

**Annual Report Fiscal Year 2023 (April 1, 2023 -March 31, 2024)**

**ASIAN HEALTH INSTITUTE (AHI)**

**A Public Interest Incorporated Foundation. Established December 1980**



**Our vision**

Society where each person is respected, valued, and lives in well-being

**Our mission**

AHI nurtures each person's self-empowerment and learning to actively participate in building an equitable/inclusive society.

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# I. Activities

## I.A Learning Community Development

### I.A.1 International Training Course

The program was organized with the theme “Youth Empowerment for Making Change” from August 28th to September 24th, 2023. Seven participants who completed the Course either in 2021 or 2022 via online setting and two of their colleagues participated the in-person Course held at AHI. Aiming that the participants of the Course would be able to apply the participatory approach in their own community as well as drive Learning Community among alumni, their organization and their working partners, AHI built the capacity of the participants to take initiative and ensure their ownership throughout the Course, including eight times of online preparatory meetings.

### I.A.2 Post-Course Follow-up and Collaboration

#### 1) Online Programs

Four free talk programs were organized on the different topics of “Youth Empowerment”, “Alumni’s view on Living at AHI”, “Learning from International Training Course 2023” and “Health Assembly in Tamil Nadu” in April, July, November and March 2024, respectively. Regardless the training batch which they belong to, 8 - 22 alumni and their working partners made a close and active communication at each time. These programs aimed to find out interested members to form a new study group to explore a specific theme.

#### 2) People’s Initiatives Toward Health Equity in India

This three-year project was launched in collaboration with Prayas, which is represented by an alumna, with the overall goal of building a community of young leaders and health frontiers for bridging health inequity. In October 2023, a 10-day participatory training course as the key activity of the project was organized in Rajasthan, where 14 participants joined.

#### 3) Information Sharing on Website and Through SNS and Newsletter

AHI promoted information sharing on its website, among AHI alumni and associated organizations for mutual learning. The 2<sup>nd</sup> edition of “Learning Community News” was released in January 2024, where the updates of the various programs initiated by some alumni as well as their reflections are shared.

#### 4) Follow-up of the Community Activities Organized by Former Participants

##### **Pakistan: Development of Youth Leaders at NGOs**

In 2023, AHI organized a consultation meeting where AIDS Awareness Society (AAS) gained advice from other alumni from the Philippines for developing a strategic plan based on monitoring and evaluation using Most Significant Change (MSC) technique for the post-collaboration.

### **I.A.3 Domestic Learning Programs**

#### 1) Online Book Discussion Meeting

With using the translated version of “Helping Health Workers Learn” written by David Warner, AHI has organized a series of online meetings. Each time, one of the participants, picked up a chapter and theme that they wanted to discuss and shared their experiences and thoughts with other participants. In 2023, six meetings were held with 5-10 participants in each time.

#### 2) Multi-Sectoral Community Workshop and Training

\* AHI organized a program for those engaged in community development around Nagoya city in collaboration with external resource organization. Sixteen participants working in various filed of the community participated in the workshop using a card game and discussed on the community needs, social and economic support and the possible collaboration.

\* For nurturing the local facilitators, AHI also organized a Training of Trainers (ToT) program for those who are interested in applying a card game in their locality. Nine participants joined the ToT program and learned the rules and how to facilitate the process.

#### 3) Cooperation with Other Organizations

AHI participated in relevant networks and engaged in policy advocacy efforts. Membership includes: Nagoya NGO Center, Japan NGO Network on Disability, The “Equal Health and Medical Access on COVID-19 for All” Japan Network and others.

## **I.B Communication and Sharing**

### **I.B.1 Programs for/with AHI Supporting Members**

#### 1) Information Sharing

\* *Ajia no Kenko (Health of Asia) – Japanese Newsletter*

The newsletter aiming to bring Asian grassroots issues closer to AHI supporters and other Japanese people in Japan. The editorial committee is composed of AHI supporting members. In 2023 two volumes (3,000 copies each) were published.

