

A photograph of an elderly woman with a warm smile, wearing a bright yellow short-sleeved shirt and a colorful patterned headscarf. She is standing in the doorway of a traditional building with thick, textured mud-brick walls. The interior behind her is dark, and some faint white markings are visible on the wall to her right. The overall scene conveys a sense of community and heritage.

2015



ANNUAL REPORT
HIMALAYAN INSTITUTE CAMEROON

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Dear Himalayan Institute Cameroon supporters,

During 2015, the Himalayan Institute Cameroon achieved unparalleled growth and impact as we continued our mission to reduce poverty and sustainably improve living conditions in the communities that we serve. Without your dedicated support over the past year our program throughout Cameroon, West Africa would not have been possible.

Our plans for this year were lofty and, thanks to you, we were able to translate these plans into grassroots action and tangible results. We trained and deployed 50 additional health workers into suffering communities. Our mobile health vehicle fleet, with some re-tooling, reached 200% more patients than in previous years. An additional 20,000 books were shipped to our libraries and are now in circulation throughout our library network. In addition, 40 international volunteers responded to our call to action and joined us on the ground in Africa.

Our lofty goals were met with a magnificent response from our donors, volunteers, staff and community allies. It is our commitment and responsibility to continue to build and strengthen our program in 2016.

In Service,



Jeff Abella
Managing Director,
Himalayan Institute Cameroon



— OUR MISSION

The Himalayan Institute's humanitarian mission is yoga in action—offering spiritually grounded healing and transformation to the world. Our humanitarian projects serve impoverished communities through rural empowerment and environmental regeneration. By putting yoga philosophy into practice, our programs are empowering communities globally with the knowledge and tools needed for a lasting social transformation at the grassroots level.



Total Health: We address the underlying factors responsible for poor health by tailoring our approach to the leading health issues for each community we serve, through our total health centers, community health classes, and health product manufacturing.

Center for Carpentry & Construction: This vocational training and service center features a large range of modern tools, equipment, and techniques, designed to improve the efficiency, safety, and quality of construction projects.

Public Libraries: We provide the necessary tools for people in rural communities to survive and thrive through our public libraries, which offer vocational training, practical development of life skills, and technical knowledge.

Women's Empowerment: Our women's empowerment program gives women the skills and opportunities to build sustainable small businesses, provide specific health education, and marketing and financial management training.



— OUR VALUES

Every community has unique priorities, challenges, assets, and opportunities. We are guided by the experience of grassroots leaders and these organizational values:

Respectful partnerships

Our projects are models of participatory and collaborative development. In each community we employ local talent and leadership to design, implement, and evaluate innovative projects that tackle chronic problems.

Lasting Transformation

Working with strong local partners, our multifaceted programs address root problems with integrated sustainable solutions in the key areas of education, health care, and economic upliftment.

Economic Sustainability

Our projects strive to create livelihood that offers stability and dignity to people and their families. This drives long-term change and generational impact in the communities where we work.

Empowerment

Grassroots leadership development is central to our work, so that local community members gain skills and confidence to become effective agents of change.



— PROGRAM SUMMARY

What We Do

1. We reduce poverty through participatory action and initiatives such as technical training courses, certificate programs, entrepreneurship classes, and market linkage.
2. We address the underlying factors responsible for poor health through our health centers, community health classes, and health product manufacturing.
3. We provide tools for people in rural communities to survive and thrive through our public libraries that provide vocational training, practical life skill development, and technical knowledge.

"The Himalayan Institute Cameroon initiatives are exactly what our country needs to grow and thrive."

Philemon Yang

Prime Minister, Republic of Cameroon



—TOTAL HEALTH PROGRAM

The Total Health Center saw tremendous growth in 2015 as it continued to provide natural health products and expand public health knowledge across communities. Our efforts in 2015 resulted in the development of new health activities in the Bui region as well as the expansion of health services to further regions of the country. Our expansion is built around training community health entrepreneurs. Last year nearly 100 people applied to take the training course and 52 of the best and brightest were accepted into the program.



