



▲ MOHER / MOUNTAIN IS HERS TOO

Four Women. One Summit.

The mountain does not ask if you are a daughter. This is how the ATR Fellowship turned four dreams into 6,119 metres of proof.

PEAK

Lobuche, 6,119m

REGION

Khumbu, Everest

FELLOWS

Four ATR Fellows

PROGRAMME

MoHER ATR Fellowship

The Four Fellows

Four Nepali women stood on the summit of Lobuche Peak in 2026, and for most of them it was their first mountaineering expedition of any kind. Shreena Prajapati, Chunila Gurung, Kanchan Pariyar, and Lakpa Doma Sherpa are all fellows of Social Lab Nepal's **MoHER (Mountain Is Hers Too) ATR Fellowship**. The climb sat outside the fellowship's own budget. It was made possible through a separate expedition opportunity backed by GIA. On their return, all four sat down with the Social Lab Nepal team for a debrief held in person at the SLN office. This document draws directly on that conversation, in their own words.

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Lobuche Peak, 6,119m

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Shreena Prajapati

MOHER FELLOW

"This is something I can do. And if I can do it, then others can as well. To those who said we would not be able to, it is a challenge to them."



Chunila Gurung

MOHER FELLOW

"I felt incredibly small against the vastness of the mountains. It was a soul stirring realization that all the struggle was worth it."



Kanchan Pariyar

MOHER FELLOW

"I remembered everyone who passed those questions and comments, and thought: I did it."



Lakpa Doma Sherpa

MOHER FELLOW

"I never had the thought of giving up. It felt like we were sitting in the middle of a lotus."

In Their Own Words

● BREAKING THE SILENCE

“ All of the other applicants already had a lot of experience climbing. I decided to put faith into myself and apply anyway.

CHUNILA GURUNG

“ I have heard comments like what would a daughter do, what can daughters even accomplish. Being part of MoHER truly feels like a blessing.

KANCHAN PARIYAR

● WHAT MOHER MADE POSSIBLE

“ If it wasn't for MoHER, it would have taken me so much longer to achieve this dream.

SHREENA PRAJAPATI

“ Our journey was only possible because of Social Lab and project MoHER. I probably would not have taken the trekking guide training otherwise.

LAKPA DOMA SHERPA

● FOR THE NEXT GENERATION

“ I want the next generation of Nepali women to be their own queens.

SHREENA PRAJAPATI

“ The phrase chhori manche holds so much discrimination. I hope I can inspire girls that this tag does not have to hold them back.

KANCHAN PARIYAR

Beyond Four Summits

01

A Fellowship That Converts Ambition Into a Credential

MoHER gave fellows the concrete pathway of guide training, logistics, and community that turned a personal dream into a professional milestone in adventure tourism.

02

A Multiplier Effect Beyond the Individual

Every fellow named someone she now hopes to pass this on to: a sister, a village, the next cohort. Four summits, one growing ripple.

LOOKING AHEAD

Every Fellow Named Her Next Mountain

"My dream has always been Everest."

SHREENA PRAJAPATI

"You will not know how difficult something is until you try it yourself."

CHUNILA GURUNG

"I am targeting Island Peak next."

KANCHAN PARIYAR

"Whichever mountain comes my way, I will climb it to my capacity."

LAKPA DOMA SHERPA

Four summits in, none of the fellows consider themselves finished. For MoHER and Social Lab Nepal, that trajectory is the case for continued investment: in the women already on this path, and in the room needed on the mountain for those who apply next.