



SAHAYA INTERNATIONAL, Inc. Davis California, USA

ANNUAL PROGRESS REPORT - January-December 2009

Officers

1. Khonnie Phouanglasy-Dizon,
President
2. Dr. Koen Van Rompay
Secretary & Treasurer

2009 Board of directors

Paul Adamson
Joe Becker
Hilde De Cock
Patrick De Grande
Rino Dizon
Jana Freeman
Lonna Hampton
Karl Krupp
Adele Moussas
Mary Philip
Mirriam Rafiq
Elisabeth Sherwin
Stephanie Thrasher
Ramin Yazdani

Website: www.sahaya.org

Sahaya International Inc. is a 501(c)3 organization.

Mailing address:

Sahaya International
c/o Koen Van Rompay
2949 Portage Bay Av., #195
Davis, CA 95616
(530) 756-9074
kkvanrompay@ucdavis.edu



Dear Friends,

It is with pleasure that I present to you this annual report highlighting our activities of the past fiscal year. The support from our growing network of friends and supporters allows us to continue our journey so we can make a difference in the lives of many people in developing countries. My sincere thanks to many of you for being part of this effort! It is my hope that in 2011 we can count on you and mobilize the resources to reach out to those in need.

Koen Van Rompay (Secretary, Sahaya International)

Sahaya International

overview of activities

READ (Rural Education & Action Development)- Tamil Nadu, India



READ is a Non-Governmental Organization (NGO), active in rural areas of Tamil Nadu (India). READ has been our primary partner since the inception of Sahaya International. For a more detailed description of the many activities of READ, including copies of their latest annual reports, please visit www.sahaya.org.

General support of READ's programs.

Through its general fundraising activities (including the sale of embroidered cards and solicitation of contributions), Sahaya International continues to provide general assistance (salaries, supplies, etc.) to many of READ's programs, including:

- Two kindergarten/elementary schools: the Mother Teresa School in Periyakrishnapuram (157 students, from lower kindergarten to Vth standard) and the Jawahar Matriculation school in Andimadam (114 students, from lower kindergarten to VIth standard).
- Two schools for mentally disabled children: in Perambalur (35 children) and Andimadam (25 children).
- Skill-training programs for youth and disabled people (including card-making, sewing, type-writing, computer training, book-binding) that take place at the READ Community Resource Center.
- Women and men self-help groups; READ has previously formed many women and men self-help groups. Currently 883 groups are active. READ assists them via a micro-finance program with loans for income-generating activities.
- General support to READ's **Community Resource Center (RCRC)** for rural disabled

people.

Because disabled persons have little access to services in READ's district, READ and Sahaya had previously applied with success to the Japanese Embassy, Chennai for grant support to construct a Resource Center in Andimadam to educate, train and rehabilitate disabled people. Construction was completed in 2008. In addition to housing one of the schools for mentally disabled children and the vocational skill-training programs, the RCRC also has a mini-health center (with physical rehabilitation instruments) and counseling & career guidance facilities.

Child sponsorship program.

Sahaya International and READ have an orphan sponsorship program. For a monthly contribution of \$30, the children receive basic necessities such as nutrition, clothing, and school expenses. During this fiscal year, the number of sponsored children increased from 130 to 170 (of which 113 are sponsored by people in the USA). The sponsors receive regular letters and photographs.



Subhalakshmi and Sangeethapriya are 2 of the many children who are sponsored by foster-parents via Sahaya Intl.

Construction of Jawahar Matriculation School.

The Jawahar Matriculation School of Andimadam is a kindergarten and elementary school, which has been run by READ for more than a decade, and provides basic education to children from underprivileged families in the area. The building that was previously rented was in bad condition, and the owner planned to demolish it to sell the land. Thanks to fundraising since 2007 (including by our network of volunteers in Belgium), construction of the new school was started in the Spring of 2008, and was completed in June 2009, at the start of the new school year. This school is in close vicinity to the Sahaya Illam (guesthouse) and READ's Community Resource Center. A fence was also constructed on one side of the play yard for the safety of the children by reducing traffic that was previously using a dirt road that crossed the play yard. For more information on the Jawahar Matriculation School and the fundraising, visit www.sahaya.org/READ/jawahar_school.html.

