

live To love



# Annual Report 2019-2020

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# A message from Live to Love

**Dear Friends of Live to Love,**

We begin this annual letter with a sense of pride in our organization, and in our worldwide network of supporters. As we look back, it's remarkable how much we've accomplished with our steadfast dedication to helping the people and communities of the Himalayas.

From the first batch of Naropa Fellowship students graduating, to the Kung Fu Nuns receiving the prestigious Asia Society Game Changers Award, this year is marked with progress.

As we move into the future, one of the important commitments we're making is spreading kindness. Over the past year, we've implemented projects that improve people's quality of life. Spreading kindness - not just amongst humans but also to the environment, animals, and within ourselves - is at the heart of what we do.

Your valuable support is deeply appreciated. All Live to Love chapters will help spread kindness, not just in the Himalayas but across the globe.

We're grateful to our thousands of volunteers, friends, supporters, and our board members for all that we've accomplished. Together, we have established a powerful foundation for progress, resiliency and growth, which will serve us well into the future.

Warmly,  
Team Live to Love

## OUR VISION

Live to Love is a grassroots movement that empowers communities to serve as guardians of the Himalayas and its people.

The goal of Live to Love is to create sustainable solutions for the future of each region, and foster a culture of empowerment and resiliency.

With modern challenges such as environmental degradation, educational inequities, and border disputes, there has never been a more crucial time for local cultural identities to flourish and take part 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 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.

# 2019 key results at a glance

<p>+ Live to Love's flagship project Druk Padma Karpo School saw 96.72% students graduating with top marks in the country</p>	<p>+ Live to Love's animal center in Ladakh rescued and cared for more than 400 injured / abandoned animals</p>	<p>+ Live to Love worked with the Kung Fu Nuns to promote sports education by demonstrating martial arts / self-defense to more than 10,000 participants</p>	<p>+ Live to Love cleared more than 60,000 kilograms of trash from the Himalayas</p>
<p>+ Kung Fu Nuns cycled for 700 kilometers from Kathmandu to North-East India to spread the message of equality, environmentalism and educated the local community about human trafficking</p>	<p>+ From more than 1,000 applications, 30 students from Ladakh and Himachal Pradesh were selected to visit Bhutan for a cultural exchange program.</p>	<p>+ Over 400 women gathered in Ladakh during Live to Love's Naropa Festival to break their previous Guinness World Record for Largest Ladakhi Shandol dance</p>	<p>+ Live to Love Eye Camps performed more than 1,000 cataract surgeries to date</p>
<p>+ Live to Love eye camps screened more than 5,000 people to date</p>	<p>+ Live to Love's flagship project, the Naropa Fellowship welcomed its second class with 85 new students</p>	<p>+ Live to Love mobilized 35,000 people to clean their surroundings in Nepal</p>	<p>+ The Kung Fu Nuns were awarded the Asia Society Game Changers Award in New York for their humanitarian work</p>



# Live to Love Global COVID Response

The pandemic has disproportionately affected the most vulnerable populations around the world – with millions of families and animals struggling to survive. In these times of uncertainty, Live to Love jumped into action to support at-risk communities.

- With the support of Live to Love France, more than 18,000 face masks were produced and distributed in Nubra, India
- Four distribution drives provided facemasks, sanitation items and months-worth of food supplies to 1,000+ families in Kathmandu, Nepal
- Live to Love provided remote villages with facemasks, sanitation items, and COVID-safety demos
- Live to Love Nepal provided food for more than 800 stray animals per week
- Live to Love Malaysia organized weekly food distribution drives for 1,000+ families in need
- Live to Love Germany organized bi-weekly supply distribution drives for the homeless and elderly
- Live to Love USA distributed essential supplies to the high-risk communities in Queens, New York – the global epicentre of COVID
- Live to Love Brazil collaborated with eight psychologists to form support groups for the students and professionals working from home during the lockdown
- Live to Love USA, UK, France, Malaysia, Nepal, India, Hong Kong, and Germany actively fundraised for its global pandemic response
- Live to Love organized virtual calls with Himalayan union leaders to ensure the safety of students across India



# Live to Learn Druk White Lotus School

Located in the newly independent Union Territory of Ladakh, India, the Druk Padma Karpo School (DPKS), serves the youth of the region with the International model of green education and Montessori curriculum.

In addition to the school's mission of quality education, it's a pioneer in cultivating comprehensive development and growth in its students. Founded in 2001, two decades later the school now provides an effective modern education while maintaining the traditional values and culture of the Ladakh region intact.

