



ANNUAL REPORT

January-December 2013

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

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Dear friends,

It is with pleasure that I present you this annual report highlighting our activities of 2013. The support from our growing circle of friends and well-wishers allows us to continue our journey so we can make a difference in the lives of many people in developing countries.

Special memories of 2013 include the premiere of our Sahaya documentary "*Sahaya, Going Beyond*", the progress of our programs in Vietnam, our expansion of partners in Kenya, and our annual Sahaya Walks.

My sincere thanks to all of you for being part of this effort. It is my hope that in 2014 and the coming years, we can continue to walk this journey together. Remember, each of us is a drop that can create a ripple effect.

Sincerely,

Koen Van Rompay (Founder/Secretary)

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 annual reports, please visit www.readindia.in.

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 to many of READ's programs, including:

- Two kindergarten/elementary schools: the Mother Teresa School in Periyakrishnapuram (144 students, from lower kindergarten to Vth standard) and the Jawahar Matriculation school in Andimadam (250 students, from lower kindergarten to 5th standard). Both schools were constructed with funds raised by Sahaya International and Sahaya.eu. Sahaya has raised the funds to construct a 2nd level on the Mother Teresa School (planned for 2013).
- Three schools for mentally disabled children: two in Perambalur and one in Andimadam.
- Skill-training programs for youth and disabled people (including card-making, sewing, type-writing, computer training, book-binding) at the READ Community Resource Center.
- Women and men self-help groups that READ has previously organized. Currently approximately 1,000 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.

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. Some donors provide extra funds to cover additional expenses of their sponsor-child. During this fiscal year, the number of sponsored children has grown to approximately 230. The sponsors receive regular letters and photographs.

As the years have gone by, more of these children have excelled in high school and aspired to higher education at technical schools, nursing schools and universities. Rather than drop them from our program, several years ago we took the challenge upon us to continue investing in their future by supporting their higher education. At the end of 2013, 53 youth were pursuing higher education, poised to become the next generation of leaders. While some sponsors can cover the increased costs of college, other students are being helped by having a 2nd sponsor, or via funds contributed to the Vasanthi fund.

Sahaya Walks Davis

Since 2007, Sahaya International has collaborated with Global Strategies for HIV Prevention to organize four consecutive annual Hope Walks Davis events. The proceeds of this event are sent to READ to cover extra medical, travel and nutritional expenses for HIV-infected children in READ's programs and provide general assistance to uninfected children who were in dire needs. In 2011, we changed the name to Sahaya Walks. On October 27, we had the 3rd Sahaya Walks Davis and raised approximately \$9,000. See page 12 for more information, or visit www.sahayawalks.org.

HIV/AIDS care and support services & HIV awareness programs

READ had previously started a HIV-positive



At the end of 2013, approximately 230 children were part of our orphan sponsorship program in India.

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. The network has currently 170 PLHIV members. Most of them arrive in very destitute situations. Approximately 80-90% of the members are usually able to attend the monthly meetings. During the previous years, the activities of this network were largely supported by consecutive grants of Gilead Sciences, Inc.

Thanks to continued grant support from Gilead Sciences, Inc., a number of activities have been implemented during 2013:

- Support services to PLHIV:

Network members were given a monthly stipend of Rs 300 (approx. \$5) to cover their monthly travel expenses (to pick up medications) and some food expenses on those travel days. This has had a major impact, as most of them are currently taking antiretrovirals, which improve and stabilize their health.

On October 23, 2013, a one-day training on home-based care for HIV was provided to 35 PLHIV who had recently joined the network. A previously developed training curriculum was used, and at the end booklets with simple information on HIV/

AIDS were provided to all participants. The training included a pre- and post-test questionnaire, which for illiterate people was administered with the help of READ staff.

Cervical cancer awareness: A meeting was held to create awareness on the health risks caused by cervical cancer. The women were advised to go and check their health status with regard to cervical cancer. 15 women were already checked for cervical cancer at Government Hospitals and found to be negative; the others are encouraged to also go for testing.

- Gilead Health & Counseling Center

The Gilead Health & Counseling Center was started in 2010, and is located in the READ Community Resource Center. Every month the health nurse checks the height and weight of the network members, sometimes checks their blood pressure, provides first aid, and provides health advice. The health center also distributes condoms, and the staff gives condom demonstrations.

