

A vibrant, close-up photograph of a group of children, primarily of African descent, smiling and looking towards the camera. The children are dressed in casual clothing; one child in the foreground wears a blue zip-up hoodie with a small 'MEC' tag. Another child in the foreground wears a white shirt with a floral cardigan and a red heart graphic that says 'HAPPY'. The background is filled with more children and lush green trees under bright, natural light.

AMDA Multisectoral and Integrated Development Services

2024

ANNUAL REPORT

Foreword

As we enter a new fiscal year, I would like to express my heartfelt gratitude, on behalf of all our board members and staff, for the generous support, encouragement, and cooperation we received throughout the past year.

Since the onset of the global COVID-19 pandemic in 2020, we have refrained from undertaking non-essential international travel. However, this past year, I was finally able to visit all of our project countries once again and witness firsthand the progress and achievements of our activities.

One of the core missions of AMDA-MINDS is the promotion of community development, particularly in regions where poverty is severe and government services are limited or difficult to access. This mission is realized through the implementation of projects tailored to the specific development needs of each location. At the same time, from the standpoint of sustainability, we make every effort to strengthen the capacities of stakeholders and foster a strong sense of ownership among beneficiaries. It is essential to remain flexible—if Plan A proves difficult to implement, then we must explore Plan B, always striving to find practical and effective solutions.

While I hesitate to speak too highly of our own efforts, I can say with confidence, having completed my visits to all of our project sites, that AMDA-MINDS is utilizing the resources entrusted to us with great effectiveness and efficiency, generating tangible and meaningful outcomes.

We sincerely hope for your continued support and cooperation as we carry our mission forward.



Shunsuke SUZUKI, Managing Director,
AMDA Multisectoral and Integrated Development Services

What is AMDA-MINDS?

AMDA-MINDS (AMDA Multisectoral and Integrated Development Services) is a non-governmental organization having its origin in the Office of Project Operations and Community Services of the Association of Medical Doctors of Asia (AMDA). It was incorporated in April 2007 and succeeded all of the Japan-funded mid-/long-term humanitarian and development projects from AMDA. Dr. Shigeru Suganami, President of AMDA Group, envisaged the path leading to improvement of the quality of social development services through capacity building and enhancement of practical and intellectual base in such specialized fields as microfinance, income generation, livelihood, education, participatory methods that are often integrated with health sectors when pondering poverty alleviation. AMDA-MINDS currently implements projects in Myanmar, Nepal, Honduras and Madagascar.

About AMDA Group

AMDA (Association of Medical Doctors of Asia, the) Group is a consortium of 6 humanitarian, non-profit, non-political, non-religious, and non-governmental organizations, and formally established in Japan in 1984. Since its establishment, AMDA Group has worked in more than 50 countries in Asia, Africa, Latin America, Europe and Japan, and obtained the General Consultative Status at the United Nations Economic and Social Council in 2006. Member organizations of AMDA Group, namely AMDA, AMDA-MINDS, AMDA International Medical Information Center, AMDA Organization for Global Assistance and Relief, and AMDA-International (an international network of 32 chapters), AMDA Hyogo works independently/jointly in order to materialize its vision “To build a global network of partnership for peace through projects with Sogo-Fujo spirit under local initiative” in comprehensive manner.

Highlights of Our Work in 2024

1. Reducing Health Disparities

Health disparities are a global challenge that disproportionately affects vulnerable people, particularly in remote and low-income areas. Healthcare access inequalities are responsible for preventable diseases and deaths, undermining overall well-being and development. AMDA-MINDS, we are committed to working towards a future where everyone, regardless of their background, has the opportunity to live a healthy life.

Promoting Health Seeking Behavior Myanmar



▲ Mothers learning how to prepare nutritious weaning food

In areas with a high population of ethnic minorities, we are working to improve maternal and child health and sanitation. Our efforts include providing health education, conducting nutritious cooking workshops, promoting fly-proof latrines, and installing ceramic water filters.

Continuum of Care for Safe Motherhood Honduras



▲ Neonatal resuscitation training by a Japanese expert

To reduce maternal and neonatal mortality, we provide medical equipment to public health facilities, strengthen the competency of health personnel, and conduct awareness-raising activities for local residents. Additionally, we promote the use of maternal and child health handbooks to ensure continuous care.

