

AMDA

**ASSOCIATION OF
MEDICAL
DOCTORS OF
ASIA**



2022 ANNUAL REPORT

[TABLE OF CONTENTS]

MESSAGE FROM AMDA PRESIDENT

AMDA's GPSP Concept

1. Peace Building

Emergency Relief (01)

Post-disaster Reconstruction Assistance (13)

Disaster Response Platform (16)

2. Health Development

Primary Health (17)

Facilitating Medical Technology Transfer (19)

AMDA GPSP Hospitals (23)

3. Educational Support (25)

4. Livelihood Assistance (29)



MESSAGE FROM AMDA PRESIDENT



Soon after the year 2022 began, a humanitarian crisis occurred in Ukraine. Still now, many people have been forced to take refuge under the cold skies. Through emergency relief activities held in response to this dire situation, AMDA has witnessed both the preciousness and fragility of peace.

Aside from this, there were natural disasters in Pakistan, the Philippines, and Indonesia that affected the lives of millions. In flood-stricken Pakistan, one-third of the country was submerged. The typhoon that stormed the Philippines left many people displaced. In Indonesia, a huge earthquake brought about tremendous damage to Java and its peripheral areas.

On one hand, what allowed us to respond to these calamities was AMDA's global network that was formed under the principle of "Sogo-Fujo," a Japanese term for mutual assistance. It was indeed something that could not be accomplished by ourselves alone.

No one knows what awaits us tomorrow. However, let us believe in the power of the good, so that our wish for a peaceful world can be turned into reality.

We thank you for allowing us to operate our projects in every corner of the globe. Our contribution may be small. However, it would bring us immense joy if someone is saved by what we do.

Your continued assistance and guidance would be very much appreciated.

Sincerely,

A handwritten signature in black ink, which appears to be '菅波 英' (Suganami Hideo), is written over a circular blue stamp. The stamp contains the text 'Association of Medical Doctors of Asia' around the perimeter and 'AMDA' in the center.

Dr. Shigeru Suganami M.D., Ph.D.
President, Association of Medical Doctors of Asia (AMDA)

AMDA's GPSP Concept



In 2014, AMDA established a concept of global network named, “Global Partnership for Sustainable Peace” (GPSP). The aim of this network is the coexistence of diversity, which is virtually indispensable for world peace. Under this concept, programs have been developed beyond borders with the philosophy of *Open Sogo-Fujo* (mutual assistance), which, AMDA believes, is the universal value of the 21st century. The framework consists of four activity fields, namely, 1) peace building, 2) health development, 3) educational support, and 4) livelihood assistance.

AMDA defines peace as “today’s family life with hope for a better tomorrow.” “Today’s family life” symbolizes a healthy family condition where one has sufficient food to maintain a decent living. The phrase, “hope for a better tomorrow” points to providing education to children. The said four fields of GPSP activities have been set to abate conflict, disaster, and poverty, all of which are considered hindrances to realizing peace.

By involving governments, local public authorities, public interest groups, corporate enterprises, and academia, AMDA hopes to enlighten the world with the concept of *Open Sogo-Fujo* to realize the coexistence of diversity. This is the end goal of the Global Partnership for Sustainable Peace.

GPSP’s three core values

1. **Partnership:** the natural feeling of mutual trust and respect attained through working together to overcome difficulties
2. **Open Sogo-Fujo:** expanding the concept of *Sogo-Fujo* (mutual assistance) into a universal value. It promotes mutual assistance across and beyond one’s own community, regardless of race, religion or culture
3. **Local Initiative:** maintaining the utmost respect for each and every community’s values and culture

Sogo-Fujo is a cycle of giving and receiving, a traditional value deeply rooted in the close-knit community-oriented way of life in Japan.

1. Peace Building

Emergency Relief



Whenever natural disasters or humanitarian crises occur, AMDA prides itself on swiftly sending relief teams to provide timely and coherent assistance to the victims. By tapping into the vast network of partner organizations around the globe, AMDA does what it can to deliver what is most needed on the ground.