In the counseling center, the members are given individual and family counseling, conflict resolution, legal advice and aid depending upon their family circumstances. In 2013, 65 PLHIV members and their families have been making use of this counseling center on a regular basis. In addition,



(From top left clockwise): Training on home-based care, including HIV prevention and the importance of consistent condom-use; the monthly HIV network meeting; the HIV network celebrates Pongal festival together; meet monthly; the Gilead Counseling and Health Center.

the part-time counselor also visits PLHIV at their home to provide counseling and assist with conflict resolution.

- HIV/AIDS awareness program

Every year, December 1st is commemorated as World AIDS Day, with various activities organized by many governmental and non-governmental organizations to promote HIV/AIDS awareness among people. Also this year, READ conducted a special HIV/AIDS awareness rally in Andimadam and surrounding villages. More than 600 people participated in this rally. The participants consisted of members of the PLHIV network (“Malarum Mottukal”), leaders and members of the local women self-help groups, the children and youth of our orphan sponsorship program, and READ staff. They carried

banners, chanted slogans and distributed freely the cartoon-based HIV education booklets that we had previously made (see <http://sahaya.org/iec-materials.html>).



Lamling Vista (Nagaland, India)

2013 marked the fifth year of providing education to the kids of Yongam Village, with an approximate enrollment of 150 students and 8 teachers. It was the first school year when students had a dedicated computer class with 4 desktop computers and a specialized computer teacher. It has been very exciting for the kids to learn basic computer skills which will be instrumental in helping them keep up with the advancements in technology in their state of Nagaland.

The parents continue to be heavily invested in their children's education. For the upcoming 2014 school year, they requested that all the Lamling Vista teachers be required to have a college degree and not just a high school diploma. This request was approved, and several new teachers were hired for the new school year, which will require increased funding for teacher salaries. The parents have offered to help contribute to the teachers' increased monthly salaries.

The school has continued involvement in the community and church. There is great partnership with village clean-up days, sports day, and family picnics. Another exciting investment that was made is a school vehicle, which is used by the teachers and staff for traveling to the main city for getting school supplies and receiving transferred funds. Previously, they would be required to walk to the nearest village, then take a very dangerous journey on an over-crowded bus. The vehicle provides a much safer alternative. This vehicle can also be used for emergency transportation, not just for students but for all the villagers.

Rural Preventures

Rural Preventures-USA (RPV-USA) is a group of friends in the USA with close connections to the Rural Pre-ventures Charitable Trust (RPV), which is active in the Palni hills, in the region of Kodaikannal (Tamil Nadu, India). The purpose of RPV is to serve as a catalyst for improving the quality of life in these rural villages.

RPV-USA has provided some of the funding for expenses related these activities.

- Dental Camps. Students of Dentistry and Staff from Sri Ramachandran University in Chennai have visited the Health Center in the Upper Hills Village of Poombarai six times over the past two years, and have examined more than a thousand patients from this village and surrounding areas have been examined, not just once but as many times as necessary. Accurate records are kept so follow-up is efficient and timely. Members of the team arrive in a bus fully equipped with dental chairs and all the paraphernalia needed for highly professional treatment. Though the University provides the Staff and Services for these camps free of charge, the Rural Pre-Ventures team arranges for housing, food, and transportation, and also assists with the logistics of record keeping, arranging for laboratory facilities, and communication with the local community.



- A Women's Empowerment Project gives support and encouragement to a group of young women in the Village of Poombarai. About a dozen women have learned how to fashion decorative and utilitarian baskets from colorful plastic strips. One of our RPV Trustees works with the women not just to help with quality control but also to teach the skills of marketing and business management. The women learn to manage money and to gain pride in their own skill development.
- The RPV Project Manager works with teachers in the local elementary school in Poombarai to teach

and to encourage good eating habits. As a part of this program and as a symbol of good nutrition, the children are given glass of warm sweet milk.

- RPV has built a Health Center in the Village of Poambarai. Volunteer doctors, a nurse, a