Health Worker Training

Students took part in an intensive two-week training program followed by continued education classes and internships. We had a dynamic group of students in the class ranging from doctors, nurses, physiotherapists, and traditional healers, to farmers, business owners, and community elders. One thing all the students had in common was a shared experience of seeing the need in their community and finding in themselves the ability to increase their skills and understanding of health and become a resource for those who have no one else to turn to. During our last graduation ceremony, many notable personalities attended from the community, as well traditional leaders, national government officials and foreign representatives for USA, Canada, and Europe.

Mobile Health Clinic:

Last year our health consultants and mobile clinic travelled to over 100 communities reaching 10,000 people directly. Due to the generosity of our supporters we were able to acquire a new Mobile Health Vehicle, which was outfitted to perform on some of Africa's worst roads.



Public Awareness Campaign and Community Health Classes

Our public awareness and media campaign is an ongoing initiative started in 2013, which aims to increase access to health safety and awareness information to stop the spread of disease. We aimed to reach 320,000 people in the Bui region in 2015 and targeted at-risk communities using a wide range of outreach strategies.

Key Strategies

- Public service announcements, health tips and biweekly radio classes were aired on two radio stations to ensure the entire population of 320,000 was being reached.
- In July, the Total Health team travelled to the capital city of Yaoundé to appear on the national TV station, CR-TV, to share the various projects of the Himalayan Institute Cameroon (HIC) and spread the word about the Total Health Revolution. The station has since aired a number of short health documentaries covering HICs health work in the Bui region.
- Coverage from CR-TV and appearance on The Monday Show to promote the Total Health Center had a great impact on awareness of the health program in the region
- Community classes held in 50 communities reaching 10,000+ people directly
- 1,000+ health posters and 20,000+ educational flyers were distributed
- Public Health Educators continue to offer regular health talk to community groups



Your Health Is Your Wealth

"As a public health professional it has been inspiring to see the level of engagement from the local community in bringing about widespread health awareness and behavioral changes.

In villages that have access to a trained Himalayan Institute Independent Consultant Affiliate community members are better informed about health and are significantly more likely to seek care at the first signs of illness. As a result they are more likely to make better health decisions for themselves and their families, live longer healthier lives, and have extra income to invest in the health and education of their children.

There factors combined are the key for lifting people out of poverty in a sustainable manner."

Alat Tigunait, MPH

Total Health Program Director
Himalayan Institute Cameroon



Network of Community Health Workers

In the Total Health Revolution 2015, we introduced a new model of care from the Total Health Program that has proved to be extremely effective. With this model we've created a network of Himalayan Institute Health Workers across the region giving people access to easily accessible care. Individuals can now receive continuous care within their own community. This removes the burden of having to travel hours to reach the Total Health Center in Kumbo or another clinic or hospital.



Health Product Displays

In Cameroon, people lack access to quality treatments and are required to travel to hospitals for basic health care. As a result, illnesses were allowed to progress until they were so serious they required a hospital visit. In 2015 we piloted an over-the-counter health product display to encourage early treatment of illness. These display kiosks are installed in local stores and retail outlets. The model was introduced into four communities and is bringing access to treatments to those in rural and urban areas. Furthermore we introduced several new products that were critically needed in the communities.



— PUBLIC LIBRARY NETWORK

In Kumbo, despite a relatively high literacy rate, books are extremely difficult to find. Even when available, a used paperback routinely costs \$15 to \$20 in a country where many earn only \$2 a day.

Himalayan Institute Cameroon has established a network of libraries in the Northwest Region of Cameroon. Its main library contains over 30,000 books, as well as reading rooms, collaborative workspaces, a children's corner, reference books, and textbooks.

In 2015 our library membership grew to 1,500 students and dozens of schools in Kumbo alone subscribed to our classes.

Our public library serves students from elementary to university level, as well as teachers and other professionals. Through the library, we also offer a book-lending program, afterschool and mentoring programs, and professional development resources.

All of our libraries are run and maintained by trained community members who hold education in the highest regard.

"There is a consistent lack of access to information in Africa. In 2015 we established the only Library-Health Center Network in the Country of Cameroon."

