

Annual Report

Fiscal Year 2024 (April 1, 2024 - March 31, 2025)

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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Activities

I.A Learning Community Development

The learning community is a dynamic platform developed by alumni of AHI International Training Course and their working partners for exploring experience-based knowledge and skills, motivating one another to act towards making change in society, and within themselves.

Three focus areas have been defined, aiming to identify key individuals who contribute to future independent collaborative learning.

[Three Focus Areas]

- i. Workshop on the South Indian Health Assembly
- ii. Learning practical techniques useful in the field (How to write a project proposal, Introduction to Facilitation Graphics)
- iii. Learning to foster youth empowerment

I.A.1 International Training Course

International Training Course lays at an entry point of Learning Community.

The training program was organized with the theme “**People Empowerment through Participatory Approach for Sustainable and Inclusive Community**” from August 26th to September 29th, 2024, with ten participants from NGOs in 7 Asian countries, including Bangladesh, Bhutan, Cambodia, India, Nepal, Sri Lanka and Vietnam).

NGO workers from diverse backgrounds and fields engaged in participatory learning by sharing their respective challenges and experiences in forming community groups. Through groupworks and discussions, they explored and practiced facilitation methods, cultivating the necessary skills and leadership.

In the year of 2024, an alumna from the 2023 International Training Course was invited to join the coordination team. Furthermore, orientation sessions were delivered by some alumni. This effort aimed to foster a 'learning community' that continues beyond the training period.

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

1) Information sharing on Website and through SNS and Newsletter

The alumni's information sharing platform on AHI website was revised. Facebook group and email were utilized to announce the updates to the platform.

An electronic annual report “Learning Community News” was published in January 2025 that compiles activities related to three focus areas of the Learning Community, featuring learning of the alumni as well as the program participant, which was shared by email with alumni, their activity partners, and other stakeholders.

2) Online Workshop

Online case study sessions and similar events for **three focus areas** were organized by alumni, participated by other alumni and their activity partners from different countries and regions.

- i. 4 workshops, total of 30 participants
- ii. 7 sessions, total of 32 participants
- iii. 1 session, 6 participants

I.A.3 Collaborative initiatives for advancing community health

1) Northern India: People's Initiative toward Health Equity

This is the second year of the three-year project started in collaboration with Prayas, aiming at building a community of young leaders and health frontiers for bridging health inequity. A 10-day participatory training course was organized as a core activity of the project in November, where 14 participants joined. In addition, reporting sessions were conducted 3 times, reported by participants of 2023 and 2024 course.

2) Pakistan: Development of Youth Leaders at Local NGOs, in collaboration with the AIDS Awareness Society

The project was scheduled to conclude this year, however the local conditions did not allow organizing it. Efforts were made to connect with other Pakistani participants interested in implementing participatory training programs for the next generation, thereby promoting the development of a 'learning community'.

I.A.4 Domestic Learning Programs

[Learn and Change Program, engaging local practitioners]

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 the online meeting, continuing from 2023. Participants included NGO workers, community welfare officers, teachers, healthcare professionals, students and International Volunteers. This year, 8 meetings were held with 7 to 12 participants each time.

I.B Communication and Sharing

I.B.1 Promotion of Understanding and Support for AHI

1) Information Sharing

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

Two issues of this newsletter were published (2,500 copies each) to report AHI supporters on its projects and activities. The newsletter aims at bringing AHI-related

people closer to grassroots issues in different Asian countries. Editing was done by the editorial committee comprised of AHI supporting members. were published.

*** Monthly e-mail newsletter**

2,700 e-mail newsletter was distributed every month, to keep supporters informed of AHI activities promoting them to be involved. The activity updates were also shared on social media.

2) Orientation for Newcomers to AHI

Once or twice every month AHI offered the orientation program for newcomers to AHI. A lecture introducing the relationship between the health and social issues of people in Asia, as well as AHI's philosophy and activities, was conducted in a participatory manner for participants to experience interactive learning. Number of participants in total was 65.

3) Development education programs

*** Workshop at Elementary Schools**

Development education programs were implemented at 5 elementary schools in Nisshin city. Each session was focused on addressing the social gap in their own communities. These activities were done in coordination with Nisshin city government.

Besides the above, workshops and lectures were conducted in responding to the request from high schools, universities and other organizations. 20 cases were conducted in total.

*** Exchange Program with International Training Course participants**

Targeting at age 20s to 40s, an exchange program with ILDC participants was organized in September 28 by internship students and others youth members. ILDC participants shared their local experiences in rural development and international cooperation with 70 Japanese participant, half of whom were undergraduates or postgraduates.

I.B.2 Cooperation with Other Organizations

AHI participated in relevant networks and engage in policy advocacy, focused on the fields such as human rights issues in Asian countries, international cooperation, etc.

