



SAHAYA INTERNATIONAL, Inc.
Davis
California, USA

ANNUAL PROGRESS REPORT - January-December 2005.

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Dear Friends,

It is with pleasure that I present to you this annual report, highlighting our activities of the past fiscal year. Despite many challenges, we continued our path of making a difference in the lives of many people in developing countries. We have been able to expand our network of friends and supporters. For many of you who have helped us to achieve these goals, my sincere thanks for being part of this effort! It is my hope that in 2006, we continue our dedication to mobilize the resources to reach out to those in need.

Sincerely,
Koen Van Rompay (Secretary, Sahaya International)

Sahaya International

overview of activities

READ (Rural Education & Action Development)- 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, please see their latest annual report (downloadable from www.sahaya.org).

General programs.

Through its general fundraising activities (including the sale of cards), Sahaya International continues to support the general programs of READ, including 3 kindergarten/elementary schools, 2 schools for mentally disabled children, rehabilitation programs for physically disabled children, skill-training programs for girls (including card-making, sewing, type-writing), and women's and men's self-help groups.

Child sponsorship program.

Sahaya International and READ have an orphan sponsorship program, similar to the program that was initiated with READ by the Alliance for Youth Achievement (www.allforyouth.org). For a monthly contribution of \$30, the children receive basic



Children at READ's Mother Teresa School Thirukalapur that is supported by Sahaya International.

necessities such as nutrition, clothing, and school expenses. Some money is set aside and given at the end of the year to the guardian to start an income generating program. Currently, 23 children are being sponsored through Sahaya International. Three of them, being HIV-infected, have also a second sponsor who pays for anti-HIV medications, which has resulted in improved health. The sponsors receive regular letters and photographs of their child.



Perambalur Education and Prevention Program.

The Elton John AIDS Foundation, London (www.ejafuk.com) awarded Sahaya International its

largest grant thus far, to promote HIV awareness in Perambalur district via READ and its collaborating network of NGO's ("AIM Network"). The program is supervised by a Community Advisory Board consisting of 15 members representing a broad cross-section of the community. Twenty NGO field staff, so-called Outreach Workers, are the key staff, and they received first extensive training and education on HIV/AIDS, sex and sexuality, gender issues, preventive measures and project management. In the next step, the program identified and provided skill-building training to 102 female Peer Health Educators (elected by women self-help groups) who are now doing HIV awareness programs in the local communities. So far they have covered 596 women self-help groups. The program also trained 52 barbers, who provide information on HIV to their clients. Several volunteers of Sahaya International assist READ closely with this program, especially in the areas of (i) monitoring and evaluation, and (ii) development of educational materials.

Indian HIV awareness cartoons.

In collaboration with READ and I-TECH (www.go2itech.com), Sahaya International has developed simple cartoons on HIV/AIDS that are being used to educate low-literacy populations as part of the Perambalur Education and Prevention Program. See the special section in this report for more details.

HIV/AIDS Care and Support Services.

Thanks to grant support received from Gilead Sciences and Global Strategies for HIV Prevention near the end of 2004, the HIV positive network of READ received support for monthly meetings, a micro-credit program for income generating activities, educational support for children, and referral services. In December 2005, the network has been officially registered as the "Malarum Mottukal" People Living with HIV/AIDS Welfare Society. Malarum Mottukal means "blossoming buds" in Tamil.

Public Hygiene Project.

Most people in rural areas such as Perambalur district don't have access to toilets and therefore have to




More than 150 different designs of embroidered cards are produced by the trainees of READ to support their programs.



use fields and other common spaces for defecation. 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 have raised money for a public hygiene project in which toilets will be built in close collaboration with the existing self-help groups. Discussions are ongoing to make this program as successful as possible.

The Perambalur Education and Prevention Program

sponsored by

 Elton John AIDS Foundation



The trained Outreach Workers (above), who are NGO field staff, gave further training to women self-help group leaders on HIV-related issues using participatory training methods with role-play and games (left & below). This instilled more confidence in them to talk about many of these issues in public.