Along with its focus on world-class education, DPKS provides children of the next generation with an appreciation of their culture and the skills to build the economies and solve the modern problems of the region.

The design of DPKS integrates state of the art environmental technology, in harmony with local building techniques, while complementing the natural landscape of the region.

The school has received several top architectural awards including the World Architecture Award, Emirates Glass Leaf Award and more for incorporating appropriate and sustainable design. An example of successful sustainable design to students and residents of Ladakh, DPKS utilizes a self-regulating system of water, energy and waste management, demonstrating the principles of effective environmentalism.

Considered one of the most beautiful schools in the world by BBC London for the year 2016, DPKS also featured in Aamir Khan's blockbuster movie 'Three idiots'.

## OUR EFFORTS

- Equitable ratio of boys to girls
- Out of the 61 students in grade 10, 24 attained distinctions and 26 were in first division category
- As an initiative to teach the students local, national and international affairs, students from DPKS attended the IIMUN (Indian International Model United Nations) 2019 conference in Mumbai
- Students of DPKS have been honored with awards at the inter-school painting competition and State Football Academy league
- The school won over 6 titles at the Sunfeast Football inter-school tournament

## ASKS

- USD 1,000 will sponsor a field visit for the students of Grade 9th and 10th
- USD 3,000 will partially support the seismic upgrade of residential buildings
- USD 5,000 will partially sponsor the eco-shower buildings for students



# Live to Learn Naropa Fellowship

The Naropa Fellowship is a one-year, residential, post-graduate, academic program that seeks to cultivate the next generation of Himalayan leaders by empowering youth to be agents of change. It provides fellows with the skillset to build businesses, protect resources, promote culture, and lead their communities into the new millennium.

### The Naropa Fellowship's mission is to:

- Educate young Himalayans to become service-oriented citizens, effective leaders and guardians of the Himalayas
- Provide a diverse learning community welcoming students of different cultures and religious backgrounds so that the Fellows may develop professionally and personally, and
- Create projects that provide real-life experience and lasting impact within the community.

The fellowship follows a visiting faculty model, with a pipeline of industry experts, academics, educators and innovators who contribute by providing guest lectures, seminars and workshops in the field of entrepreneurship, management, communication, society & culture, and personal development.

The curriculum consists of 8 terms of 6 weeks each, spanning 12 months. Each term is structured to accommodate 5-8 courses, with a hands-on Live-Action Project.

In the Live-Action Project, the fellows have to design and implement a sustainable solution or business endeavor that serves the local community. This experiential learning platform provides real-life experience for the fellows and enables them to engage with the communities in which they will serve. They are then ready to embark on their careers, sharing their skills and experience with their communities throughout the region.

### OUR EFFORTS

- Fellows in 2018-19: 52
- Fellows in 2019-20: 85
- Selected amongst Top 6 Fellowships in India by India Today Web Desk

### ASKS

- USD 1,000 will sponsor student's study material
- USD 2,000 will support the Live Action Project for fellows
- USD 3,000 will help in organizing workshops with International faculty





# 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.

## OUR EFFORTS

- Cleared over 60,000 kilograms of trash from the Himalayas
- Cycled for 700 kilometers from Kathmandu to Northeast India to spread awareness about climate change and gender equality
- Walked for over 200 kilometers from Spiti, Himachal Pradesh to Ladakh clearing the waterways and the route of any trash
- Artistic and self-defense demonstrations in front of more than 10,000 people
- Engaged with organizations like International Organization for Migration, Obama Foundation, UN Women, UN Foundation, Oxfam etc.

## ASKS

- USD 1,000: Materials for training sessions
- USD 5,000: Training session for 20 nuns
- USD 10,000: Training session for 40 nuns
- USD 50,000: Training sessions for a full year



# Live to Sustain

Live to Love has organized several cleanliness drives in the Himalayas during Eco-Pad Yatras and Bicycle Yatras to encourage the spirit of cleanliness and environmentalism. In 2018, Ladakh welcomed nearly 300,000 eager visitors, bringing with them approximately sixteen tons of trash production every day. This accounts for 5,500 kilograms of waste generated daily. A much worse situation prevails in Kathmandu, where it is estimated that the city produces 725,000 kilograms of waste daily.

After witnessing the immense rush of tourists across the Himalayan belt, in 2019 Live to Love launched its waste management campaign called Live to Sustain in Ladakh and Garsha in India and Kathmandu in Nepal.

The framework was simple—BY the people, FOR the people, OF the people. The campaign engaged local youth and communities to become responsible citizens and volunteer to clean their surroundings. It also motivated tourists to make sensible choices for the environment and reduce single-use plastic.