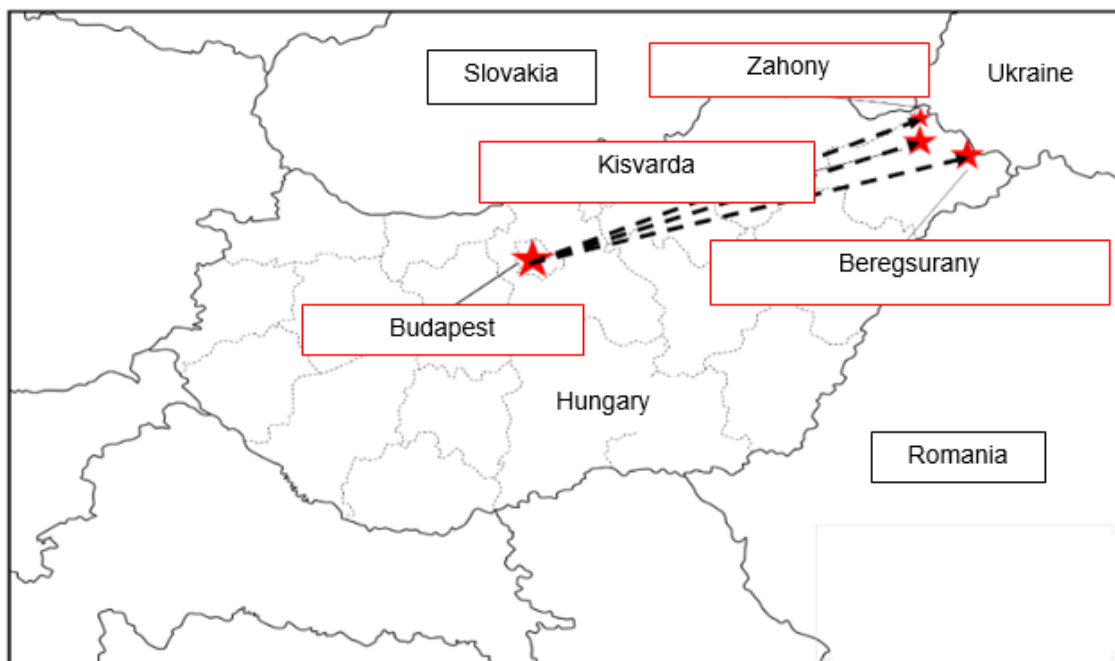
1. Peace Building

Humanitarian crisis in Ukraine (March 2022 -)



Immediately after the humanitarian crisis occurred in Ukraine in late February 2022, AMDA launched emergency relief operations to help the evacuees who sought refuge in neighboring countries. AMDA sent aid workers to Hungary where many Ukrainians were arriving from war zones. At the time, sources reported that approximately 18 million people had fled Ukraine to other countries for their safety.

From March to October of that year, a total of 14 aid workers were dispatched from AMDA Headquarters in Japan and other locations. After the completion of the initial activity phase, AMDA commissioned its relief work to local partner organizations in Hungary and Ukraine to provide further assistance.



◆Beregsurany (Hungary):

AMDA's relief team worked at a help center for evacuees in Beregsurany, a village located on the Hungarian border with Ukraine. During the initial phase, the team worked around the clock to provide medical services, seeing around 10 patients per day at the center's makeshift clinic. The staff members also did their rounds within the facility to see if anyone needed

1. Peace Building

assistance. Likewise, the team took care of local aid workers and volunteers, as fatigue was taking its toll on them due to the strenuous work.

The team also offered foot-spa treatment and massage to anyone that needed them. In addition, AMDA's staff members helped the children at the shelter to relieve their stress by organizing recreational activities.



◆Kisvarda (Hungary):



In June, AMDA's local counterpart Várda Hagymányórző, Kulturális Egyesület (hereafter referred to as "Várda") held a sporting event in Kisvarda, Hungary, where many evacuees were taking refuge. The event brought together participants from both Ukraine and Hungary to enjoy dancing and singing together. The AMDA team participated in the event by setting up a first aid tent to be on standby. In addition, the team offered drinks and snacks to participants.

