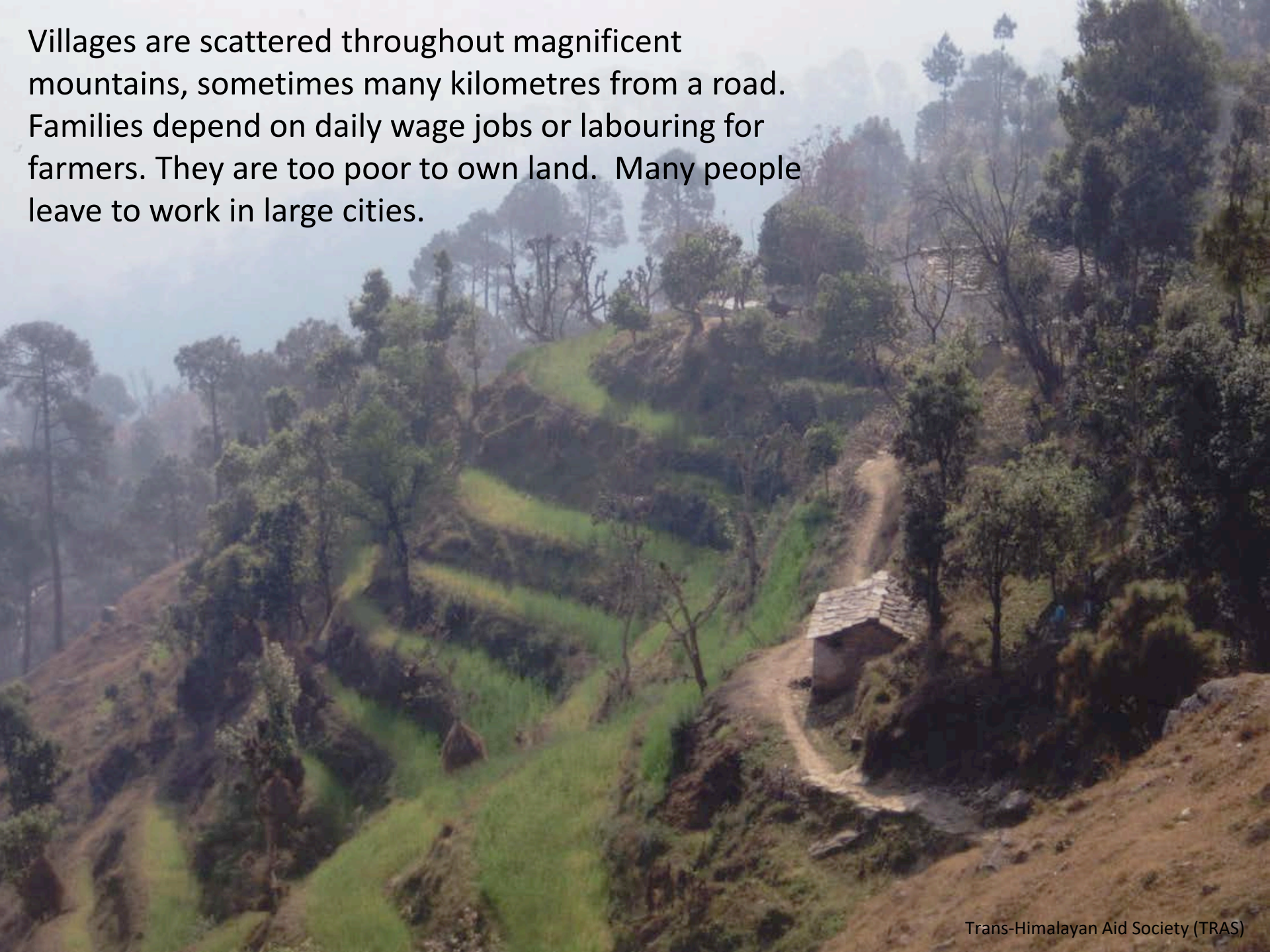




# **TRANS-HIMALAYAN AID SOCIETY (TRAS)**

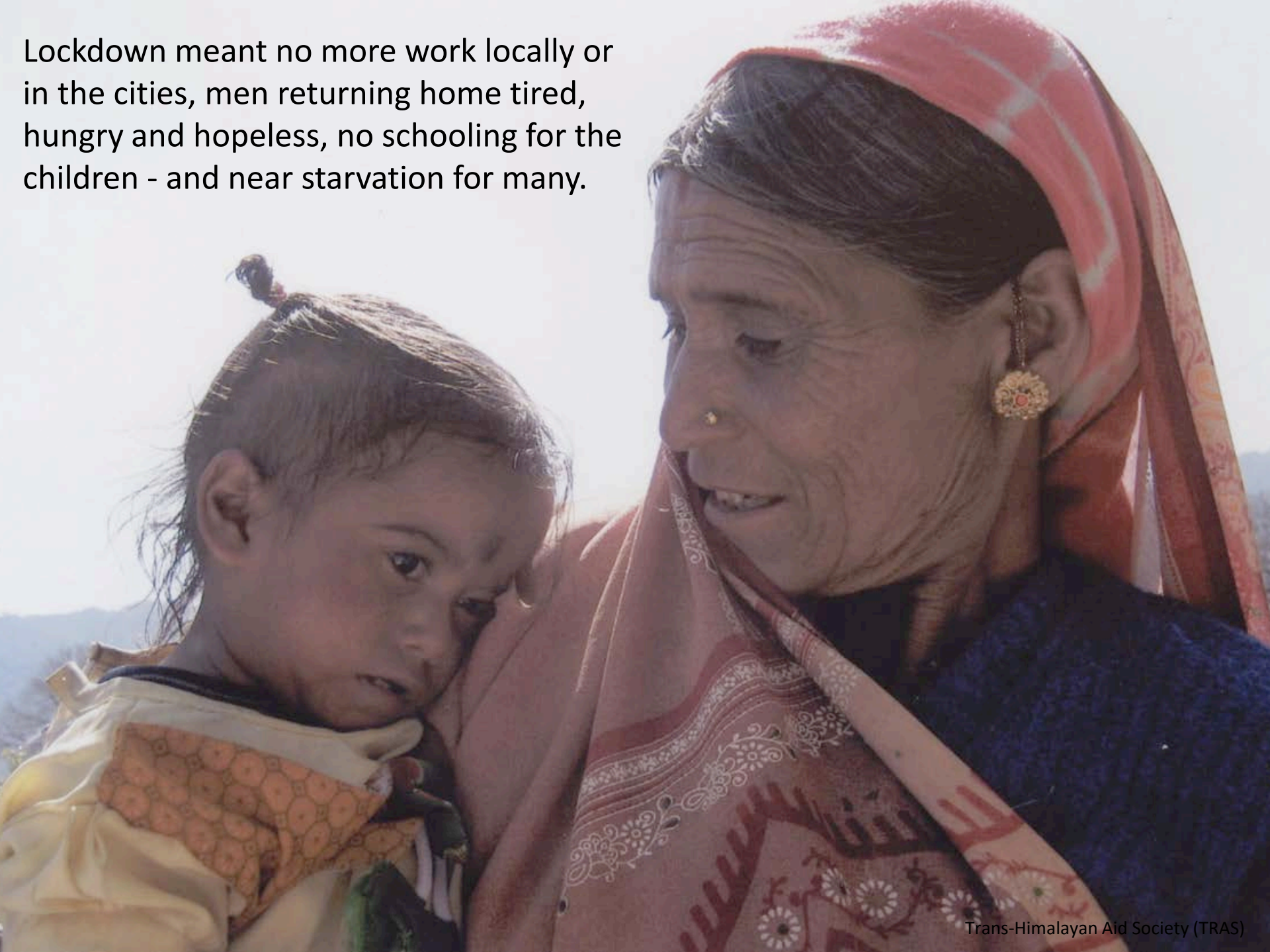
Emergency help for mountain villages  
during the COVID-19 crisis

Villages are scattered throughout magnificent mountains, sometimes many kilometres from a road. Families depend on daily wage jobs or labouring for farmers. They are too poor to own land. Many people leave to work in large cities.





Lockdown meant no more work locally or in the cities, men returning home tired, hungry and hopeless, no schooling for the children - and near starvation for many.







Trans-Himalayan Aid Society (TRAS)

The Voice of Children team identified 248 of the neediest families and, with TRAS funding, bought supplies, borrowed a truck, and drove as far as they could by road after receiving special permission to travel during the lockdown.



Villagers met the Voice of Children team on the roadside to collect their supplies, then started the long trek home.





With no schools open,  
children helped their  
families carry the food.





The bags contained rice and wheat flours, dried lentils, beans, peas, spices, cooking oil, soap, and disinfectant.







Voice of Children gave out hygiene packs to 400 teenaged girls and women, with sanitary pads, hand soap, toothpaste and brush, masks and gloves.



Special kits of baby foods  
were prepared for 195  
babies and toddlers.





Heavy loads to carry off road into the rough mountain paths.







Some walked  
many kilometres  
to get home.





There were a few treats for the kids.





Trans-Himalayan Aid Society (TRAS)

Lachima was widowed in January.