The Perambalur Education and Prevention Program

sponsored by



Elton John AIDS Foundation



Fun games were used to help the barbers and women self-help group leaders overcome their fear to subsequently do condom demonstrations in public.



The Perambalur Education and Prevention Program

sponsored by



Elton John AIDS Foundation



A trained self-help group leader uses flip-charts with simple cartoons to educate the members of her group on HIV issues (above).



Barbers have the flip-charts and other materials in their barbershop, instruct their customers on the basics of HIV and AIDS, and distribute condoms.

DEVELOPMENT OF EDUCATIONAL MATERIALS ON HIV/AIDS:

In collaboration with I-TECH (www.go2itech.com), Sahaya International and READ have developed two educational sets of flipcharts: one on HIV Prevention, and one on HIV Treatment and Care.

Myths and Facts about HIV/AIDS

a practical guide to prevention, health & life



PART I: HIV PREVENTION

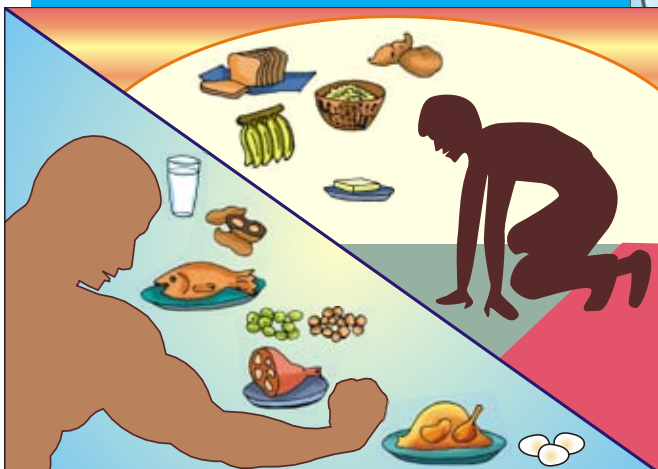
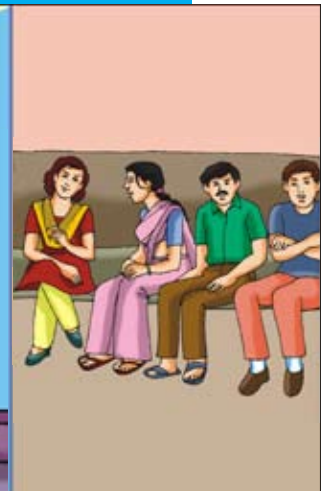


World AIDS Foundation



Each set provides comprehensive information on HIV/AIDS, with simple cartoons on the front, and English and Tamil text on the back. They are useful to educate low-literacy communities, especially in rural areas where villagers have little access to other forms of media.

The same cartoons have also been used to produce small booklets and pamphlets with a summary of the information. These materials are handed out to villagers during the programs.



Translations of these materials into several other languages (including Urdu, Telegu, Kannada, Marathi) are currently already in progress or are planned for 2006 by collaborating organizations. These materials will be used for HIV programs in many other states of India, and in Pakistan.

TSUNAMI RELIEF EFFORTS - Cuddalore district, India

On December 2005, the coastal region of Tamil Nadu suffered its worst disaster ever. Many villages were washed away, taking away the lives in it and leaving many orphans behind. READ immediately organized emergency relief efforts, in which money, rice, and kitchen materials were provided to many of the survivors at Kundu Uppalavadi village near Cuddalore. Several sponsors in the USA and Belgium also contributed money, that is being used to help rebuild the infrastructure of 2 schools. This included strong wooden benches, made by carpenters in Andimadam and donated to these schools.



SAHAYA ILLAM

Thanks to a donation by a well-wisher, a guest-house, named “Sahaya Illam”, has been constructed on READ’s properties. This guesthouse was designed by Geoffrey Moussas (Design 1st, Japen).



The guesthouse will be able to accommodate national and international guests who like to visit and /or volunteer at READ’s programs,. Throughout the year, the guesthouse will be used to accommodate local travelers and generate income for READ’s activities.