In one year, Live to Sustain in Ladakh has organized four cleanliness drives and implemented measures at the Naropa Festival and Annual Drukpa Council. In each of the drives, the campaign engaged around 80 volunteers and collected 100 sacks of non-biodegradable trash accounting to 5,000 kilograms of waste in every drive. At the Naropa Festival 2019, the campaign encouraged the organizing committee to replace plastic water bottles with reusable glass bottles, installing segregated trash bins at the venue, and implementing eco-friendly guidelines for vendors.

In Kathmandu, Live to Sustain cleanliness drives are organized twice every month. Swayambhunath area with one of the holiest Buddhist stupa welcomes thousands of tourists every day. Live to Love along with the local residents clean the area regularly. They also install segregated trash bins and mobilize the community to actively engage in the campaign. Every month they collect over 5,000 kilograms of waste and send it to the recycling units.

The Live to Sustain cleanliness drive organized on the occasion of World Environment Day observed 35,000 people—locals and tourists coming together to clean the city of Kathmandu.

## OUR EFFORTS

- People engaged in drives: More than 40,000
- Trash picked from the Himalayas in a year: More than 100,000 Kilograms
- Cleanliness drives organized: 30

## ASKS

- USD 50 will buy 150 masks and gloves
- USD 150 will buy a metal-fabricated segregation trash bin
- USD 250 will buy 500 reusable Live To Love branded trash sacks



# Live to Heal Eye Camps

Live to Love brings positive changes in the health care sector by addressing the challenges of non-availability and non-affordability of quality eye care. The global burden of blindness due to cataracts increases daily. It is especially acute in the Himalayan region due to the high altitude and more intense sunlight. Our goal is to eliminate needless blindness amongst the people of the Himalayas.

Live to Love, with the prestigious Tilganga Institute of Ophthalmology, Nepal, organizes eye camps for cataract treatment in India and Nepal. The eye camps include on-ground partners including local hospitals, government authorities, ASHA workers, and Young Drukpa Association.

A typical eye camp requires year-long planning, including coordination with local authorities and hospitals for pre and post-operative care, screening of over thousand people from all nearby villages to provide candidates in need with the required services followed by a team of expert surgeons with the equipment to travel to the venue and deliver these services.

The 2018 Eye camp was organized in Drass, Kargil. The camp screened a total of 1467 residents and performed 147 surgeries by an expert medical team to restore the sight of people suffering from debilitating cataracts.

The mission of the eye camp is to provide health services and sight restoration programs to the people in the most remote, vulnerable communities of the Himalayas. These locations often experience unrest. The eye camp scheduled in September 2019 in Srinagar had to be cancelled due to some disturbances in the region.

Live to Love believes that the best preventative care is to ensure the well being of the community at large. With the help of the hospitals and health professionals around the world, Live to Love has several health clinics where locals, especially women, are trained to execute services in basic health and help initiate community outreach.

## OUR EFFORTS

- Cataract surgeries performed till date:  
More than 1,000
- Cataract surgeries performed in 2018: 150
- Number of people screened so far:  
More than 5,000

## ASKS

- USD 250: Sponsor one cataract surgery
- USD 2,500: Sponsor ten cataract surgeries
- USD 5,000: Help in facilitating screening in 5 villages



# Live to Rescue

As Ladakh's most effective animals protection group, Live to Rescue aims to reduce the suffering of animals and foster harmonious relationships between animals and humans of the region. Live to Rescue highlights the importance of controlling dog populations with long-term viable solutions and education.

Live to Rescue and strongly endorses not only that humane alternatives to dog culling exist, but also that they are a prerequisite for effective and empathetic canine population management.

Since its inception in 2014, with their Dog Birth Control Clinic in Changspa, Leh and Nang, and the Stray Animal Care and Management Centre in Nang, Live to Rescue has positively impacted the lives of more than 2,000 stray animals. The clinic and center facilitate a large-scale spay and neutering program to effectively mitigate the problem of increasing stray dog populations and expand to all kinds of abandoned or injured animals like cows, goats, chickens, etc.

Over the years, Live to Rescue has become an exemplar of a collaborative model with many beneficiaries and stakeholders. The Municipal Corporation catches dogs in a humane manner from specific areas while Live to Rescue provides a safe haven to these dogs with food, medicines, love and care. A committee of veterinary doctors formulated by the Animal Husbandry Department responds to animal injury at any given time.