Her two sons came home for their father's funeral and were stranded because of the lockdown.

With no work and no income they soon depleted everything they had ever saved.

Kind neighbours helped for a couple of weeks before they ran out of food.

The TRAS supplies have made all the difference.



Kiran Devi and her husband both have TB.

They live up a steep hill in a village five kilometres from the road.

Neither had the strength to go to the doctor until it was too late for real help.

The doctor told them to rest, and they couldn't work, they were so weakened by the TB.

They have two young children.







When the Voice of Children volunteers carried food supplies up to their small house, the tears poured down Devi's face.

She had been tormented with the thought of not being able to feed her children, and now she had supplies to keep them alive.



TRAS has sent three payments of \$5,000 so far, and each time, supplies are bought for the neediest families.





The government provided 3/4 cup of rice and 30 cents per family per day. Not much for a family to share, but every bit helps.




# RELIEF COVID-19

AMAN & TRAS





A photograph of two young girls standing on a paved road. The girl on the left is wearing a blue and red patterned headscarf and a blue shirt, holding a large clear plastic bag filled with yellow powder. The girl on the right is wearing a red and black patterned headscarf and red patterned pants, also holding a large clear plastic bag filled with yellow powder. They are both wearing sandals. The background is a grassy hillside.

**Thank you  
for supporting  
TRAS projects  
in the Himalayas!**

**Trans-Himalayan  
Aid Society (TRAS)**

**[tras.ca](https://tras.ca)**