Fundraising for school supplies.

In collaboration with the network of volunteers in Belgium, sufficient funds were raised to place an order with carpenters to manufacture wooden desks and benches for both schools. A first delivery was made in January 2010.

HIV awareness program.

In 2005, READ implemented the Perambalur Education and Prevention Program thanks to a grant awarded by the Elton John AIDS Foundation (UK) to Sahaya International. For more details on this HIV

peer education program, please see our previous annual reports and Sahaya's website. During 2009, with financial support by Sahaya International, some activities still continued, including distribution of educational materials, condoms, and the HIV street theater program.

HIV/AIDS care and support services and HIV positive network.

READ had previously started a HIV-positive network named "Malarum Mottukal" (meaning "blossoming flower") to assist persons living with HIV/AIDS (PLHIV). The network meets monthly and provides counseling, medical assistance and referrals. Approximately 100 PLHIV have joined the network. Approximately 60% of the members are usually able to come to the monthly meetings. Thanks to continued grant support from Gilead Sciences, Inc., a number of programs have been implemented:

- Network members were given financial support for their monthly travel expenses to pick up medications, and for some food expenses on those travel days. This has had a major impact. While a year ago only 23 were receiving specific anti-HIV drugs (antiretrovirals; ARV), this number has currently increased to 74 members, with nearly all of them reporting clear improvement of their health. Travel time to the Government ARV centers is 2-6 hours one-way.

- In March 2009, the trained READ staff who had previously been trained by I-TECH (International Training and Education Center on HIV) gave training on home-based care to 64 PLHIV who are all members



The members of the PLHIV network received training on home-based care. Upon successful completion of the course, they received a training certificate and a home-based health care kit with first aid and simple medications.



*The **Mother Teresa Standard English School** (Periyakrishnapuram village), of which construction was completed in 2008, currently provides basic education to 157 children, most of them from low-literacy and poor farming families. During 2009, the funds were raised for desks and benches for all students.*





of the PLHIV network. This training program was done in 3 batches. Each training program consisted of 4 days of training. To evaluate the impact of the program, pre- and post-test questionnaires, consisting of 20 multiple-choice questions, were administered. Prior to the training, the mean score was 49.8%, and only 6 of the 64 people scored $\geq 70\%$. At the end of the training program, the same questionnaire was administered, and the mean score was 72%, with 39 of the 64 people scoring above 70%. This difference between the pre- and post-test questionnaire scores was highly significant ($p < 0.0001$, two-tailed paired t-test). After all trainings were completed a special ceremony was held for all the participants of the 3 batches, during which the trainees were given their training certificate and a home-based health-care kit. A more detailed report of this training program, including photographs, is provided in Appendix 2.

- Fifteen PLHIV received a loan for a micro-enterprise income-generating activity. The loans are repaid with low interest. The maximum amount for each loan was Rs. 10,000 (~ USD 200). The members used these loans to purchase goats or cows. that additional loans will be given in coming years.

Public Hygiene Project.

Most people in rural areas such as Perambalur district don't have access to toilets and therefore have to use fields and other common spaces for defecation and urination. This poses many health risks for the community. The absence of sanitation facilities is especially difficult for women and girls who have to wait until it gets dark to go into the fields, and then risk rape and violence. They also try to drink minimal water, which leads to other health problems.

To alleviate these problems, Sahaya International volunteers raised funds in 2005 for a public hygiene project in which families are given loans of about \$120 to construct household toilets, and the repaid money is used to provide loans to new families. So far, more than 100 toilets have been constructed.

