

2022

ANNUAL REPORT



HIMALAYAN
INSTITUTE®
HUMANITARIAN

TABLE OF CONTENTS

HI Cameroon 2022 Year In Review

Introduction.....	3
Our Mission.....	4
Our Values.....	5
Community Health Program.....	7
Our Community Health Program Impact.....	8
Youth Literacy & Library Program.....	10
Women's and Family Enrichment Program.....	13
Center for Carpentry & Construction.....	17
Our Impact and Future 2023 Program Development.....	20
2023 Clean Water and Public Health Fund.....	21

HI India 2022 Year In Review

Legacy of Our Humanitarian Impact in India.....	22
2022 Clean Water Initiative.....	23
Sustainable Water Sources for Clean Drinking Water.....	24
The Future: 2023-24 Sustainability and Stewardship.....	25
Looking Ahead.....	26

HI CAMEROON 2022 YEAR IN REVIEW

INTRODUCTION

The Himalayan Institute's global humanitarian initiatives equip rural communities with the critical knowledge and skills needed for sustainable development and lasting social transformation. Our approach focuses on tackling root problems through integrated and long-term solutions. We train local leaders to be resourceful and efficient as they drive economic, health, and education initiatives—ultimately empowering individuals of all ages to confidently engage in a more proactive role of living healthier, more informed, vibrant lives.

Since its inception in 2007, with a goal of addressing a broad spectrum of community needs, the Himalayan Institute's Cameroonian team has worked tirelessly and enthusiastically to forge invaluable partnerships with countless communities of Northwest Cameroon. The team possesses a remarkable understanding of community development programs, and are exceptionally adept at navigating the unique challenges faced by each community. By immersing themselves in these communities, our staff gain valuable, firsthand insights into the issues at hand. Moreover, their spirit and mastery of teamwork is unmatched, ensuring a rare and highly effective level of continuity throughout all of our programs. Despite the challenges that have accompanied the last several years of social unrest in the region, the HI Cameroon (HIC) team has demonstrated extraordinary dedication and resilience—remaining steadfast and resolute in efforts to further strengthen and expand our four key programs which have become the cornerstones of our work in the region:

Community Health

Youth Literacy & Library

Women's and Family Enrichment

Center for Carpentry & Construction

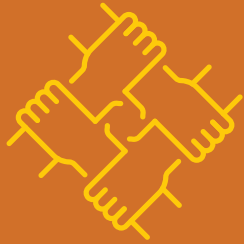


OUR MISSION

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, as well as conducting extensive, all-encompassing outreach initiatives, to give rural populations what they need to address long-standing 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 fulfill their potential.



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 potent change-makers.



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 initiatives that tackle persistent problems.

THANK YOU

While HI Cameroon initially set a target to double the number of people reached in 2022, we surpassed expectations **by more than tripling that number!** With immense gratitude for the unwavering generosity and support of our donors and members over the last 16 years, we are honored to share the extraordinary progress made by our HI Cameroon team in 2022.



COMMUNITY HEALTH PROGRAM

HI Cameroon's Community Health Program started as part of our flagship community center, the Total Health Center (THC), in Kumbo, Cameroon. Since then, our initiatives have continued to consistently expand their reach. Most notably, with the implementation of mobile health vehicles, the HIC team is able to serve an ever-growing number of remote villagers who would ordinarily have little-to-no access to healthcare.

OUR COMMUNITY HEALTH INITIATIVES INCLUDE:

PUBLIC HEALTH EDUCATION

Our Public Health Education classes increase health awareness as well as introduce self-care practices, improving the long-term wellness and vitality of our participants. These educational group classes are led by HIC's expert health consultants, and focus on topics such as, basic hygiene and sanitation, high blood pressure, blood sugar levels, bone health, physical fitness, women's health, backaches and joint pain, etc., that are most relevant and useful to the local population.

PUBLIC HEALTH SERVICES

With a strong emphasis on the importance of preventative measures such as basic hygiene and sanitation practices, our Public Health Services initiative addresses the root causes of poor health through private consultations and health product manufacturing. At our Total Health Center in Kumbo, and by way of our mobile health vehicles, we have a dedicated team of local health experts who provide free one-on-one health consultations, run health-consultant training programs, and manage a pharmacy as well as herbal medicine production.