2. Addressing Malnutrition and Food Insecurity

Malnutrition and food insecurity remain serious threats to vulnerable people. Millions, including young children, suffer from chronic malnutrition, leading to severe health risks and hindering sustainable development. AMDA-MINDS addresses these challenges by promoting sustainable food production, enhancing nutrition education, and improving access to diverse diets through collaboration with local and international partners.

Combating Malnutrition in Children under 5 Madagascar



▲ Farmers receiving home gardening kits

In areas with a high prevalence of stunting among children under five, we are working to develop local capacity for nutrition education, promote home gardening, construct hygienic latrines, and broadcast nutrition awareness programs via radio.

Sowing Food Security in Homes and Schools Honduras



▲ Happy family harvesting cucumbers in their home garden

To ensure that local communities have access to a diverse diet, we provide training on cultivating vegetables and fruits that can thrive in dry conditions using environmentally friendly farming methods in home and school gardens.

3. Promoting Women's Health and Well-being

Women's health is a fundamental human right and vital for sustainable development. Yet, many lack essential healthcare, leading to preventable deaths and long-term issues. AMDA-MINDS improves women's health by strengthening healthcare systems, raising awareness, and expanding access to quality care. We strive to create a future where every woman can lead a healthy, dignified life.

Protecting Women's Health with Screenings Honduras



▲ Event for Breast Cancer Awareness Month

In order to ensure that local residents have access to breast and cervical cancer screenings at public health clinics, we provide training for clinic staff on screening techniques, supply essential medical equipment, and conduct awareness campaigns to emphasize the importance of cancer screenings.

Bridging Health Gaps for Remote Communities Nepal



▲ Child care education as part of immunization outreach

With the goal of ensuring the safe birth of as many lives as possible in regions with extremely limited access to healthcare facilities, we have been working to establish birth centers, promote ultrasound screenings for identifying high-risk pregnancies, and conduct awareness-raising activities for local communities.

4. Ensuring Quality Education & Healthcare for Every Child

Ensuring access to quality education and healthcare is essential for every child's development and well-being. Unfortunately, millions of children around the world face barriers to these basic rights, leading to long-term consequences. AMDA-MINDS works to address these challenges by improving school infrastructure, providing healthcare resources, and promoting hygiene practices.

Creating Healthier Learning Environment Madagascar



▲ Students learning about hygiene through a puppet show

To help protect children's health and access to education, we renovate school toilets, provide hygiene training for teachers, and hold community awareness events to improve sanitation conditions.

Supporting the Only Children's Hospital Sierra Leone



▲ Relieved nurse after successful emergency patient transfer

At the nation's only pediatric hospital, we support its operations by providing essential medical equipment, pharmaceuticals, and diagnostic reagents for pediatric care. We also assist in repairing electrical systems and water supply infrastructure.

5. Fostering Economic and Social Empowerment

Economic and social empowerment is crucial for individuals and communities to overcome poverty and achieve sustainable development. Many vulnerable people still face systemic barriers to opportunities and resources, hindering their potential. AMDA-MINDS empowers individuals by providing skills training, promoting entrepreneurship, and fostering inclusive economic growth.

Microfinance for Women's Empowerment Myanmar



▲ Growing flowers for income with a loan

AMDA-MINDS provides microfinance and financial education services to women in impoverished communities who lack access to formal financial services. These efforts contribute to improving their livelihoods by reducing dependency on unstable and limited sources of income.

Supporting Cash Crop Growth Nepal



▲ Training on coffee processing techniques

We assist farmers striving to boost their income by cultivating and marketing cash crops such as coffee and vegetables. Through tailored agricultural training and support in building strong market connections, we help empower farmers to enhance their livelihoods and contribute to sustainable community development.

6. Sharing Voices, Inspiring Support in Japan

In Japan, we have actively shared updates on our activities, achievements, and the voices of beneficiaries and staff from around the world through lectures, exhibitions at events, and various communication channels such as our website and social media. Additionally, to ensure the continuity and further enhancement of our initiatives, AMDA-MINDS has been working to expand our network of supporters and strengthen collaborations with companies and organizations.