I.C Organizational Management

I.C.1 Board Meetings

As of the March 31, 2025, AHI has 10 members of Board of Directors, and 11 of Board of Trustees. In the fiscal year of 2024, AHI held 5 meetings of Board of Directors, and 2 of Board of Trustees.

I.C.2 Fundraising (Membership and Campaigns)

As of March 31, 2025

Number of supporting members: 1,924

◆ Legacy gift promotion

AHI organized a seminar on drafting wills.

◆ Donation through Sales of Used Books/Post Cards/Stamps

With the collaboration of a second-hand bookstore, AHI promotes used book donation.

AHI also accepts donation of post cards and stamps.

II Financial Report Net Assets Variation Statement

| | FY2024 Actual | FY2023 Actual | Notes |
|---|--------------------|--------------------|---|
| I. Change in General Net Assets | | | |
| A. Change in Ordinary Profit | | | |
| (1) Ordinary Profit | | | |
| Basic asset interest received | 4,088,642 | 3,788,642 | Interest on capital funds |
| Interest received on specified assets | 1,710,861 | 1,702,131 | Interest on specified assets |
| Membership fees received | 10,669,255 | 11,382,240 | including Hitotsukami(monthly) supporters |
| Project Income | 447,486 | 49,997 | Program fees, etc. |
| Grants received | 21,542,459 | 14,474,389 | |
| Donation received | 4,430,845 | 4,955,071 | including Christmas & New Year campaign |
| Donation transferred from designated net asset | 13,730 | 11,832,697 | transfer from designated net assets |
| Miscellaneous income | 172,455 | 177,939 | Interest received, etc. |
| Total ordinary profit (B) | 43,075,733 | 48,363,106 | |
| (2) Ordinary Expenses | | | |
| 1. Operating Expenses | | | Expenses primarily related to project operation |
| Wage and allowance | 37,138,557 | 31,734,172 | Salaries for project based staff |
| Travel and transportation expenses | 1,354,484 | 3,641,144 | Travel costs for staff and course participants |
| Communications | 1,603,247 | 1,322,860 | Of this, Japanese newsletter mailing cost ¥1.18 million |
| Depreciation expenses | 4,210,122 | 4,750,561 | Depreciation expenses of buildings, structures and fixtures |
| Consumables expenses | 541,623 | 432,760 | Stationery, paper, etc. |
| Upkeep expenses | 2,096,987 | 1,553,393 | Computer maintenance, floor waxing, elevator maintenance etc. |
| Printing and binding expenses | 1,697,468 | 1,503,090 | Copy and printing costs of Japanese newsletter, etc. |
| Utility expenses | 940,254 | 830,505 | Gas, water, electricity, heating |
| Leasing expenses | 391,006 | 192,676 | Accounting software, hall rental etc. |
| Property and casualty insurance | 238,730 | 267,990 | Insurance for training participants, events, etc. |
| Gratuity expenses | 499,726 | 33,000 | Honoraria for homepage maintenance |
| Tax expenses | 48,630 | 91,000 | Van tax |
| Membership fees | 90,000 | 97,000 | Network membership, training participation fee, etc. |
| Course participants' living costs | 455,410 | 439,453 | Food and accomodation for training participants |
| Direct remittances for overseas courses | 1,984,120 | 1,767,564 | Costs for projects/courses in various Asian countries |
| Meeting expenses | 6,928 | 2,168 | |
| Exchange rate loss | 953,682 | 0 | |
| Miscellaneous expenses | 802,481 | 695,586 | Bank transfer fees, etc. |
| SUBTOTAL of operating expenses | 55,053,455 | 49,354,922 | |
| Current change in ordinary profit | -11,977,722 | -991,816 | |
| B. Change in Extraordinary Profit | | | |
| Extraordinary profit | 0 | 0 | |
| Current change in general net assets | -11,977,722 | -991,816 | |
| Balance at beginning of year in general net assets | 330,091,466 | 331,083,282 | |
| Balance at end of year in general net assets | 318,113,744 | 330,091,433 | |
| II. Change in Designated Net Assets | | | |
| Designated assets invest received | 6,173,811 | 4,633,239 | Interest on Designated assets for training |
| Donations received | 1,760,000 | 6,761,274 | Designated assets for training |
| Transfer to general net assets | -4,430,845 | -4,955,071 | |
| Porfit on Appraisal in Basic Assets | 4,500,000 | 11,070,000 | Market value of the stock |
| Loss on Appraisal in Designated Assets | -1,721,250 | 16,337,409 | At exchange rate of 148.68 yen/US\$1 |
| Current change in designated net assets | 6,281,716 | 33,846,851 | |
| Balance at beginning of year in designated net assets | 626,895,733 | 593,048,882 | |
| Balance at end of year in designated net assets | 633,177,449 | 626,895,733 | |
| III. Year-end Total Net Assets | 951,291,193 | 956,987,199 | |