



# A Look Back

2018 Annual  
Report





# INTRODUCTION

The past year has been full of growth, change, and acceleration, and it all began with the inception of Himalayan Institute Cameroon in 2007. We founded our organization on partnership with rural communities in Northwest Cameroon to fight poverty, illiteracy, and inequality through health services, public libraries, and sustainable employment opportunities. During this time we have established long standing and meaningful relationships with the community as a whole, which has allowed us to continue to provide our essential services during this time of conflict. Cameroon has been struggling with political instability and civil unrest for the past two years, and the situation has escalated significantly independent health consultants to continue serving those that are internally displaced within our Kumbo community as well as the wider surrounding regions - where hundreds of thousands of internally displaced women and children will have access to our free services. As we move into the second half of our work in 2019, we want to shift our focus to include the 500,000 internally displaced persons across the region.

## OUR MISSION

The Himalayan Institute's Global Humanitarian Projects are 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 lasting social transformation at the grassroots level. As members of the Himalayan Institute humanitarian community, we perform our actions based on the core tenants of our mission's goals: to engage globally, empower locally, and enrich lives. Working toward meeting these communities where they are and understanding that standalone projects rarely deliver lasting impact, we have incorporated a holistic approach of delivering programs to the people we serve in an effort to tackle a broader spectrum of community needs, striving to have a greater, more sustainable impact, ultimately eradicating poverty, disease and illiteracy. By training their leaders to be resourceful and efficient in their economic and educational initiatives, these grassroots pioneers become the ushers of new generations of healthy, more knowledgeable, and proactive citizens. This model is one of the only ways in which communities in need can eventually become totally self-sufficient.





## OUR VALUES:



### RESPECTFUL PARTNERSHIP

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



### EMPOWERMENT

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



### ECONOMIC SUSTAINABILITY

Our projects strive to create livelihoods that offer stability and dignity to people and their families. This drives sustainable change and generational impact in the communities where we work.



### LASTING PARTNERSHIP

Our global humanitarian mission is the transformation of rural communities. Working with strong local partners, our multifaceted programs address root problems with integrated sustainable solutions in key areas of education, health care, and economic progression.



# 2018 PROGRAM SUMMARY

Our flagship humanitarian venture, and program model in Cameroon, West Africa, has been designed as an integrated hub for a range of rural empowerment projects, all supporting these goals: to fight poverty, illiteracy, and inequality through education, health care, and job creation. Through the strengthening, maintenance, and expansion of the following four initiatives, the Himalayan Institute Cameroon Community Center Model is now the main vehicle for the Institute's humanitarian efforts abroad.



## Total Health Program

Cameroon is home to approximately 25 million people. In Northwest Cameroon, the average life expectancy is 54 years, with a majority of people dying of preventable communicable diseases linked to poverty and controllable lifestyle factors. Access to health knowledge and education is greatly lacking in the general population. The Total Health Program serves this population in a unique way, by utilizing herbal medicine, natural health products, yoga therapy, lifestyle counseling, and widespread health education and awareness efforts. This education-based model is the first of its kind in the region, offering simple yet meaningful solutions that are realistically applicable to the people of Cameroon. In conjunction, we are training community health workers to go out into their communities to provide vital public health knowledge and awareness. These health services shore up critical gaps in the current health system and public health programming, which is overburdened by the needs of the community and is unable to address the underlying factors responsible for illness and poor health. These services comprise the two main parts of the Total Health Program: The Total Health Center (THC) and the Health Education Program.





## Total Health Center Initiatives Include:

### LOCAL HEALTH AGENTS

Our Total Health Center is led by local health agents, trained in the community's most prevalent health issues, including digestive tract ailments, joint pain and arthritis, cough and cold, fever, blood sugar problems, anxiety, and depression. Our training program places a strong emphasis on hands-on experience in basic public health education and dispensary services. In addition to Total Health Center-based consultation and pharmacy services, we have a strong network of Certified Independent Consultant Affiliates (ICA's), who expand the reach of the Total Health Center even further into the community. Our free health consultations give thousands of people access to care they otherwise wouldn't be able to find.

