



HIMALAYAN
INSTITUTE®
CAMEROON, AFRICA

2014 ANNUAL REPORT

Project Overview



Himalayan Institute Cameroon

Our Humanitarian Mission:

The Himalayan Institute Cameroon is an integrated hub for a wide range of rural empowerment projects, all supporting one goal—to fight poverty, illiteracy, and inequality through education, healthcare, and vocational training.



Contact Information

Reg No. 0000126/A/MINATD/DAP/SDLP

Head Office: Sakah Street Story Building, Tobin, Kumbo

P.O box: P.O. Box 114-Kumbo, Bui Division, North West Region, Cameroon

Phone: (+237) 679835766

Email: humanitarian@HimalayanInstitute.org

Website: HimalayanInstitute.org/Humanitarian/Africa

Summary

In 2014 the Himalayan Institute Cameroon initiatives turned seven years old. Throughout the year we reached approximately 30,000 people with our programs in health, education, vocational training and women's empowerment in the North West Region. Today our programs are fully matured and operate tirelessly in six different divisions of North West Cameroon. These programs include:

1. Total Health
2. Center For Carpentry & Construction
3. Kumbo Public Library
4. Sacred Link Jewelry

Our Commitment to Operational Excellence:

To sustain and support the growth of our charitable programs, we devoted much of 2014 towards reaching operational stability, specifically in areas where a high degree of technical knowledge is required. We procured donated maintenance supplies and machines from the USA and created a well trained Technical Maintenance Division in Kumbo, Cameroon. This Technical Division now services our programs vehicles, equipment and other fixed assets which has empowered us to keep working hard to achieve our mission.

In 2015, our technical stability will be reflected in our programs day-to-day successes. By making best use of our trained staff, quality assets and past experiences we believe that our goal of operational excellence is well within reach.



Total Health Program

(Holistic Healthcare and Community Health Education)

Overview

The Total Health Program saw a lot of activity this year as it worked to provide critically needed health services for the Kumbo region and beyond using safe, natural products based on herbs and homeopathy. Patients continued to appreciate the low-cost effective treatments and health education they received at the Total Health Center and during mobile units and health classes in rural areas.



2014 Accomplishments and Statistics

- New mobile unit vehicle - We procured a new vehicle from Belgium and receive partial exoneration from the Minister of Finance.
- Preparation for 2015 Total Health Revolution
- Health Revolution Challenge Campaign
- Curriculum development and planning for Public Health Educator and Total Health Consultant training in 2015
- New health product planning and procurement for expanding services in 2015
- We taught health classes to 60 community groups
- 5,000+ free consultations given
- 3,000+ people attended health education classes
- Most common conditions treated: arthritis, gastritis, piles, high blood pressure, diabetes, reproductive health issues.
- Mobile Health visits to 15 villages every quarter

2015 Outlook:

- Launching of the Total Health Revolution
- Estimated reach of 320,000 people in the North West Region with Community Health Education
- Mobile Health visits to 100 different villages
- Training and graduation of 50+ Health Agents
- Social Media Campaign to spread health tips to prevent the spread and onset of disease.

"The Himalayan Institute Cameroon's Total Health Initiative is the best of its kind in the Bui Division."

-Senior Divisional Office, Bui Division



Sacred Link Jewelry Program (Women's Empowerment Initiative)

Overview

Since 2007, the Sacred Link Jewelry (SLJ) Program has been empowering women and men across Cameroon by teaching them how to make jewelry. Jewelry making is a source of self-employment giving people a skill they can take anywhere with them to earn an income. In 2014 jewelry trainings were held expanding the SLJ network from Kumbo to Bamenda, Buea, Yaounde, Limbe and even Nigeria and USA.



The Himalayan Institute's SLJ products are synonymous with quality and beauty and use a variety of beads such as hematite, crystals, glass beads, rudraksha, turquoise, shells, wood, pearls, stone agate, and African beads. This year we've seen an increase in sales with hematite, African beads, and stones continuing to be the most popular pieces with customers.