OUR COMMUNITY HEALTH PROGRAM IMPACT

Our efforts in providing public health education and services—with a strong focus on teaching preventive methods—have been pivotal in educating communities about vital health practices, while also providing accessible and quality healthcare services. This approach plays an indispensable role in reducing the risks of infection, saving lives, and improving the overall health of the population, while at the same time providing cost-effective solutions. By empowering individuals with a fundamental understanding of health and wellness, and ensuring access to essential medical care, HI Cameroon has made significant strides in fostering a more comprehensive individual as well as community wellbeing among the populations we support.



2022 PUBLIC HEALTH ACHIEVEMENTS:



Conducting education classes for all ages, our Public Health Education initiative **added over 15 new large audience groups**, and **reached over 10,000 individuals** in 2022!



We **partnered with local women** to expand our outreach and **substantially increased our Health Promotion Day (HPD) offerings**, directly contributing to the **notable growth of attendance** in our health education classes.



Our **ongoing focus on providing handwashing stations and supplies** gained significant momentum as the importance of hand hygiene in combating the persistent spread of COVID-19 continues to be validated.

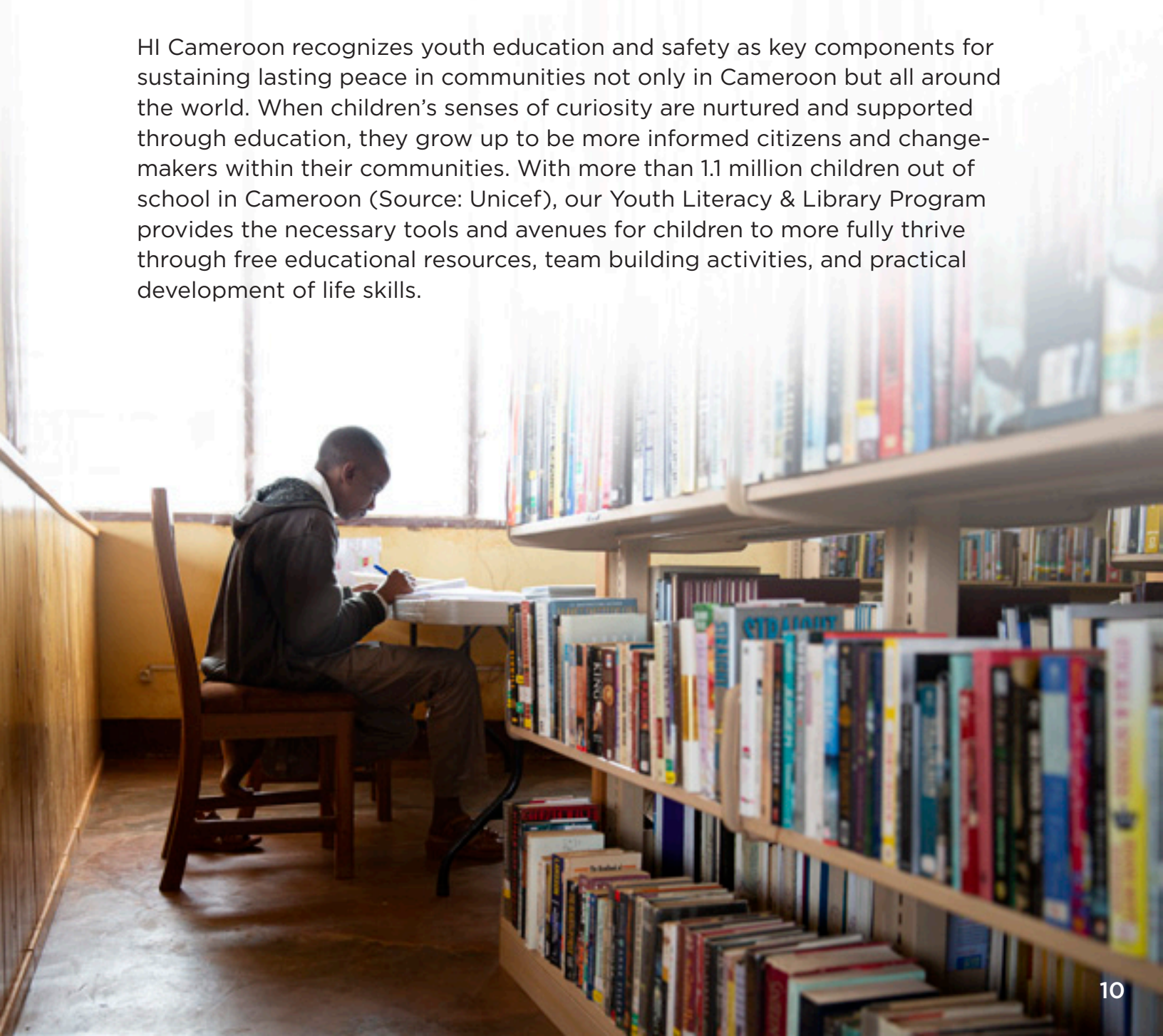


We **added Hatha Yoga and Jin Shin Jyutsu classes** to our wellness offerings at the Total Health Center. Our participants are loving it!

YOUTH LITERACY & LIBRARY PROGRAM

Also established as part of our flagship community center in Kumbo, our Youth Literacy & Library Program began with just one large room, one library employee, and 10,000 books we gathered from around the U.S. and Cameroon. Since then, the program has grown into a far-reaching network of public libraries (now with 60,000+ books!) which also offer educational tutoring and mentorship, including literacy and computer skills training as well as summer education programs.

HI Cameroon recognizes youth education and safety as key components for sustaining lasting peace in communities not only in Cameroon but all around the world. When children's senses of curiosity are nurtured and supported through education, they grow up to be more informed citizens and change-makers within their communities. With more than 1.1 million children out of school in Cameroon (Source: Unicef), our Youth Literacy & Library Program provides the necessary tools and avenues for children to more fully thrive through free educational resources, team building activities, and practical development of life skills.



OUR YOUTH LITERACY & LIBRARY INITIATIVES INCLUDE:

PUBLIC LIBRARIES

Throughout Africa, there is a consistent lack of access to information. This is most vividly demonstrated by the scarcity of books. 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. With this in mind, and recognizing the transformative power of education, we've focused on establishing thriving public libraries within numerous rural communities of Northwest Cameroon.