### MOBILE HEALTH CLINICS

Mobile Health Clinics bring health solutions directly to patients. Each week the mobile team, which is made up of three members, including a trained Total Health consultant, a Total Health pharmacist, and a public relations specialist, drive to a different community with a vehicle full of medicinal products. A temporary Total Health Center is set up alongside the vehicle, complete with a private consultation room and benches for waiting patients. The back of the vehicle becomes the pharmacy where patients go to fill their prescriptions. Using loudspeakers, the public relations specialist announces the arrival of the Total Health Center to people in the marketplace. Each time the Total Health Center mobile unit visits a community, 100-300 free consultations are given. The mobile unit returns to each community every few months on a regular rotation, in order to best serve its clients.



## PHARMACY

After a consultation, patients receive a personalized treatment plan consisting of herbal medicine, homeopathy, yoga therapy, and behavioral and lifestyle counseling. Our pharmacy offers a range of products, such as herbal medicine, homeopathic remedies, medicinal oil and rubs, other natural health products, dental hygiene products, and reading glasses. Our Total Health products are safe, effective, and extremely affordable, offering patients an excellent alternative to pharmaceutical drugs and other health products on the market.

## LABORATORY

The Total Health Center's medicinal products are produced in Cameroon, manufactured from herbs grown locally. This local manufacturing style is the first in the country and combines age-old treatments with modern production methods. By growing medicinal herbs in the communities that need them, the Total Health Center provides affordable health options, without being dependent on long-distance supply chains, while also creating income for growers.

## DEMONSTRATION PLOT

The Total Health Center has a demonstration plot on its main campus for research and development, as well as for teaching various modern and sustainable farming techniques. During regular seminars, local farmers are instructed in composting, micro-rainwater harvesting, crop diversification, organic pesticides, and intercropping. The farm serves as a nursery for biofuel and medicinal crops. Located in the administrative center of Kumbo, this demonstration site is easily accessible to thousands of farmers.







## Health Education Initiatives Include:

### HEALTH CLASSES

Our trained community health educators teach health classes throughout the region. These free classes are hosted by hundreds of community partner organizations, and 50-100 individuals typically attend per class. Topics include basic public health, first aid, diet and nutrition, maternal and child health, men's and women's health, and stress and emotional health. Classes include both lectures and interactive demonstrations, designed to be easily understood and culturally appropriate.

### AWARENESS AND OUTREACH

The goal of our awareness efforts is to bring about large-scale change by engaging the general population and creating a culture of health. Developing partnerships with social groups, schools, local businesses, traditional leaders, and local and national government—social

infrastructure—is central to our health work. Outreach activities engage and mobilize the community, motivating people to take part in educational classes and other Total Health programs.

### SCHOOL OUTREACH INITIATIVES

In order to reach and educate the youth about healthy lifestyle habits, our Health Program reaches out to local schools, and even hold educational classes in our own locations. The educational programs for youth empowerment includes training on oral hygiene, hand washing, diet and nutrition, and basic first aid. Additionally, flyers and posters are created to deliver quick but effective messages on the dangers of alcohol, drug abuse, and smoking.





## Total Health Center



2018

The Total Health Center **expanded its PDU (Product Display Unit)** model to Ngozu Ngu and Priscillia's Shop at Ntarikon – Bamenda



2018

The **Jikijem Branch Library & Health Center** was **officially launched**; the HIC Programming Director presented the official launching remarks. Local ICAs Gwaske Nicoline and Yang George were introduced to the guests and gave the **Total Health Talk to integrate them as resources** in the community. Present at the event for the ribbon cutting were the Director of Government Teachers Training College Jikijem, Regional Inspector for Counselling, some administrative officials, JADU members, Principals of schools, Elites, Traditional rulers, community members and some dance groups



2018

Total Health Center Training program for 2018 held in April in the **Public Health Educator Course** and the Total Health Consultant Course with **ten active trainees** drawn from Donga-Mantung and Bui Division. Internships followed immediately after the training at the Total Health Center



2018

Upon completion of Training in April 2018 on Public Health Educator and Consultant Courses, some ten ICAs were **awarded certificates** to confirm that they have completed training and are now certified to: **Carry out preventive health awareness** through health education presentations to the public and groups in their various communities, use natural palliative care products and dispense them in their own communities



2018

On the last day of the Training a consultant on Business and Marketing empowered the trainees with a **“Guide to building a successful health business in rural, semi-urban and urban areas.”** It was quite an exciting program that will help ICAs to function well in their various communities Certificate Award Ceremony to Independent Consultant Affiliates (ICAs) of the Total Health Center







# 2018 Achievements

## Kumbo Public Library



2018

HIC was appreciated for **donating books** to be given as prizes during the **Youth Day celebration 2018** in Bui Division. This was in line with HIC's promotion of reading culture in Cameroon.