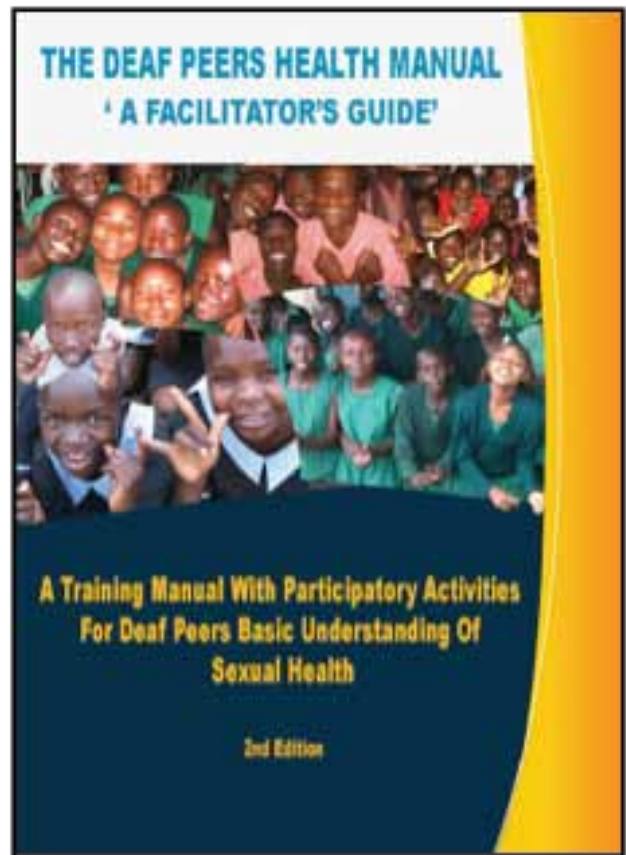
pharmacist, and our Project Manager attend to the needs of sixty or seventy patients at weekly clinics held in this Health Center. RPV-USA provides the transportation for the staff and the pharmaceuticals that are distributed at these clinics.

HIV Awareness of the Deaf (Kenya)

This program is managed by our partner organization “Sahaya Deaf Kenya”, and led by program coordinator Jacquilyn Odwesso. This program, originally funded by a 2004 grant from the World Bank, 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 with interactive-based activities for basic understanding of sexual health, HIV and AIDS” (to download, visit www.sahaya.org/deaf/index.html).

During 2013, thanks to continued grant support from Gilead Sciences, the staff of Sahaya we completed the 2nd edition of the “Deaf Peer’s Health Manual”, which this time was designed mostly as a facilitator’s guide. Of this manual, 300 copies have been printed and are being distributed.

In addition, upon request of service providers, a poster was developed on sexual health and rights. The poster has been distributed to various service providers (such as hospitals, law enforcement agencies etc.) to help them to communicate when Deaf people enter their establishment to seek advice and assistance. Plans are in progress to develop additional posters.



Orphan and School Programs in Kenya

The Rehema Daycare, School and Orphan program in the Korogocho slums of Nairobi has been a partner of Sahaya since 2001. Rehema currently feeds and educates 600 children, Approximately fifty of the children have no place to go to, and stay permanently at the Center.

During the past year, we have adopted several more programs, including Rafiki Caring Home and the Candlelight Program. All these programs run a combination of school programs and orphan support, where some children stay permanently at the organization, while others still live with their families or guardians, but in dire situations, and therefore we provide some support such as school supplies, clothing or nutrition. To help facilitate these programs and distribute the funds raised by Sahaya to these several organizations, we work closely with Fred Afwai, who has been a long-term friend of our organization.



Sahaya Vietnam program

This program was initiated by Sahaya director, Chung Truong, in close collaboration with the Buu Son Monastery. It provides much needed support services to very poor families in the rural area of Kien Giang, including the construction of simple homes (at \$1,000 per house) and educational scholarships for children. During 2013, the funds were raised to construct 44 houses, and to support 148 needy students. For more info, see www.sahayavietnam.org.



The Sahaya Vietnam Housing program: a family before and after our intervention.

Orphan and school programs in Kenya



Sahaya International Events

We thank the many individuals and organizations that dedicated their time, resources and talents to organize these events, which spread awareness about our work and helped us to raise funds.

Climbing for Praveen

On January 27, 2013, the family Thorpe-Greenfield organized a fundraiser at Rocknasium, Davis, to raise funds for Praveen, the medical student in our programs at READ.

Sahaya Art Charity Event.

An art event was organized by Sahaya board member Chung Truong and his friends in San Jose, in close collaboration with the Transparent Fish Fund, to raise funds for the Sahaya Vietnam programs.

Movie premiere “Sahaya Going Beyond”

On Saturday, May 25, the international premiere of Sahaya Going Beyond was held at International House Davis.

Sahaya Walks Davis - 2013

On October 27, the 3rd Sahaya Walks took place. This 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 (see page 12).