In July, AMDA joined a cooking event which was held as part of an initiative to support Ukrainian evacuees. Among a variety of Hungarian and Ukrainian dishes served, one notable dish was the Japanese-style pan-fried noodles (yakisoba) prepared by the staff members of AMDA and Kárpátalja Ház, AMDA's local counterpart. At the noodle stand, each staffer wore a traditional Japanese robe which bore the messages of support from AMDA supporters in Japan. The noodles were so popular that some people bought them repeatedly. All of the proceeds were used to purchase relief goods to support Ukrainian evacuees.



◆Sending medical supplies to hospitals in war zones:



Through Várda, AMDA has been sending medical supplies to hospitals in Ukraine where medicine and other essential items have been in short supply. Since Japanese doctors were not permitted to enter the Ukrainian territory, the organization acted as a mediator to distribute the goods on behalf of AMDA. Also, a portable electrocardiogram machine was donated to Várda for further use in Ukraine.

1. Peace Building

◆Others:



Foreseeing the protracted crisis, AMDA donated a van to Várda to be used for the transportation of relief items. AMDA decided to provide the vehicle after learning that the organization was using a rented car for one of their work vehicles.

Meanwhile, AMDA purchased home appliances such as refrigerators and microwaves to be delivered to medical rehabilitation facilities in Ukraine. Food distribution efforts have also been carried out for those who are unable to get food items due to logistical and financial problems.

In November, AMDA provided two units of air conditioners to a local medical facility in Ukraine as winter set in. One of AMDA's local partners also conducted food distribution activities in a regional city, providing foodstuffs such as pasta and cooking oil to 20 local families.



Furthermore, AMDA donated a power generator to one of the local medical facilities in December to counter the frequent power outages. Because the outages lasted for 12 to 24 hours a day in the region, residents had trouble getting power supplies for heating and lighting. The generator has been mainly used by people with disabilities at the facility.



In Christmas, presents were delivered to children remaining in war zones. To give them some sense of relief amidst the tough situations, Várda coordinated the distribution on the ground.

1. Peace Building

Large-scale flooding in Pakistan (September 2022 -)

In response to the floods that devastated Pakistan during the monsoon season (June – August), AMDA dispatched one relief coordinator from Japan in late September 2022.

Due to the frequent flooding stemming from monsoons and melting glaciers in the country's northern mountainous regions, the Pakistani government said 1,486 people died, 12,749 people were injured and 1.76 million houses were destroyed (as of 14 September).



AMDA had been in touch with its local counterparts since August and decided to send its relief personnel in the face of the worsening situation. By September, it was said the affected population reached around 33 million.

A day after arriving in Pakistan, on 22 September, the AMDA coordinator visited the head office of the National Rural Support Programme (NRSP) for information gathering. NRSP has been AMDA's long-time partner in social development and emergency relief projects.

On the 23rd the AMDA coordinator visited the Hamdard Foundation, AMDA's another counterpart for many years, whose founder had deep ties with AMDA president. The following day, the coordinator visited the heavily-hit province of Balochistan with the foundation's staff members.

The coordinator reported that the major bridges connecting the province with the adjacent Sindh region had been completely washed away, leaving the local transportation system and economy paralyzed.

After paying a visit to two local hospitals which were also used as shelters, the coordinator reported that the flood water had already receded in the proximity, and the number of incoming evacuees were getting less. (The hospitals were run by the Hamdard Foundation.)



The next day, the coordinator moved to Jamshoro in Sindh Province with the foundation's staff members to assess the local situation. Because many places were still submerged, a lot of people were taking shelter in evacuation centers and tents set up along roadsides.

This time, thanks to the Hamdard Foundation's coordination, the coordinator was able to enter the area that was still inundated by boat.

1. Peace Building

With the foundation's assistance, the team managed to deliver food items to those who had difficulty evacuating. Each set of food items contained, flour, rice, sugar, dal beans, chickpeas, powdered milk, and tea leaves. Around 225 sets were distributed in total.

From 26 to 28 September, with NRSP, the AMDA coordinator visited affected communities in Tando Allahyar and Mirpur Khas (both in Sindh Province) to determine the extent of the damage. Through briefings with Tando Allahyar's health officials and the staff members from NRSP's Mirpur Khas office, it was learned that although malaria was spreading in each area, the exact number of the infected was yet to be known because the scale of the infection was extensive.