Similar rescue initiatives take place in the Druk Gawa Khilwa Nunnery in Kathmandu, Nepal where the Drukpa nuns rescue abandoned and injured animals. The nunnery is a playground for different animals, who are showered with attention, love and care by the nuns. The nuns are known throughout the city to step in and support their furry friends whenever needed.

## OUR EFFORTS

### Ladakh

Dogs: 350  
Bull: 13  
Donkey: 18  
Goat: 3  
Sheep: 3  
Rabbits: 48  
Yak Fernal: 2  
Horse: 1

### Kathmandu

Dogs: 30  
Goats: 30  
Horse: 1  
Sheep: 1  
Ducks: 35  
Turkey: 10  
Cow: 1  
Cats: 15

## ASKS

- USD 1,000 will help in treating injured and abandoned animals
- USD 3,000 will help in constructing all-weather animal shed
- USD 6,000 will sponsor an Animal ambulance for quick transport of animals



# Eco: Pad Yatra and Bicycle Yatra

An age-old tradition that is similar to a pilgrimage, the Pad Yatra is said to have originated in the Himalayas. In 2009, the Gyalwang Drukpa transformed this tradition into an annual event. Crossing five Himalayan passes and taking roughly 42 days, a group of 400 nuns and 200 monks walked for about 249 miles through the mountains of Ladakh, visiting the holy sites of Chakrasamvara, Avalokiteshvara, Guru Padmasambhava, and the Siddha Naropa en route.

Live to Love has since transformed the Pad Yatra into an environmentally friendly expedition where the participants are not only mindful of their surroundings, but also educate villagers on climate change, biodegradable and non-biodegradable materials, and sustainability along the way.

After the devastating earthquake of 2015, the Kung Fu Nuns witnessed the rise in human trafficking. They decided to get on their bicycles and cycle 4,500 kilometers across the Himalayas, from Kathmandu to Ladakh, educating families along the way on signs of human trafficking and that their daughters are worth keeping. Thus began the 'Bicycle Yatra'. Since then, besides Pad Yatras, the Drukpa lineage organizes an annual 'Bicycle Yatra' with a similar mission of spreading awareness about gender equality and environmental sustainability.

In 2012 producer and director Wendy J. N. Lee joined the Himalayan yatra and recorded it in a visually stunning documentary titled Pad Yatra: A Green Odyssey. Pad Yatra: A Green Odyssey won Best Cinematography, DOCUTAH Film Festival (2012), Best Environmental Film, Big Bear Film Festival (2012), among several other awards and nominations. In early 2019, the nuns cycled for more than 700Kms from Kathmandu to Darjeeling, stopped in hundreds of villages to spread awareness about climate change and gender equality. In August 2019, they walked on foot from Spiti, Himachal Pradesh to Ladakh clearing the waterways and the route of any trash.

## OUR EFFORTS

### In 2019

- Cleared more than 60,000 kilograms of trash from the Himalayas
- Cycled for 700 kilometers from Kathmandu to Darjeeling
- Walked 200 kilometers on foot from Spiti, Himachal Pradesh to Ladakh crossing the toughest Himalayas terrains
- Collected astonishing 60,000 plastic bottles, 10,000 chewing gum and tobacco wrappers, and 5,000 empty cans
- Engaged with more than 500 villages and 10,000 people on the way

## ASKS

- USD 250 will help in buying 1,000 segregation bags for waste disposal
- USD 1,000 will help arrange meals for 500 participants for two days
- USD 5,000 will help in arranging meals for 500 participants for ten days



# Naropa Festival Cultural Exchange Program

In preserving heritage, Live to Love brings people from around the world to experience and help preserve the fragile Himalayan cultural heritage. Live to Love's cultural preservation fosters cultural diversity and international dialogue, which helps preserve these ancient cultures and fosters a culture of diversity and inclusion.

Live to Love cultural preservation projects include the Naropa Festival and the cultural exchange program. Every year, the Naropa Festival hosts thousands of people from around the world to celebrate the life of Buddhist philosopher and scholar Naropa in traditional ways with singing and cultural events. And this year the cultural exchange program includes a trip to Bhutan to train a new generation of people to protect Himalayan culture. Live to Love believes that directly experiencing something is the best way to learn. These events allow one to experience culture by living and learning about languages, customs, traditions, lifestyles, food, social structures and more.