These libraries serve as vibrant hubs of knowledge and social interaction, fostering a love for reading, and providing the eager communities we work with greater opportunities to learn and grow. Expanding significantly since its founding in 2007, our network of libraries has grown to be the largest of its kind in the Northwest Region of Cameroon—with 30,000+ books in Kumbo's main library alone, as well as reading rooms, collaborative work spaces, a children's corner, reference books, and textbooks.

YOUTH LITERACY OUTREACH

HIC's Youth Literacy Outreach initiative is not only combatting, but reversing, the stifling effects of prolonged school closures on youth learning and social development in Northwest Cameroon. While youth literacy has always been a fundamental component of HI Cameroon's vision and mission, the past several years of persistent inaccessibility to consistent education in the region unequivocally impelled us to generate a much more robust and focused remote/mobile outreach.

Answering this imperative call-to-action, we expanded our youth educational offerings to include children's outdoor teamwork activities, and bolstered our computer basics courses along with tutoring and mentoring initiatives. With mobile, independent education materials and consultants, our staff is able to travel all across the region and serve exponentially more children who have been displaced by the youth education crisis in Northwest Cameroon. In fact, our programs are oftentimes the only form of reliable education to which the children of this region have access—giving the youth in the communities we serve a safe and nurturing environment where they can more freely and effectively learn, grow and play.

2022 YOUTH LITERACY & LIBRARY ACHIEVEMENTS:



We reached a total of **15,400+ students** through our outreach to **23 various schools in the nursery, primary and secondary levels.**



65% of our students in 2022 were female, demonstrating we are making significant strides toward **closing the gender inequality gap in education.**



We further enhanced our Youth Literacy Outreach initiative by **introducing phonetics** as the bridge to reading, adding **more advanced reading techniques,** and conducting **spelling bees,** all which have yielded a **notably tremendous improvement in student learning habits.**



In addition to the main library at the THC in Kumbo, our **satellite libraries in Mbonso and Bamenda have remained operational,** and we are optimistic that with the increased stabilization in the region, our other satellite libraries in Oku, Tatum, and Wum will return to full functionality in 2023.

WOMEN'S AND FAMILY ENRICHMENT PROGRAM

The HIC Women's and Family Enrichment Program (WFEP) began with our traditional jewelry-making initiative, the Sacred Link Jewelry (SLJ) project. The initial aim of this project was to teach jewelry-making as a vocational trade to local women, empowering them to generate income independently. This independence not only benefits the women themselves but also allows them to respond promptly to the health needs of their children and support their education, thereby enabling them to take greater control of their families' overall wellbeing.