The coordinator also identified that many of the local residents were taking shelter in makeshift tents set up by the roadsides since their houses were washed away. As there was a need for mosquito nets, the coordinator donated them to 150 households in a village in Tando Allahyar on the 28th. This was made possible thanks to

NRSP's assistance.

Later that day, the coordinator met Dr. Shoaib Baqai, the head of the Baqai Foundation, who also led AMDA Pakistan. According to Dr. Baqai, the foundation was conducting medical relief with its own team on a bi-weekly basis in Sindh, organizing mobile clinic services and item distribution efforts.

On the 29th, the coordinator visited severely affected communities in Thatta (also in Sindh) with aid workers from the Hamdard Foundation. Many residents residing along the Indus River were said to have lost their houses in flooding.

Based on the information provided by the local police and rescue rangers, AMDA and Hamdard jointly provided food items such as flour, rice, and beans to 150 local families in one remote district where assistance had not reached. The distributed food supplies were procured locally to support the recovery of the regional economy.

Upon completing his work, the coordinator said, "It is important to see what is happening in reality and consider what each of us can do to help those in need."

◆Follow-up relief activities:

After the AMDA coordinator returned to Japan, the Baqai Foundation practically took over the relief work and continued to be active in Sindh Province from October to December. Each of the activity periods was as follows:

Team	Work location	Period
1 st team	Moro	6-9 October
2 nd team	Thatta	18-20 November
3 rd team	Gharo	16-18 December

1. Peace Building



During this time, a team comprising around 10 staff members worked hand-in-hand to provide assistance to the flood victims. Government-run schools and institutions accommodated the team at each location.

The relief work consisted of two activities, which were, 1) medical assistance, and 2) the distribution of relief goods.

For the medical part, paramedical personnel and doctors took care of patients with common ailments such as diarrhea, coughs, and ophthalmologic symptoms. Accordingly, antidiarrheic drugs, cough syrups, and eye drops were prescribed as needed. In total, more than 1,000 patients benefited from the medical assistance.

Regarding the item distribution, the team delivered foodstuffs which included rice, beans, flour, teabags, and cooking oil. First aid boxes that contained bandages, ointments, antibiotics, and other hygiene goods were also provided. It is estimated that more than 200 families benefited from the item distribution as a whole.



Mr. Rehan Lodhi, Baqai's liaison officer, explained that around the time when the relief work started, the interactions between the team on the frontline and the back office was not easy due to security reasons in affected areas. However, he concluded that "people affected by the disaster were full of praise for the assistance they received."

Also as a follow-up, he sent the below message to express his views on the existing situation:

"In the current scenario, the floods in Pakistan have had a devastating effect on the country. Millions of people have been displaced and thousands have lost their lives. The floods have destroyed homes, crops, and infrastructure. The floods also had a significant impact on human health with a rise in waterborne diseases and mental health problems. The floods have had a major impact on the economy of Pakistan. The country is already struggling with high levels of debt and inflation. The floods will make it even harder for Pakistan to recover. It is estimated that it will take years for Pakistan to recover from the floods. In the meantime, the people of Pakistan need our help. We must do what we can to provide relief and support to those who have lost so much. It will take time to return to normal life."

1. Peace Building

Tropical Storm Nalgae (Paeng), Philippines (November 2022)



In response to tropical storm Nalgae (locally called Paeng), which struck the Philippines' Catanduanes island, AMDA carried out an aid distribution effort with Kikkawa Co., Ltd., a Japanese private company based in Kurashiki, Japan.

After making landfall on 29 October 2022, the storm, which moved westward by the following day, battered several islands in the region. A torrential rainfall caused flooding in many areas, affecting around 1.47 million families in total, the National

Disaster Risk Reduction and Management Council (NDRRMC) said on 19 November.

To assess the situation, AMDA Headquarters immediately began contacting AMDA Philippines and its local partners at the outset of the storm. It was learned that the southern island of Mindanao was severely affected.