2018

The Jikijem Branch Library/Health Center was officially launched; the HIC Programming Director presented the official launching remarks.

**The community welcomed this important educational facility** and promised to make good use of it by reading the books and preserving them.



2018

International **DEAR Day (Drop Everything and Read)** activities started in the Himalayan Public Library in March. This annual activity for children and students is steadily growing in capacity and **fostering an increased reading culture** in this part of the country.



2018

Himalayan Public Library held a **Spelling Bee competition** program on Saturday 25th of June with three students emerging as **winners of the day** with cash awards. All finalists in the competition **received exercise books, pens and pencils** to support them in their school needs in the next academic year. HIC guests witnessed this exercise and were so impressed. **Foreign volunteers Daniel and Ida Day organized the competition** with HPL Program Leader Yau Fonyuy preparing students for the event.



2018

Attestations were issued to **13 Trainees of the Library Computer Basics Program** to confirm that they have undergone training and now have knowledge of computers and are able to apply those basic computer skills. The **students presented an amazing debate** whose topic was **"should youths be allowed to use the internet?"** There were two teams involved in this debate; team A & B, one for and one against, it was a hot debate that **ended up in a draw.**



# Center for Carpentry and Construction



The Center for Carpentry & Construction houses a vocational training and service center, which features a large range of modern tools, equipment, and techniques, all designed to improve the efficiency, safety, and quality of construction projects in Cameroon. Kumbo, in particular, suffers from an overwhelming deficiency of tools, and workers lack experience of how to integrate various trades to effectively build or renovate structures. This results in construction projects that are frequently plagued with inefficiency, inconsistent quality, high cost, and numerous safety concerns. By integrating several vocational trades—including carpentry, masonry, and plumbing—the center's main vehicle, the School of Carpentry & Construction, is training a new generation of high-quality general contractors.

## Center for Carpentry and Construction Initiatives Include:

### VOCATIONAL TRAINING

The Center of Carpentry & Construction offers vocational training courses on advanced woodworking techniques and furniture making. The course includes training in structural design, furniture design and upholstery, detail carpentry work, wood preserving and finishing techniques, project estimating, and shop management. With a strong emphasis on hands-on experience, the program provides ample opportunity for student projects and internships. Graduates can use their certificates of completion to help them get better jobs throughout Cameroon, and select students have the opportunity to join the Furniture Production center and Specialty Wood Service Program.

### SPECIALTY WOOD SERVICE PROGRAM

The School of Carpentry & Construction is equipped with a modern set of woodworking machines: table saw, mortising machine, drill press, lathe, plunge routers, handheld belt sanders, and random-orbit hand sanders. Many of these machines are the first of their kind in the area, helping to make the local carpentry industry more

efficient, productive, and safe. The Service Program makes these modern power tools available to the Kumbo professional carpenters. Staffed by select graduates from the center's 10-week training program, the center provides on-demand custom cuts and joinery for established carpenters. Many of the orders are completed in minutes with stationary power tools, which would otherwise take days of manual labor at the school. The Service Program ensures high-quality products for consumers and broadens the product base for the 250+ carpenters in the region!

### FURNITURE PRODUCTION CENTER

The Center of Carpentry & Construction fills challenging orders from the local community for furniture that otherwise could not be completed through traditional methods. By doing this, the center raises awareness of the potential of local materials, while creating demand for locally produced, high-quality furniture.



# 2018 Achievements

## Center for Carpentry and Construction



Students from Government Technical College Jakiri visited the Center for Carpentry & Construction in April for an **Industrial Experience field trip**. C&C Woodshop Manager **Tata Edwin** and his staff provided instruction on industrial hazards, portable and stationery power tools and wood seasoning, characteristics and specifications.





