



TABLE OF CONTENTS

HI Cameroon Year In Review

ntroduction	1
Our Mission	2
Our Values	3
otal Health Program	6
otal Health Center	7
Public Library Program	9
Vomen and Family Enrichment Program	12
2021 Cameroon Education Fund For the Love of Learning	15
uture 2022 Program Development	16
Il India Year In Review	
ntroduction	19
egacy of Humanitarian Impact in India	20
021 Wellness Initiative	22
he Khajuraho Well Project	25
tuture 2022-23 Community Development At HI Khaiuraho	27

HI CAMEROON 2021 YEAR IN REVIEW

INTRODUCTION

The Himalayan Institute's global humanitarian initiatives empower rural communities with the knowledge and tools needed for lasting social transformation. We train local leaders to be resourceful and efficient in their economic, health, and education initiatives, which give people of all ages the tools to be healthier, more knowledgeable, and more proactive in all areas of life.

In 2007, we began partnering with rural communities in Northwest Cameroon to meet a broad spectrum of community needs. Our programs address root problems with integrated, sustainable solutions. Thanks to your generosity and support, over the last 15 years, the Himalayan Institute Cameroon team has spearheaded and expanded four key initiatives:

Public Health Education and Public Health Services

Public Library Program

Women's and Family Empowerment Program

OUR MISSION

Our mission is to partner with rural communities to eradicate poverty, disease, and illiteracy through education, health services, and job creation. We're building libraries, health centers, and vocational training schools to give rural populations what they need to tackle chronic problems and become effective agents of change. Without our community-led humanitarian work, the villages we serve would lack the resources to live vibrant, healthy lives and



OUR VALUES



Respectful Partnership

Every community has unique priorities, challenges, assets, and opportunities. Guided by the experience and wisdom of grassroots leaders, our humanitarian model is rooted in participatory and collaborative development.



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. Genuine empowerment drives sustainable change and generational impact in the communities where we work.



Lasting Transformation

Our global humanitarian projects transform rural communities through strong local partnerships. In each community, we employ local talent and leadership to design, implement, and evaluate innovative projects that tackle chronic problems







TOTAL HEALTH CENTER

In response to the resurgence of Covid-19 and to calls from competent medical and paramedical authorities that the rate of infection had gone up, we closed our campuses from March until June 2021. Even with the emergency closure, the THC program, both in Kumbo and Bamenda, reached more than 3000 people this year.

The Total Health Center (THC) succeeded in installing a health display unit at Foncha street to serve customers in need of HIC products in Nkwen. In all, we have a total of four HPDs in Bamenda. The health display unit has helped boost sales in Bamenda and also helped reduce the risk of using chemical drugs.

2021 PUBLIC HEALTH ACHIEVEMENTS:



3,373 people reached

through our Public Health Education and One-on-One Health services in 2021.



Multiple health classes to

students in an online marketing class at the women's empowerment center.



Our Total Health Program fortified multiple new partnerships

with local non-governmental organizations (NGOs), non-profit organizations, and orphanages.

PUBLIC LIBRARY PROGRAM

Our System of Public Libraries also started with our flagship community center in Kumbo. We began with one large room, one library employee, and 10,000 books we gathered from around the U.S. and Cameroon. That center has grown to include educational tutoring and mentorship, including literacy and computer skills training and summer education programs. With more than 1.1 million children out of school in Cameroon (Source: Unicef), the communities we serve have expressed a continuous demand for our programs. Our Public Library Program provides the necessary tools for children to thrive through free educational resources, team building activities, and practical development of life skills.







WOMEN AND FAMILY ENRICHMENT PROGRAM

Our Women's and Family Enrichment Program began with our traditional jewelry-making program. This program taught jewelry-making as a vocational trade to local women. Since its inception, our WFEP has evolved into a multi-faceted program that includes small business finance, marketing strategy, family finance and budgeting strategy, and family-focused health services. After 15 years of growth and development, we have created a strong foundation to serve women and provide the skills, financial training, and health services they need to become self-reliant entrepreneurs and support themselves and their families.



