

PHJ President's Visit to Program Sites –Toshio Kimura

Late October 2009, I visited PHJ supporting countries staying three days each. Following is my report.

Thailand: For the projects being implemented now, we receive many requests. (1) For the pediatric cardiac operations project, PHJ has been supporting more than 240 children to receive operations in a university hospital in northern part of Chiang Mai Province, the hospital requested our support to repair outdated medical equipment. (2) Sansai Hospital conducting rehabilitation of children with chronic illnesses also asked our support to improve their facilities. (3) The Provincial Ministry of Health requested our support for introducing a mobile clinic in the northern part. We will review these requests in terms of priority and effects and decide which support would be most effective..

Indonesia and Cambodia: In the areas PHJ is operating, there is lack of infrastructures such as drinking and medical-use water and electricity. We are implementing projects in both countries to support local health and medical conditions and nutrition education. The attached table shows medical and health situations of each country. In Cambodia the infant death rate per 1,000 is 70, while in Japan the rate was 60 in 1950 according to the Ministry of Health and Welfare. I found close similarities of Japan 60 years ago to the present Cambodia. At that time there was only enough electric power for us to listen to a small radio and there were no city water supply nor sewage system. Japanese infrastructures and economy improved rapidly and today Japan has one of the best organized infrastructures in the world.

Health Statistics (UNICEF The State of the World Children 2009)

	Japan	Thailand	Indonesia	Cambodia
Infant mortality rate per 1,00 births	3	6	25	70
Under-5 mortality rate per 1,000 births	4	7	31	91
Maternal mortality rate per 100,000 births	8	12	310	470
Life expectancy (years)	83	70	70	59
GDP per capita (US\$)	35,200	2,500	1,200	300



In Serang Province, Indonesia, river water is used for all purposes such as drinking, washing, bathing, and as lavatory. Due to this, people are suffering from diarrhea, skin infection, and other diseases and many children are borne with chronic malfunctions.



In Kampong Thom Province, Cambodia, PHJ is providing nutrition education for mothers using locally available materials and feeding malnutrition children under five

Both in Indonesia and Cambodia, women give birth at home with help from traditional birth attendants who do not have medical and health knowledge. Also there is no social welfare system. PHJ works in cooperation with the ministry of health in each country to promote deliveries with trained midwives at health centers equipped with medical facilities.

Referring to the above table, it is clear that Indonesia and Cambodia are 50 to 70 years behind Japan in terms of infant mortality rate. We have to ask how fast these countries could catch up with Japan through PHJ and other NGOs support. It depends on the industries, resources, and commitment of each country as well as technical innovation such as medical, health, and environmental sciences.

PHJ is represented in the three countries by 20 staffs, including two young Japanese country directors, who are supported by 1,300 health volunteers appointed from villages and health centers, as well as midwives, nurses, and medical doctors. I was impressed with the enthusiasm and sincerity of all these volunteers who wish to improve health and medical conditions at each site.

When I visited a health center in Cambodia, one middle-aged woman with a swollen foot came to get a medicine. I cannot forget her smiling face holding the medicine given to her. From this example, I am convinced that satisfaction cannot be measured with one scale and it varies from person to person depending on the level of expectation. I felt confident that PHJ can extend hope to people by developing changes constantly.

Assuming the Office of Vice Chairperson



By Shingo Oda, Former President, Hewlett-Packard Japan. Ltd.

When PHJ Chairperson, Katsuto Kohtani, asked me to join PHJ, I was not certain whether my 37 years experience in business would be useful or not to serve as a leader of a reputed NPO. Nevertheless, I was interested in making use of my business experiences to a different sector of society and decided to accept the offer.

Through participation in several monthly meetings and steering committee meetings, I have formed my image of PHJ as follows.

In 13 years since its establishment, PHJ has defined its mission, principles of operations, and budget and cost control system. PHJ is now focusing on strengthening support activities a Japanese NPO can perform in the support areas.

In this regard, our challenge is how to enhance satisfaction of beneficiaries at each support area. We could strengthen support system, enhance support programs, and make our activities visible through closer communication of the representative office and the headquarters.

PHJ is also facing another challenge. In the rapidly changing world of politics, economy, environment, science and technology, we should always go back to the fundamental principles of humanities, quality activities, independence and efficiency, whenever we encounter any difficulty. I wish PHJ would be the organization where all persons involved would have a team spirit based on trust and happiness in participating and supporting its activities.

I would appreciate your understanding and cooperation in pursuing my office.

Thailand: Report on Peer Educators Training Program

I came to know PH-Japan while I worked at the PHJ-Thailand as an intern in summer 2008. Because of this experience, I was fortunate to participate in the Peer Educators Training Program in Chiangmai organized by PHJ-Thailand from August 28 to 30, 2009. There were 19 participants from major three universities in Chiangmai. The students who are expected to work as peer educators received training on basic knowledge about HIV/AIDS and counseling methods, use of condom, and other items covering 10 subjects in a workshop.

I was truly impressed with the enthusiasm the participating students showed. It is said that about one to two percent of the entire population of Thailand is HIV-infected. So the HIV/AIDS are familiar matters to these students and they are truly concerned about this issue. Also I was impressed by the open and frank attitude of the Thai students. They are not hesitant to talk about sex which is unavoidable in discussing HIV/AIDS. Even though the program was for three days, I could understand why Thailand became famous for the HIV/AIDS prevention education. Having received the training, the students will transfer their knowledge of HIV/AIDS to other young people as peer educators at their universities and nearby junior or senior high schools.