2014 Accomplishments

In 2014, we formed partnerships with Self Reliance NGO Vocational College, St. Michael Vocational School, and SAPTSA Vocational College holding a series of jewelry trainings. Additionally, over 100 women were trained during a series of courses for the Kumbo Women's Empowerment Center. The success of the SLJ program even brought the regional delegate of Women Empowerment and Family for North West region to HIC.

Highlight - Crystal Foundation Partnership

In 2014 a partnership was created with the Crystal Foundation in Melim which works with children with disabilities. The goal of this partnership is to train children how to make jewelry, thereby providing an avenue for them to earn an income. Currently, five children are in the training program which will continue to develop in 2015.

"Customers prefer our jewelry because of the quality. We have real beads, not plastic beads, and customers know the quality when they see it and know the pieces will last for a long time. Those we train to make jewelry can produce and sell with confidence knowing that they are making quality products."

-Sewong Sylvia, Sacred Link Jewelry Program



Kumbo Public Library

(Providing Education and Knowledge)

Overview

The Kumbo Public Library continues to shine as a center for knowledge and education for the Kumbo region and beyond. The library is known as the biggest in the entire region and attracts user from all over Cameroon. The library brings access to textbooks, science, history, psychology, arts and culture, non-fiction, and fiction books to children, students and adults alike. Textbooks and books on health, engineering, science, and nature were among the most popular.



2014 Accomplishments

In 2014 the library served an estimated 20,000 people. Furthermore a campaign was initiated to bring 14,700 new books to the library from the United States. These books will infuse the library with new textbooks, technical and vocational training books, and more.

368 new memberships were added in 2014, growing the number of members to 1300 since the program began in 2013. Library membership continues to expand to individuals across the Bui Region and even as far as Yaoundé where students are traveling more than 9 hours to access books from the Kumbo Public Library. Additionally we supported 10 schools and brought educational Highlights magazines to over 500 children.

Success Story:

For the past four years, Fonyuy Boris has been using the library to study and gain knowledge. He is one of the 30+ regulars who have made the library their “home” nearly every day after school. This year Fonyuy has achieved 5 A grades in school scoring perfectly in all of his subjects. Because of this success he received a scholarship from the government to study abroad. He is now enrolled in University in the United States.

2015 Outlook:

- Addition on 14,700+ new books
- Expansion of book lending program
- Increase seating capacity for students/library members
- Development of satellite libraries in Bui region
- Create educational programs for children and young adults

“When students are studying and they are feeling good and the environment is good, they learn more. We are happy to be able to provide an environment that is conducive to learning for students and when they do well, we feel good.”

-Library Staff



Center For Carpentry & Construction (Modernized Carpentry)

Overview

The Center For Carpentry & Construction is equipped with 19 stationary machines and over 30 hand power tools. As the best equipped center in the region we are able to engage and empower hundreds of carpenters in the region. As the Cameroon market continues to urbanize and industrialize, it is essential that vocation-training programs be developed and expanded to support the community's growth. This growth needs competent technical support and quality product manufacturing. This is the mission of our Center of Carpentry & Construction.



2014 Accomplishments

- We continued to add new equipment to our shop making the most advanced wood working shop in Cameroon.
- We transitioned into a service center which allows many carpenters to take advantage of our shop.
- Carpenters from all over North West Cameroon continue to use our workshop.
- We began strengthening relationship with the government of Cameroon, specifically the Delegation of Employment and Vocational Training resulting in:
 - 15 students from higher teachers training college from Bamenda and Douala came for internship 1 month
 - Received students from technical colleges around Kumbo who came for industrial experience
 - Over 200 carpentry projects completed for residents in the North West Region
 - 23 Carpenters used our specifically word service program.



2015 Outlook:

- Training for Professional Carpenters in advanced job planning and estimating and practical use of power tools
- Training and certifying of Associate Professional Carpenters of the Himalayan Institute Cameroon
- Mentorship program for plumbing professionals



“2014 was a year of success in all of our departments. We moved from one step to another and we are still hoping to achieve more and more in the year ahead. Forward ever backward never.”

-Public Relations Officer, Pascaline Beri

