



ANNUAL REPORT Fiscal Year 2016 April 1, 2016 -March 31, 2017

ASIAN HEALTH INSTITUTE (AHI)

A Public Interest Incorporated Foundation, Established December 1980

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I. Activities

I.A Training Activities

I.A.1 International Course

Period: 4 Sept. – 10 Oct. 2016

Place: Asian Health Institute (AHI)

Participants: 14 (Bangladesh 2, India 3, Indonesia 2, Nepal 1, Pakistan 2 Philippines 3, Thailand 1)

Under the common theme, “People’s Participation in Local governance in Health,” this course called on participants to share their experiences, challenges and ideas.

While based mainly on group discussion, to understand the Japanese context, the course also included exposure visits to sites where people’s organizations and local government are collaborating in Nagoya and Owariasahi. The course also included a trip to Hiroshima to meet and exchange with persons involved in promoting peace.

I.A.2 Post-Course Follow-up

1) English Newsletter

The newsletter comprises mainly articles by former participants and collaborators. The August 2016 issue focused on Universal Health Coverage with the theme “The path to Universal Health Coverage”, and the February 2017 issue compiled the articles by former participants with the theme “Dr. Kawahara Inspired Initiatives”. Each issue was produced 1,000 copies.

2) Reunion Seminar

A reunion meeting was held in Bangladesh organized by Indian alumni. Each participant shared one’s current activities, and the group considered possible future networking activities. They also had a field visit to the communities which the hosting NGOs work with .

Period: April 6 – 8, 2016

Place: Channai, India

Participants: 18 former ILDC participants and their colleagues

I.A.3 Collaboration for Community Health Promotion

AHI collaborated with former participants in six local projects.

- ① **Sri Lanka: Educational Development in Tea Plantation Communities (with two**

organizations of ILDC alumni: Human Development Organization [HDO] and Satyodaya)

A group of former ILDC participants working with the Indian Tamil tea plantation communities in Sri Lanka collaborated to provide supplementary education based at schools in their working areas. They arranged coaching to prepare for the high school completion examinations, and organized public education and awareness raising campaigns on better educational environment for plantation children. This project was terminated at the end of 2016 fiscal year, which was the last year of the second phase of Partnership Agreement,

② **Philippines: Healthy Lifestyle Project (with ANAK-NC, ILDC alumni group)**

Supported health promotion activities run collaboratively by local residents and the local government in four villages of New Corella, Davao del Norte, Mindanao, following up on AHI's long term support for participatory community development in the municipality. Health promotion activities included training for health volunteers and others and awareness raising to the residents on prevention of lifestyle diseases and public health education on healthy diet.

③ **Philippines: Health Volunteer Training and Alternative Health Care Promotion, with Integrative Medicine for Alternative Health Care Systems, Philippines Inc. (INAM), (sending organization of several former participants)**

Collaborated with INAM on two projects in separate municipalities in Rizal Province and Quezon Province, Luzon. In those two places, INAM work with an indigenous ethnic minority group in collaboration with local governments, to form people's organizations and run community health promotion activities. In the municipality in Rizal, the community health workers, who had gone through different levels of trainings, organized themselves along with their cluster families. In another municipality in Quezon, INAM implemented training for community health volunteers on alternative and traditional medicine.

④ **Community-based Psychosocial Awareness Project with Kopila Nepal**

AHI collaborated with Kopila Nepal in implementing Community-based Psychosocial Awareness project since 2014, which focuses on awareness raising on psychosocial wellbeing in order to build supportive counselling network. The project also aims to enhance the capacity of Federation of self-help groups among those who have psychosocial problems and their family members. Major activities conducted included self-help group empowerment, individual counselling, trainings to child club members, school teachers and key community leaders.

⑤ **Participatory Community Leadership Development Course**

- (1) AIDS Awareness Society (AAS) led by an AHI former participant in 2013, organized the 3rd Participatory Community Leadership Development Course (PCLDC) for community activists and community development workers to improve their leadership.

Period: April 1 – 10, 2016

Place: Lahore, Pakistan

Participants: 16 from NGOs in Lahore and mainly in northern parts of Pakistan

- (2) Responding to the needs of former participants of the above training, the training on Community-Based Rehabilitation Facilitation (CBRF) was held as one of follow-up programs.

Period: November 1 – 10, 2016

Place: Lahore, Pakistan

Participants: 16 former ILDC participants and their colleagues

I.B Domestic Activities

I.B.1 Activities to Promote Understanding of Asia and AHI

1) Open House

AHI holds its Open House festival annually as an opportunity for supporting members and local residents to drop by and enjoy. The festival is planned and organized by a volunteer organizing committee, staffed by approximately 100 volunteers and 28 external organizations.

Date: October 10, 2016

Place: AHI, Nisshin

Approximate number of visitors: 650

2) Orientation for Newcomers to AHI

Once in every month AHI offers an orientation for newcomers to AHI and its work, and encourages them to get involved by volunteering or participating in other AHI programs.