Since its inception, our WFEP has evolved into a multi-faceted program that now includes workshops and seminars on small business start-up and finance, marketing strategy, family finance and budgeting, women's and family-focused health services, and conflict management. After 16 years of growth and development, we have established a strong foundation to not only serve, but markedly empower the women in the communities we serve. We provide the women's and family-focused skills, financial training, and health and wellness services needed to become confident, self-reliant, head-of-household entrepreneurs—significantly better equipped to support themselves and their families.



OUR WOMEN'S AND FAMILY ENRICHMENT 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 16 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 expansion of the program allows women to add the additional vital skills to their repertoire that ultimately results in even greater success as entrepreneurs.

WOMEN'S AND FAMILY-FOCUSED HEALTH

To further uplift the women of the Kumbo community, and in addition to our regularly offered Public Health Services initiative, we established a more customized 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. We've also begun to extend the program to young girls, equipping them with the necessary knowledge and skills to overcome societal challenges that put them at risk of unwanted pregnancies and transmissible infections. This complementary format to our regularly offered public health services has created an invaluable support network and safe space for women to talk with other women about health struggles, as well as receive more specialized healthcare for themselves and their children.



2022 WOMEN'S AND FAMILY ENRICHMENT ACHIEVEMENTS:



We reached **50 groups** and a total of **2,888 women** through our WFEP initiatives, marking another significant increase from our previous year's reach.



We **added conflict management** to our Women's and Family-Focused Health Services to further support the skillful navigation of various challenging circumstances at home, within the community, and throughout the region.



As part of our Small Business Finance and Marketing Strategy initiative, the Income Generation workshops and seminars we offered **enabled women to generate their own income**, reducing their reliance on others for small expenses and **improving their and their families' livelihood**.



We received **numerous letters and videos of appreciation** from our participants—a further testament to the powerful impact our WFEP initiatives are bringing to the communities we serve.

With profound gratitude, I and my students would like to thank the HI Cameroon staff for your support that came just at the point in time we needed it most. When schools were not operating in Kumbo because of the crisis, you stood there for us with the diverse fields of study you offer. It is our honor that you be a part of our end-of-course handing-of-certificates ceremony.

—Tatah Cliford, Teacher/Facilitator



CENTER FOR CARPENTRY & CONSTRUCTION (CC&C)

Kumbo, Cameroon, suffers from an overwhelming deficiency of carpentry and construction tools. Furthermore, workers lack the practical knowledge and skills needed to integrate the various trades required to effectively build or renovate a building. The result is that construction projects are frequently plagued with inefficiency, inconsistent quality, high cost, and numerous safety concerns. These facts—combined with the recognition of the invaluable role practical skills and vocational training play in societal upliftment and transformation—are what inspired us to establish the HIC Center for Carpentry and Construction.

The Center for Carpentry & Construction (CC&C) is a vocational training and service center that features a large range of modern tools, equipment, and techniques—all designed to improve the efficiency, safety, and quality of construction projects in Cameroon. By integrating several vocational trades, including carpentry, masonry, and plumbing, the Center for Carpentry & Construction is training a new generation of general contractors who will be equipped to more effectively address the challenges of construction.



OUR CENTER FOR CARPENTRY & CONSTRUCTION INITIATIVES INCLUDE:

VOCATIONAL TRAINING

The Center for Carpentry & Construction offers vocational training courses on advanced woodworking techniques and furniture making. Our student internship program is the core of our activities at the center. Over the years, we have trained hundreds of students in this program to be highly competent carpenters. With a strong emphasis on hands-on experience, the courses include training in structural design, furniture design and upholstery, detail-carpentry work, wood preserving and finishing techniques, project estimating, and shop management. Graduates can use their certificates of completion to help them get better jobs throughout Cameroon, and select, outstanding graduates have the opportunity to join our Furniture Production Center and Specialty Wood Services program.

SPECIALTY WOOD SERVICE PROGRAM

Our center is equipped with a modern set of woodworking machines: table saw, mortising machine, drill press, lathe, plunge routers, handheld belt sanders, and randomorbit 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 Specialty Wood Service program makes these modern power tools available to the Kumbo public. 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 completed in minutes with stationary power tools at the center would otherwise take days of manual labor. The service program ensures high-quality products for consumers, and broadens the product base for the 250+ carpenters in the region.