WFEP INITIATIVES INCLUDE:

SACRED LINK JEWELRY AND SMALL BUSINESS FINANCE AND MARKETING 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 15 years 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 enables 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 successful entrepreneurs.

WOMEN'S AND FAMILY-FOCUSED HEALTH

To uplift the women of the Kumbo community, we started offering a women's and family-focused health services program. The program utilizes the infrastructure and resources of our existing health centers but focuses specifically on women's health issues—prenatal and postnatal care, family planning, and reproductive health, as well as children's health. This new format has created a safe space for women to talk with other women about health struggles and 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 covering the basics of family finance management so that women can take charge of their 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.

2021 WFEP ACHIEVEMENTS:



1,345 people reached

through our Women's and Family Enrichment Program in 2021.



2 graduates from the Sacred Link Jewelry Business Training Graduated to go on to oper their own businesses.



Every WFEP orientation introduces more women to the resources available to them in the program.

5,899 people reached

through our women's health talks.

2021 CAMEROON EDUCATION FUND FOR THE LOVE OF LEARNING

Thanks to your generosity, we are creating educational opportunities for thousands of children in Cameroon who have not been able to attend school for over five years. Our youth literacy program, computer training initiative, and youth mentorship program will reach many lives and will be a source of inspiration and hope during a time of conflict in Cameroon.

Your gift will allow us to grow our education initiatives in 2022 so that we can reach more children who are in need of support and bring educational resources to a community that is eager to learn and grow.





Our program team is now decentralized and has the tools and capacity to thrive in even more remote locations where their humanitarian impact can be felt by greater numbers of people.

This new operational model will be a framework that we embrace and rely on for the next several years as we advance our mission to fight poverty, illiteracy, and inequality through education and health care.



INTRODUCTION

The intense period of delta-variant COVID-19 brought to light the critical need for relief efforts in India. This need propelled us to rapidly mobilize our humanitarian initiatives over the last several months. Since May of 2021, the services and support that have comprised the first phase of the India Relief Fund—our immediate relief efforts—have reached thousands of people in the villages surrounding HI Allahabad and HI Khajuraho.

At HI Allahabad, we worked with local doctors and pharmacists to organize four medical relief camps that served several hundred men, women, and children around the HI Allahabad campus.

At HI Khajuraho, we organized medical relief efforts, distributed masks for COVID-19 prevention, and held extensive public health education talks. With the onset of the intense heat of Indian summer, access to clean water for people and their livestock was vital. From May through July, the Institute supplied 10,000 liters (about 2,650 gallons) of clean drinking water daily to nearby villages, providing relief from extreme drought conditions.

In addition, we worked with local authorities to organize vaccination drives for HI India staff and the local villages surrounding our campuses. By August 2021, all eligible HI India staff and hundreds of people in nearby villages were vaccinated.

Thankfully, for now, COVID-19 is largely under control in the villages surrounding our campuses. We've concluded our immediate relief efforts and are continuing to evaluate if further support is needed.

LEGACY OF HUMANITARIAN IMPACT IN INDIA

HI India has undertaken numerous humanitarian efforts over the decades, focused on healthcare, education, livelihood creation, and environmental regeneration. Its campuses in Allahabad and Khajuraho anchor the Institute's educational programs and publications in India, and host extraordinary spiritual retreats and group practices. Both campuses are home to a vibrant community, and support the local villages in their vicinity.





2021 WELLNESS INITIATIVE

In 2021, the obvious and immediate need for health services due to COVID-19 propelled our efforts to offer support to the villages surrounding HI Allahabad and HI Khajuraho. Thousands of people from these villages benefited from these efforts. At our medical camps, we dispensed essential medical supplies—food, water, masks, and medicine—and provided technical support and guidance for those who were unable to access vaccine registration. The services and supplies offered by the HI India team have let people know they are not alone and are supported during this pandemic and in the midst of food and water shortages.