Number of participants (for one year): 86

3) AHI Lectures and Workshops

Lecture meetings and workshops were organized with different themes and contents, as below.

* **“Let us reflect ourselves and relationship with others through practicing Yoga”**

November 26, 2016, at AHI, Nisshin

Number of participants: 12

4) Dialogue with ILDC Participants

ILDC participants communicated the situations in their working areas and how their organizations and partners were addressing key issues, encouraging the Japanese audience to reflect on their roles in their own communities.

September 22, 2016 at AHI, Nisshin

Number of participants: 74, including 33 volunteer organizers and interpreters

5) Study Tour

With the cooperation of former ILDC participants and their organizations, AHI led a study tour to South India on March 20-30, 2017. The tour participants learned about development especially around low caste people (Dalit) issues, by visiting rural areas and experiencing home stay in rural villages. Number of participants: 15.

I.B.2 Information Sharing and Opportunities to Learn by Experience

1) *Ajia no Kenko* (Health of Asia) Newsletter for AHI Supporting Members

Covering current situations and activities of NGOs/POs for community development, the newsletter aims to bring Asian grassroots issues closer to AHI supporters. The editorial committee is comprised of AHI supporting members. Four issues were published, with a circulation of 4000 copies/issues. Besides the short page- newsletter was published in June 2016.

2) *Ajia no Kodomo* (Children of Asia)

With the target readership of upper grades in elementary school, this newsletter aims to inform Japanese children about everyday lives of their contemporaries in other parts of Asia. In cooperation with former participants who provide the story of children and families in their working areas, the editorial committee of AHI supporting members work on the stories. In August, the story of a girl with disability in Bangladesh was published, and the one of a boy after the big earthquake in Nepal in February 2017. Each time, 6,000 copies were published.

3) Website Management

To reach a broad and open range of readers, AHI has developed its website. Further, in response to Facebook's rapid growth throughout Asia, we are also actively using this medium to promote communications among the AHI community. Preparation of renewed

website was done so as to upload at the end of April 2017.

4) Internships and Volunteer Mobilization

AHI offers internships as an opportunity for people to learn firsthand about NGO work. AHI also actively accept volunteers in many areas of works.

I.B.3 Cooperation with Other Organizations

1) Speakers Provided and Network Membership

In response to requests, AHI provided speakers to other organizations, for a total of 41 times in 2016. On October 11-18, 2016, participants of ILDC 2016 from Philippines gave a series of lecture meetings and workshops on their activities. AHI also accepted the visits of different groups and students and introduced its activities or organized workshops on concerned themes.

AHI participates in relevant network organizations and policy advocacy. Membership includes: Nagoya NGO Center, Nagoya Council of Churches, Japan NGO Network on Disabilities. CSOs in Nagoya area and in Tokyo organized the Citizens' Summit in relation to the G7 summit on May 26-27, 2016 in Mie prefecture. AHI was in charge of organizing the session on global health.

I.C Organizational Management

I.C.1 Board Meetings

Board of Directors (10 members)

Met in June, July and November 2016 and January and March 2017

Main points of discussion:

- ◆ Report on activities and financial statement for FY2015
- ◆ Recruitment of new staff members and related budgeting
- ◆ Proposed plan and budget for FY2017

Board of Trustees (12 members)

Met in June 2016 and March 2017.

I.C.2 Fundraising (Membership and Campaigns)

As of March 31, 2017

Number of supporting members: 2825

Among this, Hitotsukami Supporters=Monthly supporters 171

Contributors: 692

◆ **Hitotsukami (“Handful of Rice”) Supporters**

In recent years, the number of AHI supporting members has fallen sharply. A new type of financial support system “Hitotsukami (one handful) using monthly credit card or bank account transfers from supporters (from ¥1000/month/unit). We named this system “Hitotsukami” (one handful) after the home grain bank method of South Asian countries. We ask the programs participants and volunteers to become Hitotsukami supports in order to gain their financial support.

◆ **Guidance for Writing a Living Will**

A large proportion of AHI supporters are now elderly and thinking seriously about how to communicate their feelings through their wills. In this context, a former AHI staff member, now a solicitor, gave two guidance sessions on writing a will, as part of AHI’s range of programs for supporters. 22 persons participated in total.

◆ **Donation through Sales of Used Books**

With the collaboration of “Book Off”, which is the used book store being found nationwide in Japan, one can donate buying prices of his/her books to AHI. Book Off add the 10% of buying prices for its donation. This is a new scheme for those who are interested in making donation.

II. Financial Report

In FY2016 direct remittance for overseas courses was less than the budget, as some projects were not conducted as planned. The number of regular supporters has decreased sharply in last 10 years, mostly because supporters get old and become unable to continue financial support. Providing many different points of meeting with new potential people is very crucial, while keeping close relationship with existing supporters.

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July 25, 2017