The house has 4 bedrooms (each with western toilet and shower). A cook is available to prepare delicious south-Indian meals.





PEDIATRIC HIV WARD - Tambaram (India)

Sahaya International continued to be the fiscal agent for the collection of donations to improve the pediatric HIV ward at the Government Hospital for Thoracic Medicine in Tambaram (near Chennai, India). This project is led by Tom Furtwangler (Cascase Health Communication Group, University of Washington, Seattle). A social worker and better infrastructure (including toys and games) have been helping many children. For more information about this exciting program, please visit www.tambaramkids.org.

RHEMA EDUCATIONAL TRUST - GUJARAT (India)

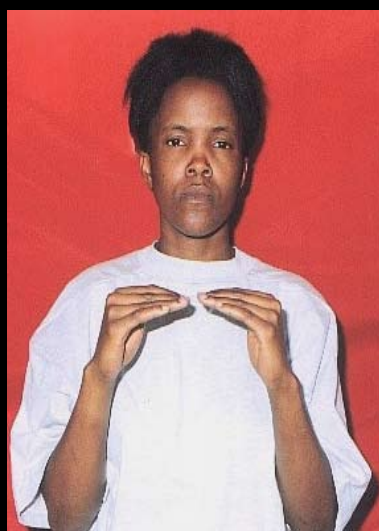
A total of \$335.50 donated by members of the St. James Gospel Justice Committee was used to assist the Rhema Educational Trust (Gujarat), which runs a small school (Silent Valley English Medium School) for underprivileged children. The money was used for general expenses and to help build extra classrooms

that are urgently needed (visit www.sahaya.org for more information).

TSUNAMI RELIEF EFFORTS - SRI LANKA

Money that was raised was used for 2 purposes:
 a). Dr. Doug Cort , Ph.D (a clinical psychologist), his wife Linda (a trained therapist), and Dr. C. Tissa Kappagoda (professor of medicine at UC-Davis) traveled to the tsunami-stricken coastal regions of Sri Lanka to offer psychological counseling services to those affected by the Tsunami in the City of Galle in Sri Lanka. This project was undertaken in conjunction with the Faculty of Medicine at the Ruhuna University which is located in Galle. This was one of the cities worst cities affected by the Tsunami. The particular problem we addressed was to provide training in disaster relief management to trainee psychiatrists in the medical school. A group of 10 physicians and psychologists were provided a culturally sensitive program of training which lasted 8 days. The program consisted of didactic lectures and multiple individual and group training sessions.

HIV Awareness of the Deaf (Kenya): Games and stories have been developed as part of a training curriculum to teach deaf people about many HIV-related issues, including the need for preventive measures to protect against HIV infection. The activities are currently being compiled into a training manual.



The lectures were offered to all the medical staff at the teaching hospital.

b). Thanks to money donated to Sahaya International, medical supplies, consisting of 72 packages, that were donated by the Barton Hospital in South Lake Tahoe were shipped to Sri Lanka for distribution in the country. The goods were received by Brigadier Aruna Jayatileke of the Sri Lankan army for distribution in the areas affected by the Tsunami, mostly in the southern part of the country. Some items were sent to the Rehabilitation Hospital for Veterans in Ragama which is a town north of the capital, Colombo. The total value of the items sent was approximately \$325,000.

ALLIANCE FOR YOUTH ACHIEVEMENT (AYA)

The Alliance for Youth Achievement (AYA; www.allforyouth.org) is a 501(c)3 organization based in Colorado, which runs child sponsorship programs and micro-credit grant programs to poor families. We have been collaborating with them for several years. A total of 25 children are sponsored in READ's area directly via AYA. This includes 8 individual sponsorships (\$30 per month), and 3 groups of 6 girls who receive tuition to be able to attend school (\$18 per month per group). Many of these sponsorships were done via referral by Sahaya International, especially for sponsors in Europe. AYA also assists



Dr. Joe Becker and the team in Cameroon.

READ with card sales, and a micro-credit program for women.