# Women and Family Enrichment Program (WFEP)



Our Women's Empowerment Program provides women with the skills and opportunities to build sustainable small businesses, helping to eradicate poverty and bring economic growth to rural communities. In 2017, the Women & Family Enrichment Program (WFEP) was established and has continued to grow throughout the course of 2018. The Women & Family Enrichment Program was created to enhance the already established Sacred Link Jewelry Vocational Training Program with an added initiative of educational workshops and instruction. These workshops were specifically designed to provide instruction on the subjects of women's health, family hygiene and household budget management. With the recognition that women, with their native practicality and sense of family responsibility, are often the primary managers of family needs and household finances (especially in regions of low economic opportunity), this educational addition is designed to address current and future generational needs, and has grown even more over the course of 2018.

## WFEP Initiatives Include:

### SACRED LINK JEWELRY & SMALL BUSINESS SKILLS AND FINANCE TRAINING

Sacred Link Jewelry incorporates designs and materials from all around the world and brings the beauty of the village market to the global market. 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 added small business finance and marketing skills training to our already robust jewelry making program. This addition to the program allows women to add additional skills to their repertoire and become a successful entrepreneur.

### WOMEN'S AND FAMILY FOCUSED HEALTH

In an effort to uplift the women of the Kumbo community, we started offering a women's and family-focused health services program. This utilizes the infrastructure and resources of our already present health centers, but focuses on women's specific health issues—prenatal and postnatal care, family planning, reproductive health, as well as children's health. This has opened up a space for women to talk with other women about health struggles, as well as a safe place where women can come to get care for themselves and their children.

### HOME FAMILY FINANCE MANAGEMENT

In Cameroon, women are still the primary managers of the household, and this includes family finances. We started an in-depth course that covers the basics of family finance management, so women can take charge of their own financial future. Throughout the course, women learn the basics of budgeting, saving, and income management. Over the last two years, this program has proven successful with women taking on more leadership roles within their communities and families.



# 2018 Achievements

WFEP



The HIC female staff joined the other women in Bui to celebrate International Women's Day. In preparation for the event HIC participated in a live Radio Talk whereby the PRO talked on "Women's Participation in Decision-making." On the day the ladies marched and were awarded a prize.



2018

Women & Family Enrichment Program conducted **sensitization meetings** and Program Activity Workshops to women's groups throughout the region beginning in March. More than **1200 women** received instruction in **lifestyle issues** related to women's and family health, family and small business financial management, and vocational training.



2018

A **workshop on Women & Family Enrichment Program** was carried out with the Kintam Women at Meluf on the 2nd of April 2018. The women were so excited to **produce their own jewelry** during the practical part of the workshop after receiving a talk on family hygiene and household budget management. It was quite a colorful day at Meluf.



2018

Upon completion of thorough vocational training, some **6 individuals were issued certificates** to confirm that they now have skills in: **women and family health, designing jewelry, small business management and household financial management.**

## In 2018, the WEP: ....

- In 2018, we have given over 2,050 hours of training and services to women that have enrolled in our program.
- In 2018, 20 women graduated from our Women Empowerment Program in diverse vocational fields, entrepreneurial skills, and home family finance management
- More than 1200 women received instruction in lifestyle issues related to women's and family health, family and small business financial management, and vocational training.



# June 2018 Excursion to Cameroon 10th Anniversary Trip



## General Excursion Description:

From June 18th-29th, 2018, we hosted our 10 year anniversary excursion to our flagship community center in Kumbo, Cameroon. This trip serves a dual purpose: it provides foreigners with a cultural, educational, personally enriching experience, and it provides our Cameroon projects with volunteering and revenue. Our director Jeff Abella led the group of 30 guests through Cameroon on an unforgettable journey, accompanied by the spiritual head of the Himalayan Institute, Pandit Rajmani Tigunait.

### DOUALA

The first stop on the excursion was the main port city of Douala. After a warm welcome at the airport from Jeff Abella and all of the HIC staff, the guests spent the night at a local hotel and enjoyed some traditional Cameroonian food before heading out the next morning to begin the Journey to Kumbo.

### KUMBO—HIC MAIN HEADQUARTERS

After a scenic bus ride through the tropical, lush landscapes (and a stop at a local fruit stand for fresh lychees, mango, and pineapple), the guests arrived at our main center in Kumbo.