SEE Trust

SEE Trust (Socio-economic, Education and Empowerment) is an registered, non-governmental organization committed to the welfare of downtrodden and marginalized women in Cuddalore, India. It was started by in 2007 by 3 sisters (Sr. Daisy, Sr. Vincent Mary and Sr. Jesu Mary) to assist and empower underprivileged people. They have organized 10 children's parliaments in different villages, in which approximately 300 children and youth participate. They also offer evening tuition centers that are benefiting 72 students. To empower women, they organize self-help groups, assist them with micro-financing, and provide skill-training to women and other women empowerment programs. They are a partner organization of READ. For more information, or visit www.sahaya.org.

Prerana Women's Health Initiative and Public Health Research Institute (Mysore, India)

The Prerana Women's Health Initiative and Public Health Research Institute are based on the belief that women have a right to voluntary, comprehensive, and culturally sensitive services for family planning,

reproductive health, and HIV. “Prerana” means “inspiration” in Kannada, the local language of Karnataka. The project team hope to inspire women to advocate for improved reproductive health.

The project has been providing outreach, education and free reproductive health care services to more than 5000 women during 2009. For more information, please see the separate section in this report, or visit www.sahaya.org/prerana.

Lamling Vista (Nagaland, India)

A new project is the construction of the Lamling Vista elementary school in Yongam, Nagaland. This village has a population of approximately 1500 people, consisting of 180 families. There are no proper roads and communication systems with the nearest small city of Lenglong, 12 km away. Because no facility was available to educate young children, a small school has being started to provide kindergarten and elementary education up to 5th standard, and more money is being raised to build a new school up the road that would have more classrooms and develop better infrastructure.

HIV Awareness of the Deaf (Kenya)

This program, which is led in Kenya by our program coordinator Jacquilyn Odwesso, was originally funded by a 2004 grant from the Development Marketplace program of the World Bank. In collaboration with GRACE (Grassroots Alliance for Community Education; www.graceusa.org), this program developed a peer education curriculum with Kenyan sign language vocabulary, and created a Peer Education Network to teach deaf youth and adults about sexual health & hygiene, puberty, relationships, and HIV/AIDS. In 2007, we published and distributed “The Deaf Peer’s Education Manual - A training manual developed by the Kenyan Peer Education Network, with interactive-based activities for basic understanding of sexual health, HIV and AIDS” (to download, visit www.sahaya.org/deaf.html). A 2nd edition of this manual is currently being developed.

In 2008, Jacquilyn had registered a new NGO, namely “Sahaya Deaf, Kenya” to bring more attention to deaf people and their issues in Kenya and other developing countries. In 2009, thanks to continued grant support from Gilead Sciences via Sahaya International, additional training was given to 2 master educators and 18 peer educators of Nygangoma. These trained peer educators have set up programs in their schools and have also implemented outreach activities in other parts of the country.

Sahaya Deaf, Kenya has also been able to directly secure grant support from the Elton John AIDS Foundation (U.K) to work with Deaf women groups. In addition, the partnership of Sahaya-Deaf, Kenya with GRACE has received USAID-PEPFAR funding to extend the programs with deaf youth.



Deaf women are participating in a workshop organized by Sahaya Deaf, Kenya.

Do you sometimes wonder: what do the orphan sponsorship program and our Hope Walks event really mean for the children?

Because many of the children have experienced a lot of hardship, most have difficulty expressing their emotions and memories. In August 2009, we asked some of the children who had been part of our program at READ for at least several years to try to write down, and share with all of us their thoughts, their happy and sad memories, and whether we affected their life. Below is one of the letters. Additional letters can be found at <http://www.sahaya.org/kids-stories.html>.

Dear friends,

How are you? I am fine. In my family there were four members, but my father died when I was at the age of three and my sister at the age of five. Now there are only three members and my mother goes daily for cashewnut processing work to look after our needs. My elder sister is a differently abled child and to see for her medical expenses my mother used to work a lot.