Clara Ezia

Administrative Manager
Himalayan Institute

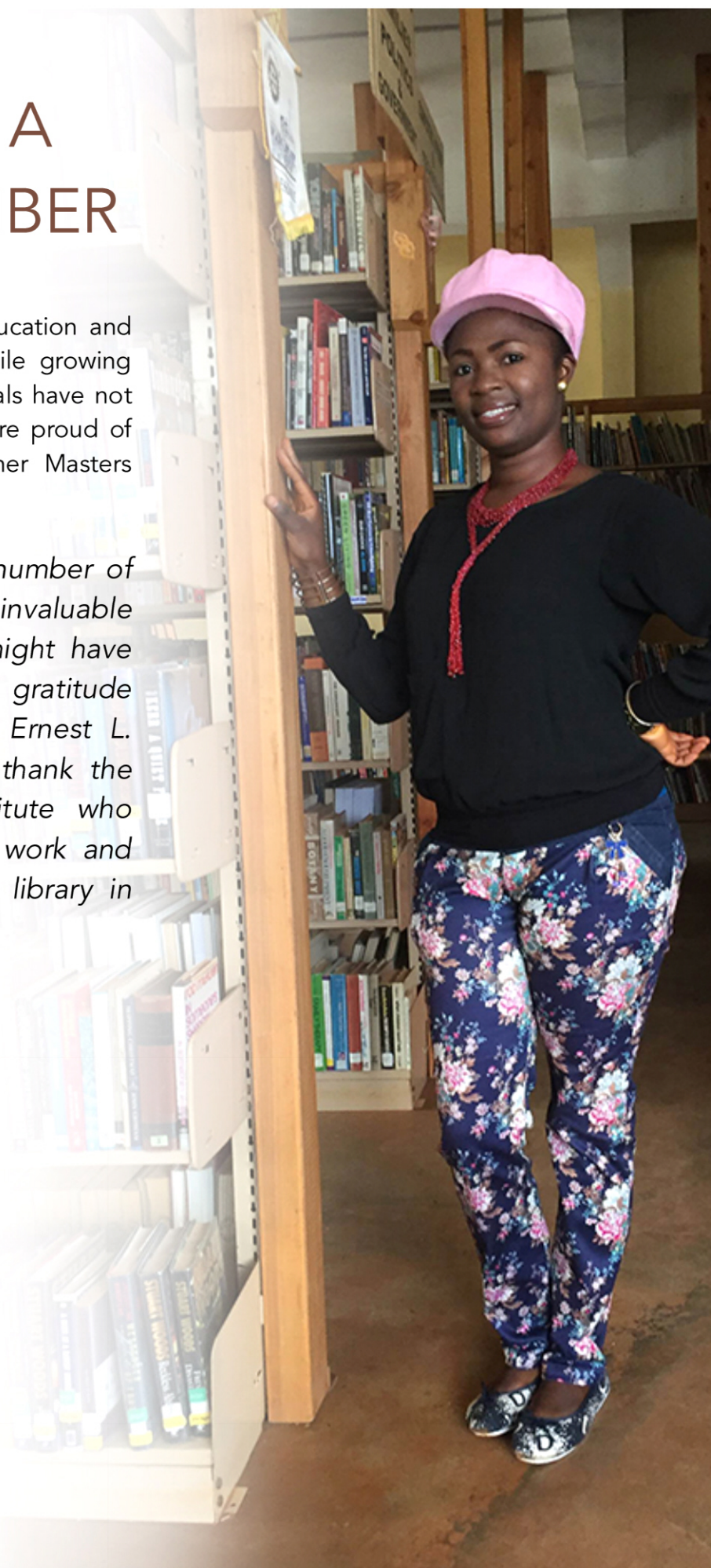


STORY FROM A LIBRARY MEMBER

Manjo Flora has always valued education and enjoyed school. Unfortunately, while growing up in Cameroon, education materials have not always been easily available. We are proud of Flora! Last year she completed her Masters degree in British Literature.

"I am greatly indebted to a number of persons who accorded me invaluable support without which this might have been impossible. My sincere gratitude goes to my supervisor, Prof Ernest L. Veyu for his time. I equally thank the staff of the Himalayan Institute who supported me with research work and other useful material at their library in Kumbo."