They had a full schedule of volunteering including painting a local school, cleaning & reorganizing the HIC public library in Kumbo, processing and capsuling herbs in the HIC pharmacy, and participating in one of our jewelry making classes as a part of our Women's Empowerment Program

The guests also got to experience a variety of traditional cultural events during their stay. During a visit to the palace in Kumbo, guests had the opportunity to meet the

king (traditionally referred to as the Fon), and participate in a traditional dance circle with Juju dancers and musicians. Back at the main HIC compound in Kumbo, we hosted more music and Juju dancing for our staff and guests, giving them a unique insight into traditional Cameroonian culture. Finally, guests explored a local market in Kumbo where they purchased local goods, foods, and fabrics to take to a local tailor.

10th Anniversary Celebration of HIC (June 26th, 2018) with selected guests from around the world including Himalayan Institute's Spiritual Head Pandit Rajmani Tigunait along with local organization partners. The program featured testimonials from community beneficiaries for each of the HIC programs. Six members of staff were recognized for ten years of service to HIC: Eucharua Kuoh, THC Program Leader; Kome Napoleon, Operations Coordinator; Lukong Vivian, Head Cook & Library Assitant; Sylvia Sewong, Women & Family Enrichment Program Leader; Folaven Gislen, Head Residential Housekeeper; and Bali Tobias, Head of Security. The management team of HIC was also appreciated for their dedication and hard work by the Managing Director.





## LIMBE

Our last stop on the trip was a beautiful coastal city called Limbe. Guests were able to relax on the black sand beaches, enjoy local food, and explore a nearby wildlife preserve. There were countless numbers of unique species of monkeys and other mammals, as well as a number of snakes. It was a great experience to see a local center that was working sustainably to preserve biodiversity in the region.

## MOUNT CAMEROON TREK

A small group continued on for the optional trek up Mount Cameroon - the tallest peak in West Africa. This 4 day trek included 3 days up the mountain, and one day down, camping in tents and cabins during the trip. We were accompanied by an incredible group of experienced porters—local Cameroonians who carry hikers packs and food, and help guide the trek. They were incredibly strong and experienced, and were invaluable along the way. Even though it was a difficult trek, everyone enjoyed having a new experience and testing our physical limitations. The landscapes and views were incredible - from lush rainforests to barren volcanic tundra - and won't be forgotten.



# A Conflict and its Consequences



The political conflict in Cameroon is systematically targeting education. For the past two years, schools in the Northwest Region have been forced to close, leaving thousands of children without access to education. Hospitals have also shut down as a result of the conflict, leaving thousands of displaced women and children without vital health services.

Additionally, there are hundreds of thousands of internally displaced persons. Women and children are away from their communities and support system, with an uncertain future ahead of them. This abrupt and violent change leaves an already vulnerable group of people even more susceptible to additional violence and challenges.

We will continue to provide support through our programs that have been serving the same community for the past 11 years. These programs are needed now more than ever, and we encourage you to continue your commitment to our initiatives. We will continue to provide hope and stability in a time of conflict, and will continue to be a safe place for children and families to learn and grow.



# Future 2019 Program Development



In order to best serve the vulnerable women and children affected by this conflict, we want to hone our efforts to focus on family health with an emphasis on women and children, and children's learning and literacy. We believe these programs will have the widest reach and the most potential for positive impact. Hundreds of thousands of women and children have been internally displaced across the region and within the Kumbo community, and are away from all the comforts and familiarity of home. With no structure or guaranteed safety, these women and children need the support of local organizations like ours. We want to provide services free of charge, so these women and children can have their most basic needs met.

Our purpose is to serve the internally displaced persons in two main areas: within the Kumbo community where our flagship community center is located, as well as those who have fled to surrounding areas in the Northwest Region where we have dispersed staff and capacity for expansion.

With your help, our goal is to increase outreach by utilizing our fleet of mobile health units and network of independent health consultants to serve as wide an area as possible, while still maintaining and bolstering our presence in Kumbo. Our delivery model is:

1. to provide individual consultations for women and their children, giving practical and meaningful health information personalized for the needs of the individuals; and
2. to disperse important health products, such as soap and herbs, to help women and children stay clean and healthy while fighting the spread of disease.

We will also continue to utilize our main library center in Kumbo, as well as our 5 branch libraries, to offer children's education programs and community-focused, child-friendly activities. Our public library program leader, Yao, is currently compiling daily programs for children that include: workbooks, magazines, and engaging activities geared towards education and learning. All these resources will be offered on a regular basis, in order to create a structured, safe, and fun environment for children that are experiencing a very scary and uncertain time in their lives.