My mother prepared for us food and she would be in fasting for many days due do the insufficient amount of money. The food was also not sufficient for us. If sometimes I ask my mother for some more quantity of food she used to share her food with me. At that time I feel so depressed and ask my mother the reason for the unstable life of us and about the problem we face in life, she used to say that I am the only soul earning money in our family and as your father is not with us, the total family is depending upon my income so I have to satisfy your needs and also the studies of you, so better you kindly adjust with this living condition. At that time I feel the absence of my father and think of how important the role of a father in a family is. Whenever I see my friends and neighbors family happily going along with their father to temple, cinema etc., I have a feeling that if my father was alive I would have also enjoyed my life with him; my mother realized my feelings and to help me overcome depression she will take me to the nearby temple in the village.

At the time of Diwali, and other functions we won't be having new dresses to wear. Our neighbors children used to wear new dresses and burst crackers, this will make me so depressed and when I ask my mother about the new dresses her reply will be the same that their father is earning money and he bought them new dress but in our family only I am earning and that itself is not sufficient for us to look after our basic needs, and we will not be going out at this time of occasions. At that time I was missing my father's presence a lot. Even when I used to play with my friends they criticize me. When the childrens near by home used to play with their parents, I feel a lot. I was not even using proper note books for my studies. My mother used to get only one or two note books. I have gotten many scoldings from my school teachers and if I go and said this to my mother she says "With my income alone how can I satisfy all the needs of you" and by saying these words she cries and at that moment I just console my mother by saying these words "Whenever you get money at that time you purchase and give me the note books". The classmates of me bring different varieties of food items for lunch like poori, Pongal, idly etc., I too like eating these types of different food items but when I express this to my mother she replies me "They are rich people they can eat different food items but we are not like them we are struggling for one day food". We are not rich, we are poor ones we can have only rice. The words uttered by my mother make me to be depressed a lot about the absence of my father. This was the situation of me when I didn't get any support from READ through the means of sponsor.

When I got support from READ, I was very happy, my family itself was totally happy. I got desk, notebooks, School uniform for my studies and I was very happy in attending the sponsor meeting and to see many children. I was taken for tours to temples and the beach by the organization, and this was entirely a new experience for me I enjoyed a lot. Even I would have not enjoyed a lot with my father like this if he was alive. I am thankful for you for the timely help.

When I pray to god I usually have a habit of praying for all your well-being and health. We want you in our life because without you there is no life for us. My entire family is happy now and I pray to god to give a long life for you to help many children like me to come up in their life.

Yours Lovingly,
Santhiya



Santhiya (left) with one of her best friends, Monisha.

Profile of a self-help group member: Sumathy

Sumathy (35 years old) belongs to a very poor family, and for a living she does agricultural day labor. But this work is not continuous and depends on the season. The amount earned by her and her husband was barely enough to cover their basic needs, and there was never any amount for them to save.

Previously she was ignorant about the importance and benefits of self-help groups.

But through regular visits of the READ staff and the awareness given by them, she became convinced to join in the Bairavi self help group. Through the monthly meetings, she learned more how the self-help group functions and also the importance of savings.



Early 2009, Sumathy received recently a loan amount of Rs. 5000 from READ. With that amount she bought four goats and raised them well. Later in 2009, she sold her four goats and from that amount, she bought a cow which gives 7 liters of milk per day (Morning – 4 liter, Evening – 3 liter). She sells the milk to her neighbors and the rest to the milk society. Other than this, she goes for daily labor work in agriculture. She is satisfied with her income. The cow is also going to yield a calf within four months. she is taking care of the cow in a good manner. She makes the cow to graze in the field whenever she goes for her agriculture work.