Sahaya International also refers sponsors for children in Africa directly to AYA, as AYA has country directors in Africa.

HIV AWARENESS PROGRAM OF THE DEAF - KENYA

This program is currently led by Jackie Odwesso, our project manager in Nairobi (Kenya). It is funded by a 2004 grant of the Development Marketplace program of the World Bank. This project is executed in close collaboration with GRACE (Grassroots Alliance for Community Education; www.graceusa.org). The goals of this program are to develop a peer education curriculum with sign language vocabulary, and create a Peer Education Network to teach deaf youth and adults about topics of sexual health & hygiene, puberty, relationships, and HIV/AIDS.

A no-cost extension was granted to continue work on the peer education training manual during 2005. Many activities have been formulated and field-tested. The manual, which also contains a glossary of HIV and sex-related terms in Kenyan sign language, is currently being compiled for planned release in 2006.

PREVENTION OF MOTHER TO CHILD TRANSMISSION (PMTCT) OF HIV - CAMEROON

The following summary below was provided by Dr. Joe Becker:

“In the past 12 months Sahaya has continued to support our ongoing projects to halt the transmission of HIV from mother to infant in and around the town of Kumba, in the Southwest Province of Cameroon. Nationally, much progress has been made in the fight against HIV in Cameroon. As such, resources are beginning to trickle into Kumba from the Ministry of Health. However, the clinics that have been supported by Sahaya still represent one of the major sources for counseling, testing, referral, delivery and antiretroviral (ARV) prophylaxis. Although our results are currently being compiled for analysis and submission of the biannual progress reports requested of us by our participating pharmaceutical and diagnostic test supports (Pfizer, Abbott Laboratories and Boehringer Ingelheim) we can state that more than 10,000 pregnant women have participated in voluntary counseling and testing in our seven sites. Of this total, unfortunately greater than 12% have tested positive for HIV (prior data). While our

services currently only provide these women with advice, ARV prophylaxis with antepartum and postpartum Nevirapine (HIVNET-012 protocol), and referral to the nearest center providing CD4/viral load testing and ARV therapy we hope to expand upon our PMTCT base to one day provide more comprehensive therapy.

In addition to our recent efforts with PMTCT we have also just completed our first year of participation in the Pfizer Diflucan Donation Program. Diflucan, an anti-fungal medication useful in fighting the opportunistic infections that often plague end-stage AIDS has been provided by Pfizer free of charge to our participating institutions for all individuals presenting with HIV and Oesophageal Candidiasis and Cryptococcal Meningitis. We have also provided this medication on a limited basis in situations of life threatening fungal infections of unknown origin. Our first delivery which took place in 8/2004 consisted of greater than 50,000 doses of IV, oral and oral solution Diflucan in 200 mg form. As we complete our analysis of our participating clinics and their performance in the program we will have a better idea of how many patients have been provided with free doses of Diflucan during the previous year. Prior to the institution of this program, effective antifungal therapy for sever life-threatening infections was either not available or prohibitively expensive in the Kumba area.

In the coming year, as we redouble our efforts in Kumba we hope to not only expand our efforts into the provision of ARV therapy and the diagnostic testing this entails, but to also strengthen and fortify the services we already provide. We thank Sahaya for their support, logistical, technical and financial.

More information on this program can also be found at www.inthivpartners.org. “

Joe Becker

CONSULTANT & COLLABORATOR ROLE OF SAHAYA INTERNATIONAL

Sahaya International gets almost daily requests from NGO's or individuals for assistance, especially for HIV programs. Although we don't have the resources to extend financial assistance we try to provide advice and assistance via e-mail or by

sending CD's with information.

Sahaya's secretary, Koen Van Rompay, also subscribes to several e-mail list servers focused on HIV/AIDS, and regularly posts messages with replies to inquiries or other information.



Children of the Jawahar Matriculation School (run by READ) perform at their Annual Day.