**\* Monthly Online Newsletter**

It was started in September for aiming that AHI supporters, volunteers and other people to keep their interest / concern to AHI activities through the newsletter.

**\* Website Management**

To reach a broad and open range of readers, AHI has updated its website, as well as other SNS media.

**2) Collaboration with AHI Supporters**

**\* Workshop at Elementary School**

AHI organized educational programs in schools and other organizations. Development education sessions at elementary schools in cooperation with AHI Supporters were conducted at 4 schools.

**\* Exchange Program with ILDC participants**

It was organized for both ILDC participants and youth living in Japan to discuss for mutually desirable society. It was held on September 24 with 25 participants.

**3) Internships and Commitment of Volunteers**

AHI accepted internships and volunteers throughout the year. In addition, AHI provided an opportunity for junior high school students to experience AHI's works.

**I.B.2 Activities to Promote Understanding of AHI**

**1) Renewal of AHI Brochure**

Aligning with the redefined mission and reorganized activities, AHI issued new brochure.

**2) Orientation for Newcomers to AHI**

Once in every month AHI offers an orientation for newcomers to AHI and its activities, and encourages them to get involved in AHI activities. Number of participants (for one year): 39

**3) Participation at Outside Events**

AHI participated in the local events organized by other organizations and promoted its activities to the visitors and participants.

## **I.C Organizational Management**

### **I.C.1 Board Meetings**

AHI held 5 meetings of Board of Directors, and 2 meetings of Board of Trustees. Supporting members as of 31 March 2024 are as follows: 9 directors, 3 auditors, and 10 trustees.

### **I.C.2 Fundraising (Membership and Campaigns)**

As of March 31, 2024

Number of supporting members: 2,024

Among this, Hitotsukami (monthly) supporters 188

Contributors: 525

#### **◆ "Gift Relay" - Donation through Sales of Used Books/Post Cards/Stamps**

With the collaboration of a second-hand bookstore, AHI asks for used book donation. AHI also accepts post cards and stamps as donation.