FURNITURE PRODUCTION CENTER

Our carpentry & construction interns are also trained in modern furniture design and building techniques. This enables the Center for Carpentry & Construction to fulfill challenging orders from the local community for furniture that could not be completed through traditional methods. By doing this, the center raises awareness of the potential for local materials and creates future demand for locally produced, high-quality furniture.



2022 CENTER FOR CARPENTRY & CONSTRUCTION ACHIEVEMENTS:



We are especially excited to share!

After years of the center being forced to remain closed due to the socio-political condition of the country, **we enrolled and successfully trained our first intern since the center's closure.** Upon completion of this fully comprehensive training program, our recent graduate was the first intern the center has received in five years, and we are now highly optimistic that **more will be coming!**



OUR IMPACT AND FUTURE 2023

PROGRAM DEVELOPMENT

From Bamenda to Kumbo, the impact of our programs resonates throughout hundreds of communities. For over sixteen years, thanks to your generosity, HI Cameroon has truly thrived—going from hundreds to thousands to now tens of thousands of people experiencing the positive impact our programs bring to their lives every single month. Our model of forging authentic, long-standing, collaborative community partnerships with local churches, schools and community groups is a testament to the power of genuine reciprocity—where people are joining hands, hearts and resources to accomplish a shared higher purpose.

HI Cameroon's focus on health, education, women's and family enrichment, and carpentry and construction, addresses the critical needs of the communities we serve. The overwhelming number of requests to be part of our highly esteemed programs is evidence of their tremendous value and the transformative change they are bringing to thousands of people's lives. We continue to receive a multitude of heartfelt letters of appreciation from individuals and organizations who have witnessed the immediate as well as long-lasting benefits of our programs.

As the political atmosphere and more immediate urgency of navigating COVID-19 over the past few years becomes less tense, more families are returning to their homes, businesses are regaining their footing, and more schools are reopening their doors. This improving situation is rendering our HIC team exceedingly optimistic for all we hope to accomplish in 2023.

Encouraged by the remarkable increase in the number of students and teachers engaging in our Youth Literacy & Library Program in 2022, we aim to continue expanding our outreach in 2023—**extending our offerings to over fifty schools and reaching approximately 19,000-25,000 students in Kumbo, Bamenda and surrounding villages.**

We're also thrilled to embark on a new project in 2023: the HIC Clean Water Initiative! Keeping in line with our core approach of addressing chronic and persistent community issues from the root up, HI Cameroon is committing to going even deeper in 2023. We're adding an ambitious and far-reaching new initiative to combine clean water distribution with our already well-established Community Health Program. With your help, and with 16+ years of community relationship-building—driven by the fact that the lack of access to clean water does not just impact health, but also economies, the environment, youth education, and overall quality of life—our team is ready and adequately poised to take on this new initiative in 2023.

2023 CLEAN WATER AND PUBLIC HEALTH FUND

Water-borne illnesses contribute to millions of deaths each year. Shocking statistics include:

- **One life is lost every 10 seconds due to dirty, contaminated water**
- **2.3 billion people live in water-stressed areas**
- **Over 2 billion people don't have access to proper hygiene services such as soap, hand-washing facilities, etc.**

Climate change, land degradation, and deforestation are all exacerbating this already dire situation. What's more, the problem of dirty, contaminated water does not just impact health. It also impacts economies, the environment, and quality of life. It keeps children from being able to regularly attend school because they are sick. Adults miss work because they are ill, or their children are ill and they must stay home to care for them. Providing access to clean water, therefore, has an amazing ripple effect. It allows families to be more stable at home. It is supportive of children being able to go to school. It ensures families and communities can be more productive and ultimately, to flourish.

HI Cameroon's Clean Water Initiative aims to combine education about hygiene and sanitation with providing the tools to not only decontaminate water but also store it safely, creating sustainable systems that make clean water more easily and continuously accessible. The first phase of this new initiative will be our "Well Restoration" project. The HIC team has chosen four communities in Cameroon that have an existing water and well infrastructure but that haven't had an organized body and maintenance plan to sustain their functionality. Your support will aid our HIC team in restoring the wells and establishing community-led committees to help manage and maintain them on an ongoing basis, providing clean water for thousands of Cameroonians for decades to come.