At these medical relief camps, people could access:

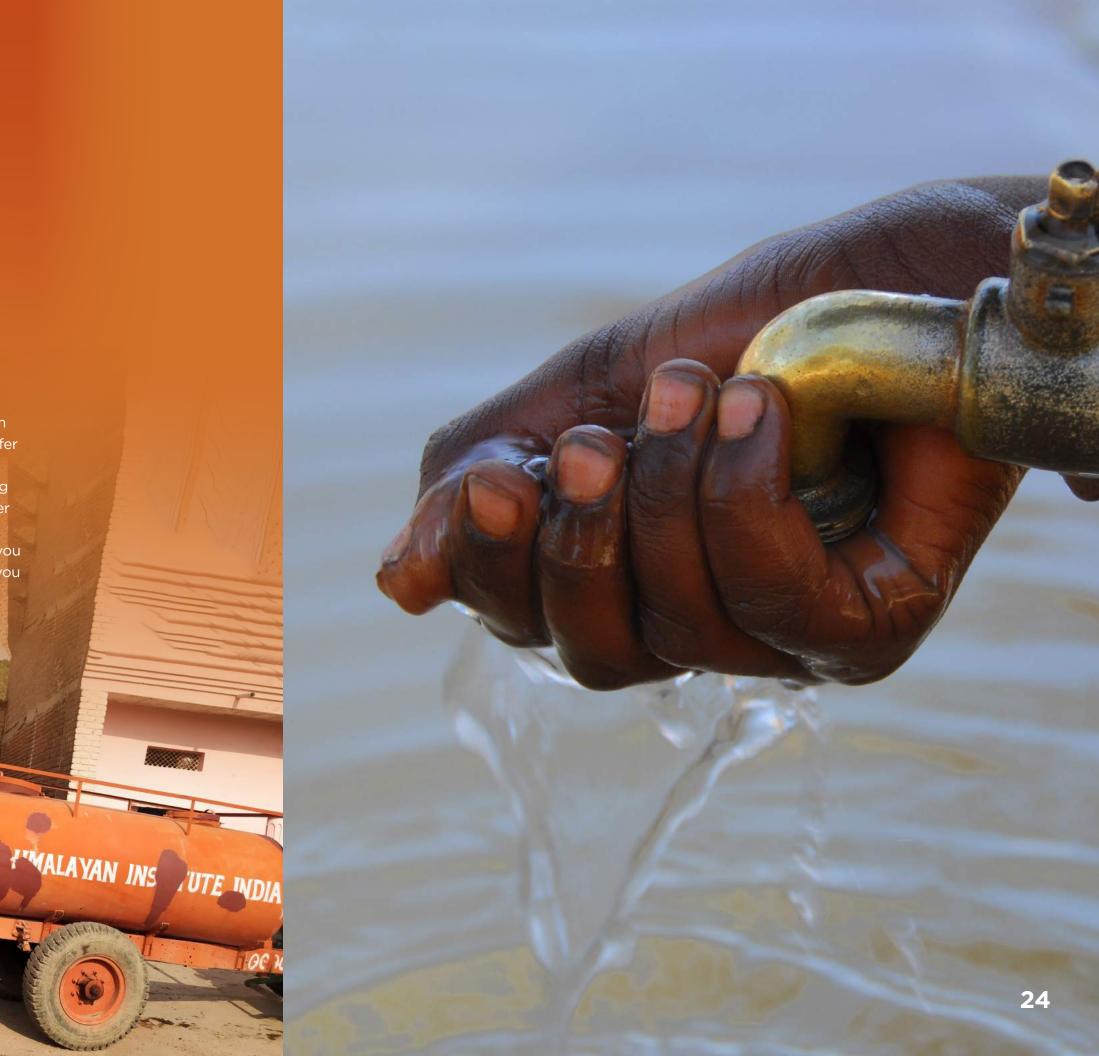
- Medical evaluations
- Preventive and curative medicines
- Masks and hand-washing soap
- Organized educational sessions about COVID-19 prevention
- Education about home isolation for mild cases
- Referrals to hospitals for serious cases
- Food security kits consisting of flour, rice, beans, salt, and spices



One of the most impacting relief efforts was providing clean drinking water to the villages surrounding the HI Khajuraho campus. From May through July, the Institute supplied 10,000 liters of water daily to nearby villages, providing relief from extreme drought conditions.