Contributing to SDG 12 through a charity auction of unused items at the 2024 Environmental Fair in Kurashiki, Okayama.



Giving a lecture to high school students on global issues and AMDA-MINDS' initiatives during a "Saturday Open Class" at Okayama Hosen High School.

Corporate Collaboration Case Study



A Simple Choice That Makes a Difference

A mobile vendor, TOSA KIMUCHI, selling kimchi and lunchboxes is taking a creative approach to support both environmental protection and international cooperation. For every customer who says “no” to a plastic bag and disposable chopsticks, the vendor donates ¥10 to AMDA-MINDS. It’s a small act—bringing your own bag or chopsticks—but it adds up. This unique initiative makes giving easy and rewarding, helping more people feel connected to a cause through everyday choices.

By setting up shop in front of government offices and at local events, TOSA KIMUCHI is also raising awareness and inspiring a new kind of giving in the community. What started as a simple gesture is now encouraging people to rethink donation—and showing how small changes can lead to something bigger.

Staff Voice



“Building a Future Where Care Continues” Melvin Amador, Project Coordinator, Honduras Office

Among the many outcomes of the project, I believe the introduction of the first ultrasound machine in Curarén Municipality, along with the training provided to doctors, has had the greatest impact.

Not only pregnant women, but also their families and community health volunteers have shown strong interest. In FY2024 alone, 144 ultrasound examinations were conducted in Curarén, enabling the early detection of fetal and maternal health issues. Access to local ultrasound services has clearly encouraged more pregnant women to seek antenatal care.

I am originally from Reitoca Municipality, and I became a nurse with a strong desire to help solve local health challenges. It is truly rewarding to now be able to contribute to those solutions through the activities of AMDA-MINDS.

Moving forward, we will focus on ensuring the sustainability of these positive outcomes and on strengthening collaboration with communities, health facilities, and local government so that maternal and child health improvements will continue—even after this project ends.

Our Projects

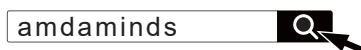
Myanmar	Location	Relevant SDGs
Livelihood Improvement Program in Meiktila Township	Meiktila District	1, 4, 5
Maternal and child health improvement project in mountainous area of Mongyai Township in northern Shan State	Tangyan District	2, 3, 6
Nepal		
Project for Improving Health Seeking Behaviors of Mothers and Children (IHSBMC) Chure Rural Municipality, Kailali	Kailali District	3, 5, 10
Project for Empowering the Smallholder Farmers' Actions (PESHA)	Gorkha District	1, 2, 5, 10
Honduras		
Promotion of breast and cervical cancer prevention through early detection and treatment in Honduras	El Paraiso Department	3, 5
The Project for the Strengthening of Health Service Delivery of Integrated Health Service Network (RISS)	Francisco Morazan and El Paraiso Departments	3
Project for promotion of home gardening and tree planting to conserve environment and improve nutrition	El Paraiso Department	2, 5, 6, 15
Project for Strengthening a Continuum of Care for Maternal, Newborn, and Child Health in Municipalities of Reitoca and Curarén	Reitoca and Curarén Municipalities	3, 5
Madagascar		
Project for Improvement of Nutrition among Under-5 Children in Atsimondrano District	Atsimondrano District	2, 3, 6
Nutrition Improvement Project through Poultry	Atsimondrano District	1, 2
Project for healthy school life with hygienic and sanitary latrines	Manjakandriana District	3, 4, 5, 6
Project to support increasing vegetable yields towards improving food availability in Manjakandriana District	Manjakandriana District	1, 2, 15
Sierra Leone		
Project for support Ola During Children's Hospital	Freetown	3,

※The above-mentioned projects have been implemented during the fiscal year 2024 (April 2024 - March 2025).

SDGs

The Sustainable Development Goals (SDGs), also known as the Global Goals, are 17 goals adopted by the United Nations (UN) in 2015 as a universal call to action to end poverty, protect the planet, and ensure peace and prosperity for all people by 2030.





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