HI INDIA 2022 YEAR IN REVIEW

LEGACY OF OUR HUMANITARIAN IMPACT IN INDIA

Over the past 50 years, HI India has been at the forefront of numerous humanitarian initiatives aimed at fostering positive change in the lives of the people of India. With a strong focus on healthcare, education, livelihood creation, and environmental regeneration, HI India's efforts have left—and continue to build upon—a lasting legacy of compassion and empowerment. The organization's campuses in Allahabad and Khajuraho not only anchor the Institute's educational programs and publications in India, but also host extraordinary, life-affirming spiritual retreats, and are home to a vibrant community which sustainably supports the local villages in their vicinity.



2022 CLEAN WATER INITIATIVE

Suffering from chronic drought, the region surrounding the HI campus in Khajuraho, Madhya Pradesh, is known as a rain-shadow district. Climate change, land degradation, and deforestation have all exacerbated this phenomenon. The ever-increasing, scorching heat of Indian summers has further intensified the already dire conditions, resulting in critical shortages of clean drinking water in the villages surrounding the HI Khajuraho campus. Recognizing the urgency of the situation, HI India undertook the 2022 Clean Water Initiative to work towards alleviating this pressing issue.

As part of the initiative, during these crucial summer months, HI India employed water tankers to distribute approximately 10,000 liters of clean drinking water daily to the nearby village of Kaunda. The water was sourced from traditional wells built on the HI Khajuraho main campus and its neighboring Community Center campus, providing a lifeline to thousands of individuals in need.



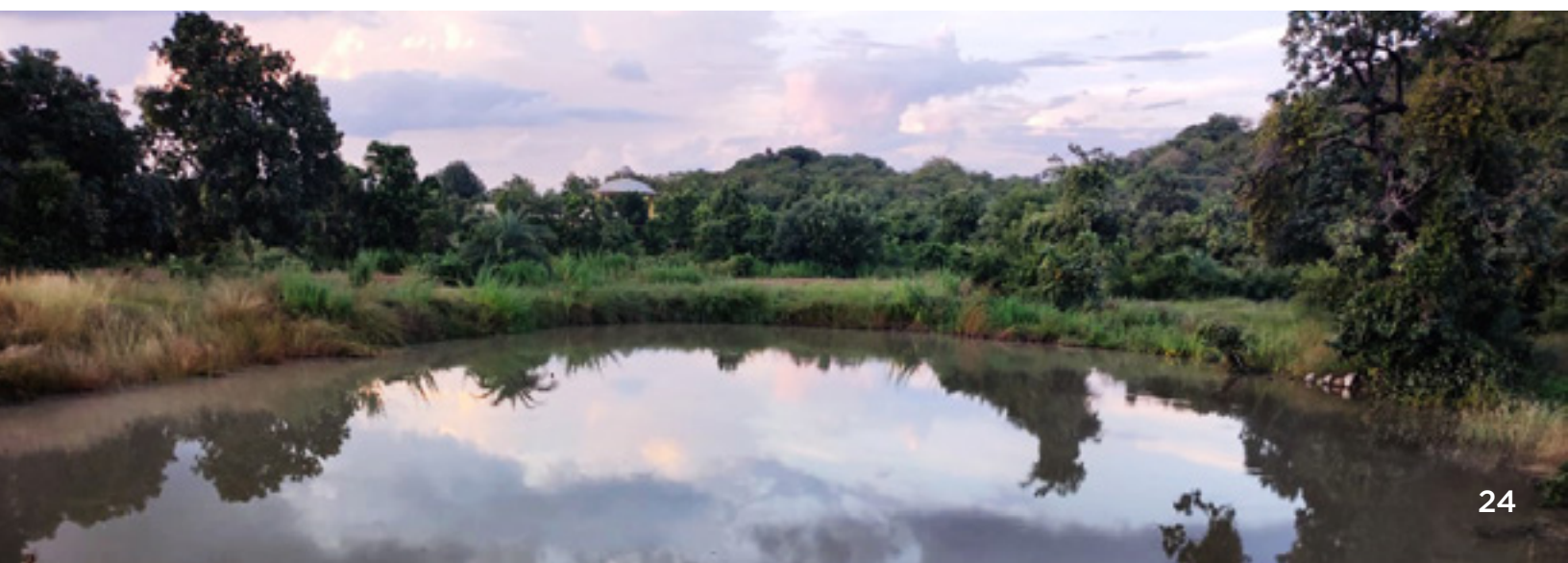
SUSTAINABLE WATER SOURCES FOR CLEAN DRINKING WATER

Due to its hilly terrain and rocky soil type, the region surrounding the HI Khajuraho campus is known for its unpredictable water table. This makes it extremely difficult to find water using conventional borewell methods. Even when it's possible to dig a borewell, many dry up in the peak of the dry season. This is why the only reliable source of water is often large traditional open wells.