Manjo Flora
Library Member
Himalayan Institute Cameroon



SPECIAL REPORT

Our Network of Library-Health Branch Centers



Last year, many of our supporters joined our One Tribe Fundraising Campaign. This campaign aimed to build a network of Library-Health Branch Centers to make knowledge and healthcare accessible to communities in rural Cameroon.

After a successful fundraiser, we've set out to build up to 10 Library-Health Branch Centers, each providing books, health products, a trained librarian, and a public health consultant.



Our mission is to enhance the quality of life for the people we serve and to provide them with health and educational tools that empower them now, and for generations to come.

Our branch libraries are strategically located in remote communities that otherwise have extremely limited access to educational resources. Each branch library holds 2,000 to 4,000 books.

One Tribe: The Impact

With a current life expectancy of 52, over 73,000 children dying before the age of five, and only 38% of Cameroonian girls enrolled in schools, providing healthcare and education is critical for upliftment.

In the past year, we have shipped 20,000 books to the Himalayan Institute Cameroon (HIC), built three new Library-Health Branch Centers, and expanded our primary library in Kumbo. We've also trained 52 new public health consultants that have successfully reached a community of 320,000 people.



Our Approach to Library-Health Branch Centers

Villages Apply. We select them based on:

- Need and interest for books
- Political and social stability
- Partners capable of sensitizing the community about the center.
- Ability to provide a secure facility
- Recruitment abilities for potential staff
- Capable of suggesting ongoing improvements



We form a local committee to:

- Provide supervision
- Create a space that encourages learning
- Measure and maintain the progress of the Center using a system designed by HIC



We identify candidates for staffing

- Individuals apply and are selected
- Candidates engage in an intensive health and library training
- Graduates become branch center custodians and independent health consultants



What makes a good library?

- Regular and frequent use by patrons
- Books are relevant to people's interest
- Ample space for patrons
- Good lighting and ventilation
- Collaborative groups and mentors

Overview of our Current Locations

Kumbo Town

In 2009 we founded the first public library in Kumbo, Cameroon, which is home to 100,000 people. In 2015 we added 7,000 books to this flagship library, the Kumbo Public Library. These books were strategically selected to meet the demands of existing patrons and renew excitement in the community.



Melim Village

The Melim Library-Health Branch Center is located several miles away from our main library in Kumbo. For years, students from Melim have made the two-hour walk to our main library. Now they have their own Branch Center filled with 3,000 books, a computer lab which offers various courses, internet access, and a trained librarian and health specialist, Lesley.



Mbonso Village

Our Mbonso Branch Center is located in a small village 1.5 hours away, by car, from HIC. Mbonso is in the heart of farmlands and isolated from larger towns. Their community member, Dixon, has become a certified public health educator and consultant, as well as a trained librarian. His knowledge and passion to serve others, coupled with the village's new resources has provided a surge of upliftment in the community.



Tatum Village

The Branch Center in Tatum, a town of 6,000 people, is run by an older gentleman named Samuel, who recently graduated from our Health and Library training course. This centrally located 2,500-book library is the first in Tatum. While the library serves the entire village, it has been especially helpful for students at the local Teacher's Training College.



CENTER FOR CARPENTRY

The Center for Carpentry & Construction is a vocational training facility providing advanced training for professional carpenters, teachers and students from technical training institutions. The trainings are designed to meet the requirements for Industrial Training for Teachers, Student Internships and Advanced Apprenticeships.

It is a full service carpentry shop featuring power woodworking tools uniquely designed for the production of the highest quality finished wood products available. The shop's resources for custom furniture making, specialty wood service, seasoned board sales and advanced vocational training are available and accessible to the public and professional carpenters of the region.

In 2015 our expert trainers provided 1,920 training hours to carpentry students and offered more than 100 days of internship opportunities to entry-level students of carpentry. Furthermore, we served 200 professional carpenters, students and members of the community with C&C resources for Advanced Apprenticeship vocational training, Specialty Wood Service, seasoned board sales and commands for construction of quality furniture.

"Our center is a unique resource to the community. Its experienced instructors provide valuable hands-on, practical experience with power woodworking tools and the application of modern woodworking techniques."