World AIDS Day Ride

On December 1, 2013, Sahaya International assisted Breaking Barriers with organizing a World AIDS Day Bicycle Ride, that started and finished at International House Davis, with 2 routes through Winters or Sacramento. This inaugural event, had 150 participants (79 cyclist and 71 crew members/volunteers).



(photo courtesy of Sacramento Bee)



To take Sahaya International to the next level, reach a larger audience and widen our ripple effect of “making a difference,” we started in 2010 a collaboration with ReelAid (www.reelaid.org), a Hollywood- based organization started by film maker/ actor Andy Lauer, to make a cutting-edge promotional video that would highlight our activities. In 2013, the documentary was completed. Narration was provided by Academy Award winner Jeremy Irons and the theme song “May it be” was provided by Enya. Since then, the documentary has already been shown at 6 film festivals, and has received 2 awards. For more information, visit www.sahayagoingbeyond.org.



While Sahaya International was initially only registered in the USA, we had been receiving growing support from volunteers and sponsors in Europe, particularly with the orphan sponsorship program and the school programs at READ. In 2011, we continued to build on these collaborations:

- **Netherlands:**

Sahaya International was recognized in 2009 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. For more information, visit www.sahaya.eu/nl.html.

- **Belgium:**

In July 2009, a core team of volunteers in Belgium registered the non-profit organization Sahaya International.eu (abbreviated: “Sahaya.eu”). While Sahaya.eu is fiscally independent from Sahaya International (USA), we share goals and causes.

For more information, please visit www.sahaya.eu.

“Sahaya Going Beyond” Premiere

The world premiere was held at International House Davis on May 25, 2013, with special guests Director Andy Lauer, Director of Photography Josh Gibson, and founder and Executive Director of READ, Durai Selvam. In addition to regular screenings of the movie, we also had an evening filled with entertainment and food. We thank everyone who made this an extremely successful event, including all sponsors, volunteers and contributors.





Sunday,
October 27, 2013
2 to 4 pm

Because we care for HIV-affected children in India

Many people in Davis showed that we truly care about HIV-affected children in India. We walked, played games, threw water balloons, blew up air balloons, ate snacks, drank lemonade, listened to music, wrote letters, and raised almost \$9,000 to provide the infected children in our programs in India with hope for a future.

We want to thank all participants and the amazing team of volunteers and partner organizations that made Sahaya Walks a success. We also thank our partners: First Baptist Church, Global Strategies for HIV Prevention, St. James Parish, International House Davis, University Covenant Church, the Cal Aggie Christian Association (CA-House), Davis Community Church,

United Methodist Church Davis, Unitarian Universalist Church, India Association of Davis, the Freedom from Hunger and CSF clubs of Davis High School, American Association of University Women, and UC-Davis Pre-Med AMSA.



Sahaya International in the news



- “On the path to Sahaya International. Can I really make a difference in the live of an underprivileged child”, Spectra magazine, January 2013.
- **Sahaya supporters celebrate at documentary premiere.** Davis Enterprise, May 23, 2013, page A1.
- **Sahaya documentary at I-house Saturday.** Daily Democrat, May 23, 2013.
- **Davis fundraiser helps save AIDS orphans in India,** Davis Enterprise, October 20, 2013, page A3.
- **Fundraiser held for AIDS orphans.** Daily Democrat, Oct 22, 2013.
- **Vets Charity Film Wins Acclaim.** World Small Animal Veterinary Association, October 11, 2013.
- **World AIDS Day Ride takes its first spin through area.** Sacramento Bee, December 2, 2013, page B2.
- **From research to running a charity.** Vet Records Careers, Dec. 7, 2013



Sahaya International Inc (USA)

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Non-Profit Organization
An act of kindness inspires,
Be a drop that creates a ripple

About



Events

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Sahaya International

financial summaries

Statement of Activities (Jan. - Dec. 2013)

Income

Contributions & Grants	263,294
Other income	5
Total Income	<u>\$263,299</u>

Expenses

Grants	293,106
Fundraising & Administration	15,918
Total Expenses	<u>\$309,024</u>

Net Income -\$45,725

Statement of Financial Position (Dec. 31, 2013)

Assets

Cash and Equivalents	23,304
Contributions receivable	0
Total Assets	<u>\$23,304</u>

Liabilities

Accounts Payable	0
Other Liabilities	0
Total Liabilities	<u>\$0</u>

Total Assets & Liabilities \$23,304

Net assets, January 1, 2013	69,029
Net income	-45,725
Net assets, December 31, 2013	<u>\$23,304</u>