached out to more than 50,000 people to address and respond to domestic violence through their awareness campaigns.

AWARDS AND RECOGNITION

- 2020 - Atlantic Council’s prestigious Unsung Heroes Award
- 2021 - UNESCO Martial Arts Education Prize
- 2021 - Finalists, Václav Havel Human Rights Prize



Live to Rescue

Our Live to Rescue shelters in Ladakh and Nepal are home to hundreds of stray and injured animals in the region. This locally led initiative provides warmth, care, food and shelter to neglected animals.

During the pandemic, the scarcity of food, deserted streets during lockdowns and extreme temperatures led to death by starvation for hundreds of stray animals. The Live to Rescue team sprang into action and provided refuge and food to 600+ animals in the region.

To combat rising fatal animal accidents due to reckless driving on highways, Live to Rescue has a 24 hours a day, 7 days a week emergency ambulance unit and on-call veterinarians to provide medical care. The medical team at the center cleans and bandages wounds, splints fractures, treats infections and performs surgeries.

Over the years, Live to Rescue has become an exemplar of a collaborative model with many beneficiaries and stakeholders. Recently, the Ladakh Autonomous Hill Development Council provided financial support to buy an ambulance for continuing their animal rescue missions and funding for infrastructural construction.

PAWSOME FRIENDS

“We found karma in one of our weekly cleanliness drives. He was deeply hurt. He didn’t have his forelegs and couldn’t move. The whole Live to Love community came together to get him a wheelchair. He keeps running around the nunnery now. He sprints like an athlete.” –Yeshe Lhamo, Kung Fu Nun and Live to Rescue Coordinator

“A ferocious dog from the streets, Singge was all alone when we found him. He had a hard life without any friends. After some TLC by our team, he slowly opened up to us. Now, he plays around with his BFFs Chhipchen and Kaalu all day. He is the diva of our shelter.”–Rigzin Dorjai, Volunteer, Live to Rescue Shelter, Ladakh

“Chhipchen loves his friends here at the Live to Rescue shelter, but if you come near him, he will kick you.” –Tsering Mutup Taksha, Team Member, Live to Rescue Shelter, Ladakh

FACTS AND FIGURES


- 7,000+ Animals Rescued
- 300 Animals in loving care at the Live to Rescue shelter in Ladakh



Environmental Preservation

Considered the third pole of the world, the Himalayas and its 210 million residents face grave ecological repercussions of climate change. Flash floods, landslides and cloudbursts are becoming a recurring phenomenon. The way forward is going back to indigenous practices that reduce consumption and carbon footprint, and increase green cover. In its wide array of green initiatives, Live to Love is leading the way in environmental awareness and preservation.

Hearing the needs of the communities, Live to Love invests in green jobs and innovation in a variety of different ways.



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Heritage Preservation

Kesar Saga

Reclaiming oral traditions and folklore, Live to Love India launched the Kesar Saga series narrating the enchanting story of Ling Kesar. Widespread modernization in Ladakh and the Himalayas threatens local cultures on the verge of extinction. The Kesar Saga is the first of its kind attempt to document the tales passed down generation after generation digitally. Available on YouTube, the Saga is now preserved from extinction and accessible to all, reviving the indigenous culture of the Himalayas.

Hemis Museum

The renowned Hemis Museum in Ladakh is home to the largest collection of ethically sourced Himalayan artifacts, relics, and religious artwork representing a millennium of culture along the ancient Silk Road.

Chemdrey Museum

Chemdrey Museum is part of a historic fortress-monastery in Ladakh that once served as a safehouse for villagers evading attacks. Today, it is a storehouse of some of the rarest relics and artwork in the Himalayas.



Live to Love

Chapter Highlights

In 2021, Live to Love's international chapters came together to support communities in need in the Himalayas and across the globe.

Our Presence: India, United Kingdom, Germany, France, Malaysia, Nepal, Hong Kong, Brazil, US, Mexico, Peru, Taiwan, Vietnam.

GERMANY

One of the most active chapters, Live to Love Germany planted 4000 trees across Germany to combat deteriorating forests due to climate change. In 2021, 1872 copper beech trees, 2000 young Oak trees, 15 Elm and Lime trees and five flower meadows were planted and cared for by the Live to Love volunteers.

Along with tree planting, Live to Love Germany also undertook the CARE campaign for the elderly, young children and other at-risk communities throughout the pandemic. Special gift packages including soaps and facemasks were distributed, finger puppet shows for kids and courtyard concerts were organized to uplift community spirits during challenging times.

Facing an influx of thousands of Ukrainian refugees fleeing war, Live to Love Germany mobilized to deliver desperately needed supplies, including food and vitamins, first aid packs, and supplies for women and children.

PERU

In Peru, Live to Love organized the Caja Solidaria campaign to bond families across socio-economic differences and help those hit badly due to the economic repercussions of the pandemic. Families donated a box full of groceries and gifts made specially for a family in need to wish them a happy Christmas.

VIETNAM

In 2021, Live to Love Vietnam mobilized resources to assist 11 hospitals in the Ho Chi Minh area to combat the rising infection rates. They successfully supplied 1,000 face shields, 50,000 N95 masks, 50,000 gloves, and 4,000 PPE gears level 3, 1,000 PPE gears level 4 and five mechanical ventilations (HFNC). Volunteers in Vietnam also supported the construction of 10 schools to support students in rural areas of north Vietnam.

UK

Live to Love UK supports the scholarship scheme of the Druk Padma Karpo School, enabling underprivileged students in Ladakh to pursue their education for free. In 2021, Live to Love UK helped 18 students get 100% scholarships to pursue their education.

To help children cope with stresses of the pandemic, the team also raised funds to support mindfulness workshops in the school. These classes were widely appreciated by students across age groups.



Our Partners

Live to Love generated employment opportunities for indigenous people of Ladakh in partnership with **COVID Action Collab**.



In partnership with the **Tzu Chi Buddhist Foundation**, Live to Love successfully executed COVID-19 relief campaign with on ground partners Young Drukpa Associations of Ladakh, Nubra and Garsha.



The Annenberg Foundation supported Live to Love's efforts to provide critical Covid Relief and Reconstruction in Nepal.



Live to Love in partnership with the Office of Global Initiatives and Experiential Learning at **Rutgers University** launched a local to global internship program.



Live to Love received the Gold Seal from **Guidestar** with a 97% program expense ratio.



Live to Love's on-ground partner, the Kung Fu Nuns, secured the **UNESCO-International Centre for Martial Arts Education in 2021**



In collaboration with **Six Senses Hotels and Spa**, the Kung Fu Nuns of Drukpa order organized a virtual self-defense training to empower women to be their own heroes

Tapping the power of media

Media and advertising outlets reported on the mission of Live to Love International far and wide. Here are some of the press coverages:

[Thomson Reuters - "Kung Fu Nuns deliver aid, health advice to pandemic-hit Himalayas"](#)

[Your Story - 'Next Chapter of India's Start Up Story written by Small Towns'](#)

[The Tribune – UNESCO Prize for Kung Fu Nuns for Martial Arts Education](#)

[Forbes - "In Remote Himalayan Villages, a team of volunteers pitch in with COVID-19 care"](#)

[India Ahead TV - "Ladakh's Druk Padma Karpo School Celebrates Its 20th Anniversary"](#)



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