More recently, we worked with local authorities to organize vaccination drives for HI India staff and the local villages surrounding our campuses. In August, all eligible HI India staff and hundreds of people in nearby villages were vaccinated, marking the completion of this first phase of our relief efforts.

Looking ahead to 2022-23, we are eager to launch a long-term community development project where we will continue to offer these health services and offer educational opportunities that are critical for children and adults in the region who are lacking access to quality education. Through this initiative, we will offer literacy and job skills training, free educational resources, and scholarships for school tuition. We look forward to providing you with updates in the coming months and will be sharing ways you can support this second phase of our relief efforts in India.



THE KHAJURAHO WELL PROJECT

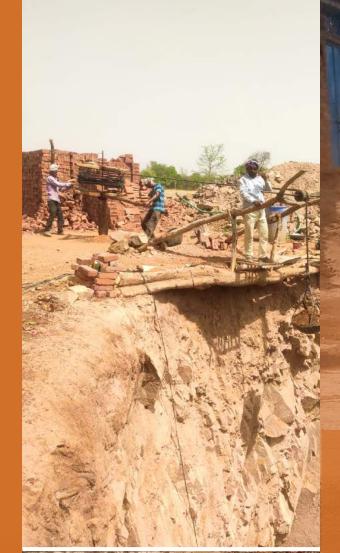
The mission to bring a new clean water supply to local communities surrounding our campus in Khajuraho, India is underway!

The HI India team has been working fast and hard under challenging circumstances that included labor shortages, lack of digging equipment, and doubt, but they are doing well.

BEFORE: SEARCHING FOR LAND

Recently, the HI India team engaged a local, traditional water finder to identify locations on our Community Center land where water may be underground

Then, they validated those points with a bore driller to collect samples up to 150' deep. This helped the team to determine if there was water underground, identify whether the strata was soil or heavy rock, and analyze other factors that influenced our capacity to dig a large well in that location.







After several attempts, we found a location with underground water that was suitable for digging the well.

The team dug the first few feet by hand, and then hit solid rock. This resulted in a painstaking effort to blast the rock and dig each layer a foot or two at a time. An excavator aided a manual digging and hand-powered pulley system to dig the well pit, which was about 25 feet wide, and ultimately reached a depth of 55 feet. Upon reaching this depth, several natural underground water sources were tapped, allowing the well to be a year-round water source. Nearly a 100,000 bricks will be hand-laid to create the concentric cylindrical brick wall which will complete the well by summer 2022.

While our immediate focus is providing 10,000 liters of clean drinking water daily to surrounding villages through the intense summer months, work on a second well is nearly complete to ensure long-term water security. Stay tuned for more updates about Phase 2 efforts at HI Khajuraho, focused on outreach efforts and development of a community center to ensure long-term health and well-being of the local communities.

FUTURE 2022-23 COMMUNITY DEVELOPMENT AT HI KHAJURAHO

COMMUNITY HEALTH

Our community health efforts will initially focus on immediate healthcare relief for COVID-19 and other acute health issues in our neighboring villages. These efforts will dovetail with a community health initiative slated to launch in 2023, offering ongoing preventive and curative health services and public health education to the local communities surrounding our campuses. This initiative will focus on topics that are most relevant to their needs, such as basic first aid, diet and nutrition, women's and children's health, and oral hygiene.

CLEAN WATER AND FOOD SECURITY

COVID-19 has amplified existing challenges with food security, access to clean water, and decreased agricultural productivity. With the onset of the intense heat of Indian summer, access to clean water for people and their livestock is vital. This initiative provides nutritional support and clean water to those in greatest need.

EDUCATIONAL SUPPORT

Education is the backbone of community empowerment. School tuition and other educational expenses were already out of reach for many in our region, and loss of livelihood linked to COVID-19 has only made this worse. Our initiative will provide educational materials for children as well as scholarships for school tuition—and dovetails with a broader literacy initiative slated to launch in 2023, aimed at children and adult functional literacy in Hindi and English, and professional communication skills.