Thus, to ensure the sustainability of clean drinking water sources in the area, HI India embarked on the construction of a second traditional well in April 2022. Helping to overcome the challenges posed by the region's harsh topography, the well, a remarkable masterpiece of local craftsmanship, was painstakingly dug by hand and with limited mechanical aid. Spanning over 20 feet in diameter and reaching a depth of approximately 55 feet, it was then lined with over 80,000 bricks meticulously hand laid in concentric circles spiraling upwards to the surface.

The utilization of these traditional wells is part of a broader, more comprehensive sustainable water system that has been honed and refined over thousands of years. Their large size enables tapping into multiple underground water channels within the water table. Moreover, rainwater harvesting is implemented in the vicinity of the wells to prevent depletion of the water table. One of the tried-and-true ways to achieve this is to dig ponds near the well which are fed by natural season water channels that flow during the monsoon season.

In 2022, HI India deepened the pond near the first well on the HI Khajuraho campus, significantly increasing its storage capacity to over 1 million gallons! The successful implementation of this approach played a pivotal role in the pond becoming completely full by the end of the monsoon season and consequently, dramatically raising the water table of the surrounding area.



THE FUTURE: 2023-24

SUSTAINABILITY AND STEWARDSHIP

SUSTAINABLE WATER MANAGEMENT

Looking ahead to 2023-24, HI India recognizes the growing challenges posed by climate change, land degradation, and population growth, which further intensify the already pressing demand for clean drinking water. To address these root causes, the organization plans to expand its efforts in sustainable water management, particularly by focusing on rainwater harvesting. Building on the success of the first pond, HI India will replicate this approach by digging a new pond on the HI Community Center land adjacent to the new well constructed in 2022.

Additionally, HI India aims to enhance tree plantation efforts in the areas surrounding the ponds to minimize surface runoff and evaporation. By implementing various rainwater harvesting techniques, including the enhancement of natural water channels, the organization strives to amplify the ponds' capacity to raise groundwater levels. These initiatives will ensure a sustainable supply of clean drinking water for the community, guaranteeing its availability for decades to come.

ENVIRONMENTAL STEWARDSHIP: REGENERATION AND REDUCING OUR CARBON FOOTPRINT

In line with a growing and ever-evolving commitment to environmental stewardship, HI India's tree plantation efforts are just one part of a broader endeavor and mission to reduce its carbon footprint. In 2023, the HI Khajuraho campus will implement a large-scale solar photovoltaic (PV) electricity system, aiming to achieve net-zero electricity usage and move towards becoming fully carbon-neutral.



LOOKING AHEAD

In the upcoming years, the Institute's humanitarian efforts in India will maintain a primary focus on environmental regeneration and reducing our carbon footprint. These projects address the region's most crucial and immediate needs at present. The organization firmly believes that these initiatives will play a vital role in establishing a strong foundation for sustainable, long-term community transformation. In tandem with these efforts, HI India continues actively exploring opportunities to make a difference in the region surrounding Khajuraho. Outreach and sensitization efforts to identify the most impactful means of engaging with community health and education are ongoing.

As HI India looks back on its legacy of commitment to humanitarian efforts as an integral component of yoga in action, its focus on addressing clean drinking water challenges through sustainable water management and environmental conservation highlights its dedication to cultivating positive change and leaving a lasting impact of upliftment and empowerment in the communities it serves in India.





Clean water sustains life.



Thank you for joining us on this journey of compassion, resilience, and progress.

As we look back on the accomplishments and impact of each initiative thus far, we are reminded of the immeasurable value your support brings to these underserved communities. Together, we have witnessed lives transformed, barriers overcome, and hope restored.

Your commitment to our shared vision of partnering with rural communities to eradicate poverty, disease, and illiteracy through education, health services, and job creation, is truly making a difference.



HIMALAYAN
INSTITUTE®
HUMANITARIAN