Marten Nyar
Program Manager



An Exclusive Opportunity for Professional Carpenters

The Center also provides resources for local carpenters to increase economic empowerment through the work they produce. We have found that the key to sustainable growth is dependent upon training top carpentry professionals to take advantage of modern carpentry methods. To foster this growth, we initiated the Associate Professional Carpenter (APC) program. Last year we trained six APC's. These trained professional are certified to run every technical operation of our carpentry schools shop. APC's gain direct full-time employment through the Center's enterprise activities.



Services and Resources

The Center for Carpentry & Construction provides specialty wood service to professional carpenters for the efficient preparation of materials for woodwork projects including milling and sizing to specifications, joinery, band saw carving, molding, sanding, panel construction and superior wood finishing.

Made To Order

The Carpentry Center produces woodwork projects on command including furniture for home and office, doors, door and window frames, coffins and other customized wood products. All work is performed by staff and Associate Professional Carpenters who are trained and certified by Himalayan Institute Cameroon.





CAMEROON SCHOLARSHIP PROGRAM

Some of Africa's biggest development gaps can be attributed to the lack of access to education. Beginning in 2007 we started the Cameroon Scholarship Program which provides educational scholarships to motivated Primary, Secondary and University students.

Each scholarship provides full tuition and full time access to Himalayan Institute academic mentors. The mentors provide leadership skills and academic tutoring.

Between 2007 and 2015 the Himalayan Institute has given 320 scholarships to eager and deserving students.

Ultimately, the mission of the Cameroon Scholarship Program is to help identify and cultivate bright and ambitious leaders in Cameroon.



STORY FROM A CAMEROON SCHOLARSHIP RECIPIENT

Meet Vanilla-a young women with enough charisma to charm an entire country. Last year Vanilla was recognized for her commitment to her education and demonstration of year on year improvements in class. She was accepted into our Cameroon Scholarship Program and has truly maximized the use of this gift. We are proud to announce that she recently graduated high school successfully.

"My academic career is just beginning" says Vanilla. "Thanks to my scholarship from Himalayan Institute, I plan to attend Bamenda University in the fall. My career goals include a degree and job in the finance sector. I am especially interested in micro-lending models. I appreciate how poor farmers in my country can use micro loans to create a healthy farming business and equally grow food to feed our communities."

Vanilla went on to tell about how her Himalayan Institute Library membership helped her succeed in school.

"Aside from the Cameroon Scholarship Program, so many thanks should be given to the network of libraries that the Himalayan Institute is creating, because textbooks are nearly the cost of school tuition. These libraries make the books available at no cost. It really eased the burden on my family."



STUDENT PROFILE

Vanilla Sendze

Age: 19

Home Town: Bamenda

High School G.B.H.S Kumbo

— WOMEN'S EMPOWERMENT

In 2015 we brought health education to 750 women in North West Cameroon and graduated 13 new jewelry entrepreneurs.

The Himalayan Institute Cameroon is fueled by nearly a 60% female workforce. We intimately understand and appreciate the impact that women have on families and communities in Africa. Our women's empowerment programs provide women with the skills and opportunities to build sustainable small businesses that help eradicate poverty and bring economic growth to rural communities.

In 2007 our first initiative was a women's focused jewelry training initiative called Sacred Link Jewelry, which is tailored to bring income to women. Nearly a decade later, our Women's Empowerment Program has expanded into three main topics including women's health, entrepreneurship training, jewelry production and sales.



Total Health for Women – Healthy women and mothers are critical for raising healthy children and building strong societies. As part of our community education we include information on basic women's health issues such as breast and bone health, menopause, menstruation and safe pregnancies.

Women Entrepreneurship – Our leadership, marketing and small business management training course gives women a foundation and a leg up to compete in Africa's emerging economy.

Sacred Link Jewelry training – For nearly a decade, we've worked with schools, women's empowerment groups, government ministries, local nonprofits, and other development clubs throughout Cameroon to teach jewelry making as a vocational trade. For the women in these communities, having a skill that allows them to earn an income is a matter of great pride as it allows them to be self-reliant. Most recently, we have begun working with women in prison, teaching them jewelry making. This skills development provides a source of dignity and income to support their families at home.