## OUR EFFORTS

### In 2019, Live to Love organized the following events:

- A special celebration to mark the granting of Union Territory status to Ladakh with Union Minister of State for Finance and Corporate Affairs, Mr Anurag Thakur hoisting the national flag
- To foster International dialogue, the Italian Ambassador to India - Lorenzo Angeloni and High Commissioner (Designate) of the Republic of Nigeria - Chris Sunday Eze, attended the festival
- Ladakh broke its own Guinness World Record for the Largest Ladakhi Shandol dance
- From more than 1,000 applications, 30 students from Ladakh and Himachal Pradesh were selected to visit Bhutan and experience the indigenous culture

## ASKS

- USD 200 will sponsor food and supplies for 50 volunteers for the two-day festival
- USD 500 will sponsor meals and supplies for 30 students for three days during the tour
- USD 1,500 will help in transportation of 30 students from Delhi, India to Thimphu, Bhutan

# Live to Love chapter highlights

## NEPAL

Supported by Live To Love Singapore & Kyabje Gyalwa Dokhampa, Live to Love Nepal overlooked the reconstruction of a primary school with four classrooms in Bosisa, Sindupalchok (one of the worst affected areas in 2015 Nepal Quake).

Conducted frequent tree plantation and monthly cleaning drives around Swoyambhunath Heritage sites.

In collaboration with UNESCO, Doko Recyclers, Organic life and the Office of Federation to raise awareness on Heritage protection, Live to Love Nepal promoted sustainable ways of waste management in Swoyambhunath Heritage sites for three months.

Live to Love Nepal collected winter essentials and distributed them to those in need.

Implemented annual vaccination program in collaboration with Young Drukpa Association, Nepal.

## MALAYSIA

In collaboration with 4Paws, Live to Love Malaysia organized adoption program called "Walk Me Home" for dogs.

To promote eco-friendly measures and promote 3Rs – Reduce, Reuse, Recycle - the team set up a booth to sell vintage clothing. All proceeds from the sales were channeled towards 4Paws.

The team also organized tree planting drives in collaboration with Jit Sin School and educated the students on environmental issues.

## UNITED STATES

Built partnerships with international organizations like the Obama Foundation, UN Women, UN Foundation and Girl Up.

Facilitated meetings with congressional leaders and committees to expand humanitarian efforts across the Himalayas.

Organized Kung Fu Nuns' engagements with media publications like CNN and The New York Times.

# Live to Love

## chapter highlights

### UNITED KINGDOM

Live to Love UK continues to raise funds to support the work of Live to Rescue, Kung Fu Nuns and eye camps.

The chapter offered a child sponsorship scheme for 18 residential and day students of Druk White Lotus School in Ladakh, India.

Live to Love UK also expended the funds to support Druk White Lotus School's in-house teacher training program. The principal, teachers and leadership-management team were trained for three weeks from international experts.

Producing a book on the history of the Drukpa Lineage Gurus of the Himalayas through the European Centre in France. Funds were raised in support of the translation of this book into English.

The Rocket Stove project was initiated through Live to Love UK in the period following the 2015 earthquake in Nepal. The various phases of this project were completed in 2019 and a final report written by the project's lead, Ben Stephenson, PHD student at Nottingham University.

Live to Love UK sponsored a teacher's salary for 12 months in Druk White Lotus School other branch school in Khachey, a remote area approximately 150 km west of the main school in Shey.

### GERMANY

Organized frequent supply distribution drives for the homeless people in Hamburg.

Implemented monthly tree plantation drives under the 'Elms for Hamburg' project to spread awareness regarding climate change.

Supported the animal sanctuary, SoLuna, with fodder and supplies.

Executed the third Mutiny on the Elbe campaign focusing on waste cleanliness efforts at the Elbe Beach.

Held the life release campaign at the Dove Elbe.

Organized the Gyalwang Drukpa's visit to Berlin.

### FRANCE

Sponsored ten students from Druk White Lotus School, Ladakh.

Live to Love France supporters maintain their dental clinics and education programs.

The team has raised funds to maintain eco-friendly measures at the dental clinic in Nepal and install solar panels.



# 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:

[Gyalwang Drukpa Greet PM Modi as Ladakh Celebrates Post 370](#)

[Young Innovators of the Naropa Fellowship Attend Graduation Convocation in Ladakh](#)

[This is why Ladakh's Druk Padma Karpo School will make you want to go back to school](#)

[Naropa Festival: Where Faith And Belief Create A Perfect Harmony](#)

[Buddhist carnival in Leh monastery to see minimum plastic use](#)

[The Kung Fu Nuns Have Tips on How to Practice Social Distancing During Covid-19 Pandemic](#)

[CNN Great big story – Kung Fu Nuns](#)

[The Kung Fu Nuns Of Kathmandu](#)

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