## II Financial Report Net Assets Variation Statement

	FY2023 Actual	FY2022 Actual	Notes
<b>I. Change in General Net Assets</b>			
<b>A. Change in Ordinary Profit</b>			
<b>(1) Ordinary Profit</b>			
Basic asset interest received	3,788,642	3,728,642	Interest on capital funds
Interest received on specified assets	1,702,131	1,850,811	Interest on specified assets
Membership fees received	11,382,240	11,878,290	25.7% from Hitotsukami(monthly) supporters
Project Income	49,997	293,891	Program fees, etc.
Grants received			
Donation received	14,474,389	18,235,465	¥12,556,874 from Christmas & New Year campaign
Donation transferred from designated net asset	4,955,071	239,421	transfer from designated net assets
Miscellaneous income	12,010,636	6,691,175	Interest received, etc.
<b>Total ordinary profit (B)</b>	<b>48,363,106</b>	<b>42,917,695</b>	
<b>(2) Ordinary Expenses</b>			
1. Operating Expenses			Expenses primarily related to project operation
Wage and allowance	22,943,610	23,048,600	Salaries for project based staff
Staffing fee	2,443,671	1,221,422	
Retirement benefit expenses	1,034,000	1,224,560	Mutual fund retirement scheme premiums
Welfare expenses	3,408,840	4,072,447	Social insurance for project based staff
Travel and transportation expenses	3,581,984	753,005	Travel costs for staff and course participants
Communications	1,311,639	1,980,276	Of this, Japanese newsletter mailing cost ¥1.18 million
Depreciation expenses	4,465,527	4,465,984	Depreciation expenses of buildings, structures and fixtures
Consumables expenses	426,796	1,387,748	Stationery, paper, etc.
Upkeep expenses	1,460,452	1,028,860	Computer maintenance, floor waxing, elevator maintenance etc.
Printing and binding expenses	1,482,688	2,909,999	Copy and printing costs of Japanese newsletter, etc.
Utility expenses	780,734	862,011	Gas, water, electricity, heating
Leasing expenses	182,368	175,617	Accounting software, hall rental etc.
Property and casualty insurance	256,804	186,131	Insurance for training participants, events, etc.
Gratuity expenses	33,000	189,270	Honoraria for homepage maintenance
Tax expenses	88,264	42,676	Van tax
Membership fees	97,000	140,500	Network membership, training participation fee, etc.
Course participants' living costs	439,453	0	Food and accomodation for training participants
Direct remittances for overseas courses	1,767,564	122,737	Costs for projects/courses in various Asian countries
Meeting expenses	1,454	0	
Exchange rate loss	0	104,752	
Miscellaneous expenses	694,877	602,282	Bank transfer fees, etc.
<b>SUBTOTAL of operating expenses</b>	<b>46,900,725</b>	<b>44,518,877</b>	
2. Management Expenses			Expenses related to Board of Directors and Trustees
Wages and allowances	1,464,487	1,471,187	Salaries for staff supporting the Board
Staffing fee	155,979	77,964	
Retirement benefit expenses	66,000	79,440	Mutual fund retirement scheme premiums
Welfare expenses	217,585	256,653	Social insurance for the above staff
Meeting expenses	714	339	
Travel and transportation expenses	59,160	43,183	Commuting costs for the above staff members
Communications	11,221	9,689	Postage, telephone and fax costs
Depreciation expenses	285,034	285,063	6% of the total
Consumables expenses	5,964	62,205	Stationery, paper, etc.
Upkeep expenses	92,941	65,620	Computer maintenance, floor waxing, etc.
Printing and binding expenses	20,402	17,569	Copy and printing costs, etc.
Fuel expenses			
Utility expenses	49,771	54,896	Gas, water, electricity, heating
Leasing expenses	10,308	10,279	Lease of accounting software
Insurance	11,186	11,880	Fire insurance, vehicle insurance(6% of the total)
Gratuity expenses	2,736	2,724	
Tax expenses			Van tax(6% of the total)
Miscellaneous expenses	709	465	Garbage collection cost etc.
<b>SUBTOTAL of management expenses</b>	<b>2,454,197</b>	<b>2,449,156</b>	
<b>Total ordinary expenses</b>	<b>49,354,922</b>	<b>46,968,033</b>	
<b>Current change in ordinary profit without appraisal</b>	<b>-991,816</b>	<b>-4,050,338</b>	
<b>Current change in ordinary profit</b>	<b>-1,983,632</b>	<b>-4,050,338</b>	
<b>B. Change in Extraordinary Profit</b>			
<b>(1) Extraordinary Profit</b>			
Gain on donation of noncurrent assets(land)			
Total extraordinary profit	0	0	
<b>(2) Extraordinary Expenses</b>			
Total extraordinary expenses	0	0	
Current change in extraordinary profit			
Transfer to designated net assets	<b>-991,816</b>	<b>-4,050,338</b>	
Current change in general net assets	<b>-991,816</b>	<b>-4,050,338</b>	
Balance at beginning of year in general net assets	331,083,282	335,133,620	
Balance at end of year in general net assets	330,091,466	331,083,282	
<b>II. Change in Designated Net Assets</b>			
Designated assets invest received	4,633,239	247,217	Interest on Designated assets for training
Donations received	6,761,274	19,712,511	Designated assets for training
Transfer to general net assets	<b>-4,955,071</b>	<b>-239,421</b>	
Profit on Appraisal in Basic Assets	11,070,000	9,750,000	Market value of the stock
Loss on Appraisal in Designated Assets	16,337,409	10,136,867	At exchange rate of 150.33 yen/US\$1
Current change in designated net assets	33,846,851	39,607,174	
Balance at beginning of year in designated net assets	593,048,882	553,441,708	
Balance at end of year in designated net assets	626,895,733	593,048,882	
<b>III. Year-end Total Net Assets</b>	<b>956,987,199</b>	<b>924,132,164</b>	