Sahaya International fundraising activities

In addition to submitting program-specific grant proposals to funding agencies (see previous sections of this report), our dedicated team of volunteers also solicits regularly donations and contributions from the general public through various ways:

Sale of embroidered greeting cards:

Our international network of volunteers continues to sell the embroidered greeting cards made by READ's trainees to friends, relatives and colleagues (including at Davis Farmer's Market, UC-Davis, University Retirement Community). On November 12-13, volunteers also staffed a Sahaya table at the Women's Guild Bazaar at St. James, where many cards were sold.

Slide presentations:

On Saturday February 12, 2005, the Gospel Justice Committee of the St. James Parish in Davis hosted a presentation, titled "Stories from the heart - A trip to Southern India", by Koen Van Rompay. He narrated about his recent trip to India, and also presented the orphan sponsorship program. Several sponsorships were started as a result of this meeting. In addition, several Sahaya supporters in Davis (namely E. Sherwin, A. Moussas, J. Rabinowitz, and Guy and Akemi Turner) hosted dinners with a slide presentation summarizing the history and activities of Sahaya.

Community Gift Awards:

During this past year, the St. James Parish of Davis, California, awarded Sahaya International twice the Community Gift, which is based on the weekly collections during church masses. The 2 funded programs are the Pediatric HIV Ward at Tambaram (\$444.52), and the Public Hygiene project (\$625).

Yard sales:

A new kind of fundraiser that was explored in 2005



Several supporters organized yard sales and donated the proceeds to Sahaya's Public Hygiene project.



was the use of yard sales. Several dedicated Sahaya supporters and their friends collected items for a yard sale. A total of 4 yard sales were held (June 18, June 25, July 16, September 10). The organizers donated all the proceeds (\$2,236) to Sahaya International for our Public Hygiene project. We thank E. Sherwin, S. Kraegel, and L. Sadanaga for hosting these sales, and the extensive list of contributors and volunteers who helped with the various aspects of these fund events (transportation, set-up, clean-up, food).

Workshop:

On August 20, 2005, Ramin Yazdani hosted a life-skill and personality-building workshop called “The Four Agreements”, and the proceeds (\$392) went to Sahaya International. We also thank the volunteers who assisted in donating and preparing the delicious lunch for this event.

Belgian beer, Friet/Fries and Waffles.

On Saturday November 19, the Belgian Club of Northern California (www.bcnc.com) hosted this special fundraiser event in Hayward, California. The event was well attended, and in addition to the legendary good food and beer (see pictures above), a silent auction was held with many food baskets, art items, books, and services donated by club members. The proceeds were divided and 3 charities, including Sahaya International, received \$1,666.62 each. We thank the many volunteers whose efforts made this such a big success.

SAGA:

Students Against Global AIDS (SAGA) is a group of students from the University of Maryland (Baltimore County) and the University of Maryland Medical School, that is led by Tara Raviprakash. Throughout

the year, they raise awareness on HIV to their fellow students and raise money for Sahaya's HIV programs.

Poker tournament for Sri Lanka:

Anson Tharayanil and his fraternity at the University of California-Davis put their efforts into organizing a poker tournament and donated the proceeds (more than \$700!) to the Sri Lanka tsunami program.



SAGA (Students Against Global AIDS)

*We thank all those who helped us.
We couldn't have done it without you.*

Sahaya International in the news

A partial list of articles mentioning Sahaya-sponsored activities.

- 1). **Making life easier half a world away.**
by Karl Krupp, Davis Enterprise, April 24, 2005
- 2). **Yard sale will benefit Indian project.**
by Elisabeth Sherwin, Davis Enterprise, June 14, 2005.
- 3). **Another garage sale for Sahaya planned.**
Enterprise staff. Davis Enterprise, June 23, 2005.
- 4). **Workshop raises funds for Sahaya.**
by Elisabeth Sherwin, Davis Enterprise, July 31, 2005.
- 5). **A beacon of hope.**
by Elisabeth Sherwin, Davis Enterprise, August 5, 2005.
- 6). **Saving lives in India.**
by Elisabeth Sherin, Davis Enterprise, December 14, 2005.
www.davisenterprise.com/articles/2005/12/14/news/017new0.prt