— COMMUNITY PARTNERSHIP INITIATIVE

Working collaboratively breeds success in Africa. Every year we identify community partners who have made astonishing progress with little to no means, and support their efforts in a number ways.

Here are some of the beneficiaries, partnerships, and collaborations from 2015.

- Opened the first public library in MboNso Village with 3,500 books.
- Opened the first public library in Melim Village with 2000 books.
- Partnered with the Ministry of Womens empowerment in Kumbo Bui Division and Participated in the 2015 International Women's Day.
- Partnered with the Ministry of Employment and participated in Nation-Wide Labor Day sensitization event.
- Received 52 students from 30 communities to receive training as Public Health Educators and Consultants.
- Hosted forty guests from the USA, India, UK.
- Hosted the Help Africa Move Forward Conference in Kumbo Bui Division. The event took place in June with all Administration and Traditional rulers present including other dignitaries from around the country.
- Accepted 14 carpenters from around the regions into our Professional Carpentry Affiliate program.
- Donated 2,000 books to HIC P.C.H.S school in Kumbo.
- Donated 2,000 books to 6 Primary and Nursery schools.
- Donated 100 books to G.H.S school in Zhoa, Wum.
- Donated a 20 foot long black board to the Catholic School in Tobin, Kumbo along with a financial contribution for school renovations.
- Received a letter of congratulations and thanks from the Delegate of Secondary Education in Kumbo Bui.
- Were invited to appear as guests on the National Television station CRTV on a weekly program called the Monday show.
- CRTV traveled 15 hours to produce a documentary series about our programs, which have been broadcasted over CRTV and watched nationwide.
- Hosted Management student interns from Yaoundé University for month long internships with the Himalayan Institute.

— 2015 SERVICE EXCURSION

Traveling with Pandit Rajmani Tigunait and the Himalayan Institute (HI) team is a one-of-a-kind experience. Those who joined Panditji this summer on the trip to Cameroon ended their two-week service excursion with nothing less than that. The trip was filled with adventure, selfless service, great food, and a peek into authentic West African culture. The bumpy dirt roads leading to the HI community center is always a test of patience, but as soon as the guests arrived in Kumbo they found themselves spontaneously overcome with an appreciation for this new land and culture. Upon arrival, the HI Cameroon staff greeted our 30 excursion participants with huge smiles, songs, and vibrant dancing.



The HI Public Library was found to be active as ever and continues to serve thousands of community members of all ages. The excursion was all about humanitarian service. Over the course of their stay, volunteers read and played with children while enjoying the facilities. Additionally, the HI Outreach efforts with local schools gave visitors a taste of what growing up in Kumbo is like. The one-room classrooms were full of children wanting to interact with all of HI's guests as they handed out coloring books. Meanwhile, the Total Health Program, The School of Carpentry and Construction, and the Women's Empowerment programs continue to teach healthy and sustainable ways of improve life. With hearts wide open, the participants donated their time and watched how their efforts impacted the lives of everyone around them.



Off campus, there was no lack of excitement either. HI staff led the group on visits to the King of Nso, traditional dancing with Jujus at the palace of the Nso Kingdom, tasting fresh organic-locally grown food, nature walks to waterfalls, and finally culminated with a stay on the black sand beaches of Limbe, near Mount Cameroon.

Participants found themselves smiling with wonder and amazement every day. This whole experience was further imbued with the presence of Pandit Rajmani Tigunait's loving sangha and guidance to all the participants in spirituality and selfless service. No one walked away empty handed.



Change is in the air and each day brings HI's work in Cameroon closer and closer to sustainably fulfilling its mission. These efforts shine a light of hope, healing, and prosperity to a community who is willing to listen, learn and share. All this was made possible through our friends, families, members, and donors. We thank all of you for your support!



Committed to Growth for Cameroon

The Himalayan Institute's Humanitarian Division is passionate about improving the lives of others sustainably. Through accessible healthcare, education, and job training, we've had the opportunity to witness extraordinary transformations in individuals and their communities. We are grateful for the contributions made by donors, which have accelerated our project's growth in the past year and look forward to keeping you updated on our progress.

Learn more HimalayanInstitute.org/Humanitarian/Africa
Contact us: Humanitarian@HimalayanInstitute.org

