



AMURT GLOBAL NETWORK

End of Year Report and Appeal

Dear Friend of the World!

I would like to share some of AMURT's achievements in 2015. AMURT is an international relief and development organization that draws on the principles of Yoga to help people evolve. In particular, AMURT seeks to promote interconnectedness and compassion.

In 2015, AMURT is especially proud of the assistance it provided for two populations dear to its heart: vulnerable children and pregnant women. Let me share some highlights.

Support for Syrian refugee children

In Lebanon AMURT supports the education of over 1200 Syrian refugee children in Chouf district, providing remedial education for those who have been out of school for a while, and financial support (for uniforms, transportation and books) for those who have entered the Lebanese educational system. Many refugee parents tell us that without AMURT's help they would not have the means to send their children to school.



ability to survive challenging circumstances; and helping them see the benefits of their new life in Lebanon, such as learning English and making new friends.

The Syrian children are often traumatized by the horrors of war and domestic violence, and even by bullying from their Lebanese peers. Hence an important part of AMURT's program is group therapy for entire classes using the medium of art and play, and individual therapy sessions for those most in need.

Our mental health professionals provide positive reinforcement for the children, making them feel proud of their achievements, especially their

AMURT's child friendly space in Lebanon provides a creative learning environment for Syrian refugee children before they enter the Lebanese school system

Keeping earthquake-affected children safe in Nepal

After the April earthquake in Nepal, children were rendered vulnerable to the trauma of upheaval and the influence of human traffickers. Hence AMURT teams moved into remote areas of Sindhupalchowk district to revive the education system. This included building temporary



AMURT constructed temporary learning centers soon after the Nepal earthquake to get children back into a normal daily routine of play and learning

learning centers in eleven schools, and providing the 1200 students with a nourishing midday meal. Within a few weeks after the earthquake the children were back in their normal routine, busy at school, and therefore less at risk.

In addition, Nadia Rabah, one of AMURT's child psychologists from Lebanon, provided training in psychosocial support to 500 teachers, school management committee members and PTA members in the eleven schools. Nadia contributed tremendously to the rapid recovery of children and teachers from the trauma of the earthquake.

Teacher training in Haiti

AMURT has entered into a partnership with the University of Quisqueya (UniQ), Haitian Ministry of Education and Kellogg Foundation to provide innovative “whole-child” teacher training to over 120,000 primary school teachers throughout Haiti over the next 5 years. A “whole child” approach includes lifestyle training, social and environmental awareness, creative thinking and emotional intelligence. The continuing education modules are based on a learner-centered pedagogical model called *Lèkol Vivan (Dynamic School)* that has been adapted and refined by AMURT's pedagogical team over the past 4 years in training 900 teachers from 60 schools in the wider Port-au-Prince area.

In 2015 work was completed on the Center for Innovative Continuing Education, a new building constructed by AMURT and its partners on UniQ's campus. It will serve as the hub of this multi-year program to upgrade teacher competencies in Haiti

AMURT has trained 900 teachers in Haiti in the past 4 years in educating the “whole child.” This is an award ceremony in Port au Prince in early 2015.



Safe motherhood in Africa



"We have changed the old culture," said the Eze (community elder; left). "We had a lot of deaths of pregnant women in the past and did not know the cause. And many died in childbirth because they were sick and tired. Now the women do not become so weak later in pregnancy."

AMURT's motherhood programs in Kenya and Nigeria are designed to safeguard the health of women and newborns in remote underserved areas. The Jamii Bora project in Samburu County, Kenya is bringing greater awareness to men and women in a very traditional society, where unsafe home births are common, and where women lack independence.

The initial strategy was to meet with community elders to gain their support. The results are encouraging. In Ledero village the elders agree that men should be more involved in their wives' pregnancies. Now husbands share domestic chores, even fetching water and wood. This is a major shift from the traditional gender roles that kept

men with the animals and women caring for the home and making charcoal.

AMURT also supports the government health infrastructure, equipping health centers with obstetric equipment and essential supplies, and providing refresher training to health workers and health management committees.

As a result, 2015 saw a dramatic increase in the number of women coming to the government health centers for maternal healthcare. For example, there has been a 32% increase in antenatal visits and a 50% increase in clinic births at the Wamba health center. And the safe motherhood education program is successful, with women practicing child spacing and exclusive breast feeding.

Pioneering rural maternal healthcare in Nigeria

AMURT has pioneered the delivery of health services to women in Ebonyi State in southeast Nigeria, building seven clinics in neglected areas and doing extensive community outreach. The result is that in 2015 we are projecting over 1800 clinic births, which will be an 80% improvement over last year. The demand for ante-natal services at the AMURT-supported health centers has also greatly increased, with an average of 130 women attending each session. Due to the generosity of one donor, AMURT is able to provide free births for most of the women.

40 new health promoters were elected by their communities in 2015, so AMURT now supports 130 health promoters who visit pregnant women in their homes providing counseling, health education and emotional support.



The overall result is a dramatic decrease in the number of maternal and new born deaths. This is helped by the emergency services AMURT provides in the form of four ambulances based in the health centers, and economic support for poor women who face obstetric emergencies.

A proud mother with her newborn twins at Elugwu Ettam Health Centre in October. In that month we recorded 232 births in the health centers, the highest number of births in a month since the program started. October is the high season for births, being 9 months after the Christmas and New Year holidays!

All of us at AMURT hope you will feel inspired to continue your support so that more people can rise to their full potential, and smile joyfully when they count their blessings. Let us give everyone the dignity and the power to choose a meaningful destiny for themselves.

With heartfelt appreciation,

A handwritten signature in blue ink, appearing to read 'Peter Sage', with a stylized flourish at the end.

Peter Sage
Executive Director
AMURT

Visit us at www.amurt.net or write a check for general or project specific support for the above, or web-highlighted, projects:

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