VASANTHI - nursing student



Vasanthi grew up in Vilandai, Andimadam, in a poor family. She was a very good student in high school, and dreamt of becoming a nurse. Because her family was not able to support higher studies, Sahaya International organized two “Tea for Vasanthi” fundraisers in 2007 and 2008. Vasanthi continues her studies at the Chidambaram College of Nursing in Chennai, is passing all her examinations, and recently wrote this letter:

How are you and your friends, family members? Myself and my family are fine here. I feel very happy to say this, I got my 3rd year result with 70% and started my 4th year successfully.

At present I am in my widwifery posting and I learnt how to conduct delivery.

Thank you for helping me to study and come up to this level. I will always be very grateful to you.

Vasanthi

Sahaya International fundraising events

Sahaya International Student Club at UCD.

Since 2008, there is a registered Sahaya International student club at the University of California, Davis (UCD). The students meet regularly and organize fundraising events on the UCD campus and in the Davis area. Examples include tabling at Picnic Day 2009 and Whole Earth Festival to create awareness and raise funds. Many of the volunteers also assisted with Apsaras-Taal. For more information, visit http://www.sahaya.org/sahaya_ucd.html

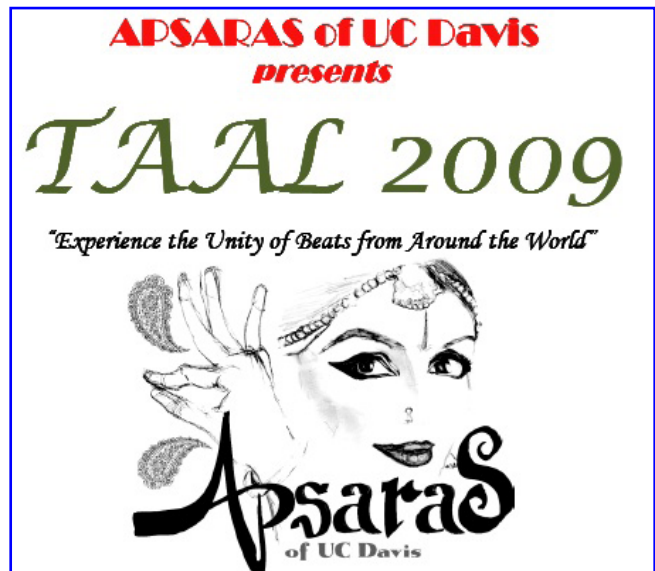


Silent Auction - Davis Senior High School.

The Davis Senior High School Student Government, led by Nicolette Gmoser-Daskalakis, organized this silent auction event on January 9, 2009. Through the sale of donated art items, this successful event raised approximately \$1000 for orphans and needy children in our programs with READ in India.

Apsaras - Taal 2009

On Sunday April 26, 2009, the Apsaras Club of UC-Davis organized Taal 2009. This event featured a large variety of dance performances, and raised approximately \$2,400 for orphans and needy children in our programs in India.



Hope Walks Davis - 2009.

Hope Walks (www.hopewalks.org) is an initiative by Global Strategies for HIV Prevention (San Rafael, California). It is an educational and fun(d)-raising walk that provides an opportunity for children, along with family members and friends to make a difference in the lives of orphans and vulnerable children by providing health-care, education, shelter and food.

In close partnership with the First Baptist Church, International House Davis, St. James Parish and the Cal Aggie Christian Association (CA-House), we organized on Sunday October 18, 2009 the third Hope Walks Davis event in Arroyo Park (www.hopewalks.org/davis). The event educated many adults and children and raised approximately \$6700 to provide for the basic needs of orphans and vulnerable children in READ's rural area in India - food, clothing, shelter, school fees, uniforms, and support of basic health care including HIV testing, treatment and care. We thank the many partners in this effort, including the many participants, dedicated volunteers and donors who made this possible.