Now reviewing the Japanese situation, we have to acknowledge that Japan is the only country among the developed nations whose HIV infected persons are increasing. There seems to be such prevalent attitude about HIV/AIDS as a saying "Let sleeping dogs lie." Maybe we can learn from the HIV/AIDS prevention education in Thailand.

Last but not the least, I would like to express my sincere thanks to the PHJ and PHJ Thailand staffs for giving me the opportunity to participate in this program.



All participants



Workshop

By Junko Takenaga, Senior student of International Christian University, Tokyo, Japan

Cambodia: Construction of Delivery Room at Chhuk Khsach Health Center



Construction of a delivery room at the Chhuk Khsach Health Center started. Two years have passed since PHJ Cambodia Office began activities at the Baray-Santuk Operational Health District. We have provided health workshops monthly directed to two health volunteers appointed by each village (VHSG) and traditional birth attendants. Sharing the same objective of improving health conditions in the village, they have cooperated on health education in each village and promoted the use of the health centers. Thanks to their efforts, cooperation between the village and local health center has been strengthened and the users of the health center are increasing.

Although we are happy about the increase of the users, we are facing difficulties, also. The current space is insufficient to provide satisfactory services. Once when three women came for delivery, we had to use a corridor. It is urgent to secure a sufficient number of beds and space. Considering this we decided to construct a delivery room at the Chhuk Khsach Health Center. We received the Japanese Government's grant assistance for NGO.

The construction began early November when the rainy season was about to end. Three beds are installed in a delivery room equipped with a toilet and water supply facilities. Electricity would come from solar power system. Health center staffs, health volunteers, and traditional birth attendants are truly happy with this construction. They are hoping this delivery room will enhance safe deliveries. The construction company is also happy that they are building the delivery room to support the village health.

We will continue to enhance maternal and child health by providing facilities to ensure safe delivery and organizing health educational programs.

By Yoshimi Nakata

Thailand: PH-Japan Thailand Moves to New Office

PHJ-T was officially established in Thailand in October 2008. We are currently implementing six health projects benefiting more than 100,000 poor and disadvantaged people in Thailand. We moved to the new office at the end of 2009 where nine staffs are working.



New office building



PHJT staffs

Our strategy for 2010 is to maintain and strengthen our current programs in Thailand and continue to explore opportunities to expand and raise our profile in the country and in Vietnam

Beside its staff, PHJ-T also has 849 volunteers. Most of the volunteers are government health staff, village health volunteers and university students.



Training course for volunteers



With hospital staffs

PHJ-T very much appreciates all your support and contribution over the years, particularly from our volunteers, PHJ Headquarters and all our donors in Japan. We would like to take this opportunity to wishing you the most joyous Holiday and a New Year filled with Peace and Prosperity.

By Jeeranun, PHJT Director

PHJT website: www.phj-thailand.org

Participating in PHJ Activities as Volunteers



Tetsujiro Hioki: Presently I am studying international medical cooperation at a graduate school. Wishing to see practical operations of NPO, I joined PHJ as a volunteer. Compared with the academic research at the medical university, PHJ provided me with practical knowledge and experience. I learned that in international cooperation, activities at local sites are as important as the back-up support and staff based on the headquarters. I hope to continue to serve at PHJ as a volunteer so that this experience will be useful in my next career.



Katsura Umino: My participation is limited to support activities at the PHJ office. Nevertheless, I learned much about international cooperation such as that it consists of varied types of communications among many persons: providing people in support areas with medical and health education, representatives communicating to the PHJ Tokyo Office, feeding back to donors in Japan. The study tour I joined gave me much insight on the communications. Thinking of the persons I have met, I will continue to work at the PHJ as a volunteer.

Introduction of New Staffs



Sachiko Yazaki: I joined PHJ in April 2009. My first encounter with PHJ goes back to its foundation in 1997.

Today, PHJ is extending health and medical education and other supports that are truly appreciated by the people in the developing countries in such scale and scope as exceeding the initially contemplated plan. This is possible because of understanding, cooperation, and support of many donors, PHJ representatives and staffs, other volunteers and supporters. As a communications staff, I hope to report the PHJ activities to you and receive feedback from you so as to enhance our activities even further.



Shouichi Yamazaki: Looking back my life, I cannot think of my presence without the love, care, and attentions of my parents, family members, and many persons.

When I was wondering how to extend my gratitude to them in return, a staff of PHJ asked me to join. As I used to have contacts with PHJ, I was familiar with its activities and gladly joined the organization. At PHJ I am happy to be a bridge between individuals and corporations who wish to make contributions to society on one hand, and mothers and children in developing countries who wish to have health on the other hand.

The Fifth NPO Certification

PHJ received the First Certified NPO status from the Tax Agency of the Japanese Government on December 6, 2001.

Since then, we have applied for the certification every two years. From this year, the validity is extended to five years. Although the application form consisted of more documents than before, on December 7, 2009, PHJ acquired the notice of the First Certified NPO status effective for five years from January 1, 2010 to December 31, 2014.

For your information, contributions to PHJ are tax-deductible to the full extent of the

law, regardless of contributions from corporations or individuals.



The fifth certificate

PHJ Participates in Canon Charity Book Fair

PHJ participated in the subject book fair organized by Canon, PHJ's corporate member. Every year the Canon Group employees donate books and CDs that are sold at a company bazaar. The sales at the bazaar and the matching gift from the Company are donated to NGOs supporting Asian countries. PHJ is one of the NGOs receiving this donation.

This year PHJ participated in the fair by arranging books and CDs as shown in the photo and made a presentation on the mother and child health program in Cambodia.

By Masaru Yokoo



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