We want to thank all participants and the amazing team of volunteers that made the 3rd Hope Walks in Davis on October 18 a success, including our partners, First Baptist Church, International House, St. James Parish and the CA-House. The event gave everyone, particularly children, the opportunity to do something concrete in the face of the worldwide AIDS epidemic. We walked, ate energy bars, drank lemonade, played games, and listened to people talk about their hopes for an AIDS-free future. On the day of the event we were delighted that Mayor pro term Don Saylor was able to attend. We also benefited from the singing of Laura Sandage, Katie Henry, and the band Coexist, and we enjoyed the magic of Frank Starsnik. Please -- seniors, boomers, teens and children -- join us again on October 17 2010, so we can continue to spread the word that AIDS is a treatable disease that can be challenged by education and caring.



2009 UPDATE

PRERANA WOMEN'S HEALTH INITIATIVE

JANUARY 2010



Dr. Vijaya examines patients at Prerana Clinic

Dear Supporters of Prerana,

It's been an extremely busy year at Prerana. Let me start by thanking each and every one of you for your precious support during 2009. We couldn't do this without you!

It's hard to believe but Prerana is five years old! When we started, our main focus was providing basic reproductive health services to low-income women in Mysore, India. Over that time we have had more than 11,000 patient visits and given out free medical care to so many women in need. Going forward, we are expanding on that basic promise by providing antenatal care and HIV prevention services in 156 villages surrounding Mysore!

Here's what your support has allowed us to accomplish for low women this year:

- We conducted community health awareness and education programs for 64 villages reaching out to 2,092 people. Our outreach and education efforts focused on helping young mothers understand the importance of prenatal care and HIV testing to prevent vertical transmission of HIV.
- We conducted free medical camps providing antenatal care in 59 villages. Almost 700 women were seen by the Prerana doctors and received free treatment for reproductive tract infections, antenatal care, vitamins and iron supplements and a free birthing kit in case they were unable to reach a hospital at the time of delivery. Importantly, 663 mothers were also tested for HIV and 4 mothers who were found to be HIV positive were provided with antiretroviral drugs to prevent transmission of HIV to their child.
- Prerana has also continued to expand its important efforts in the area of cervical cancer. This year we expanded our prevention efforts from the Prerana clinic to the community by training 24 peer-educators who are now teaching women in their own communities about the importance of screening for this number-one cause of death of Indian women. Our clinic has also expanded its cervical cancer services so that in the future we will not only screen for pre-cancerous lesions but also treat women using cryotherapy!
- Our clinic continues to be the mainstay for Prerana but it has now been moved to Tilak Nagar where we have additional space to provide services. Because of your support, we now have 2 doctors providing free reproductive healthcare to any woman in need!
- We continue to conduct intensive outreach and education throughout the poorest areas of Mysore to ensure that every woman knows that health is every person's right. During 2009 we reached more than 5,000 people with our educational outreach!

I hope all of you will continue to support Prerana in this important work!

With Deep Thanks and Gratitude,

Purnima

Dr. Purnima Madhivanan
Executive Director

Sahaya International in the news



- “Acting globally. Davisites reach out to help impoverished children in India”. (Davis Enterprise, March 24 2009, page A1).
- “Hope Walks event helps India’s AIDS orphans” (Davis Enterprise, October 13, 2009, page A1).



Although Sahaya International was only registered in the USA, we had been receiving growing support from volunteers and sponsors in Belgium and Europe, particularly with the orphan sponsorship program and the fundraising for the Jawahar Matriculation School.

To strengthen our network there, 2 important steps were taken in 2009 in 2 countries:

- **Netherlands:**

Sahaya International (USA) was recognized by the government of the Netherlands as ANBI (Algemeen nut beogende instelling). Donations to Sahaya International from donors in the Netherlands are now tax-deductible.

- **Belgium:**

In July 2009, a core team of volunteers in Belgium registered the non-profit organization Sahaya International.eu (abbreviated: “Sahaya.eu”). The application for tax-deductibility has been submitted in October, and is currently awaiting approval. While Sahaya.eu is fiscally independent from Sahaya International (USA), we share goals and causes. For more information, please visit www.sahaya.eu.



Eight of the nine founders of Sahaya International.eu