For two days starting on 13 November, AMDA jointly organized emergency relief with Kikkawa for the flood victims in Zamboanga, a city in Mindanao that was heavily inundated. The company has supported AMDA's humanitarian work for many years.



In Zamboanga, the joint relief team was initially planning to distribute foodstuffs such as rice, dried noodles, tinned sardines, corned beef, coffee, and juice to some 500 local families. However, due to the greater demand, the team eventually supplied goods to around 800 households in two days, adding non-food items such as blankets, underwear, and clothing to the list of the goods they provided.



1. Peace Building

Earthquake in Java, Indonesia (November 2022)



In response to the earthquake that struck Java Island in Indonesia on the afternoon of 21 November 2022, AMDA Indonesia dispatched a medical relief team to Cianjur, the epicentre regency in West Java Province.

According to Indonesian national disaster authority BNPB, the magnitude 5.6 earthquake killed 272 people, leaving 2,061 people injured and 39 people missing. A total of around 57,000 buildings were damaged, and approximately

60,000 people were forced to take shelter (as of 25 November).

AMDA Headquarters received a request for assistance immediately after the quake hit. This led AMDA Indonesia to form an emergency medical team comprising 14 medical workers (two doctors, five nurses, one pharmacist, two radiographers, and four coordinators). The members of the team were led by an anesthesiologist based in Bogor, West Java, who was a former student of Dr. Andi Husni Tanra, AMDA Indonesia's chapter chairperson.

On 25 November, the team headed to the Tunggilis village, one of the remote communities where no help had reached at the time. This time, the relief team consisted of 19 aid workers (five doctors, seven nurses, one pharmacist, two radiology technicians, and four coordinators) from Ciawi Regional General Hospital in Bogor, West Java.



As some of the stranded communities were difficult to reach by car, the team had to access the evacuation shelters on foot, navigating through muddy pathways. Upon arrival, the team immediately started providing medical consultation services to the affected residents.

On the following day, the team also visited Pasir Cina, another village in the same area, to carry on with the relief work.

As a whole, the team catered to the needs of around 700 people in two days, seeing 301 patients in total. Symptoms such as fever, diarrhea, respiratory ailments, and body pains were commonly seen among the patients. Medicine was also prescribed as needed.

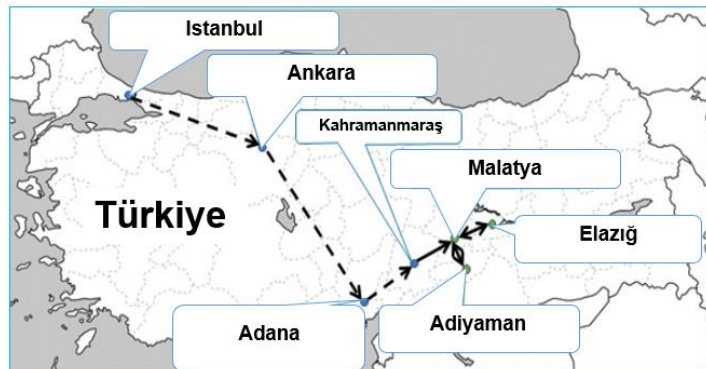
1. Peace Building

On the 27th, the team visited the Cariu village to provide relief goods. Aside from foodstuffs including instant noodles and milk, it also provided soap, toothbrushes, shampoo and other daily necessities.

Earthquakes in Türkiye (February 2023 -)

AMDA has been continuing its humanitarian relief efforts to support the victims of huge earthquakes that devastated the southern regions of Türkiye on 6 February 2023.

On 1 March, Turkish disaster management authority AFAD reported that a magnitude 7.8 earthquake and numerous aftershocks claimed 45,089 lives, leaving 1,971,589 people displaced.



Five days after the initial quake hit, AMDA dispatched its medical team (one doctor, one nurse, and one coordinator) to Türkiye from Japan. To join forces with the first team, additional medical personnel (one doctor and one nurse) were sent after a short period of time.

As the relief work developed, it eventually resulted in joint relief operations in the southeastern province of Adiyaman with the Turkish Medical Association (TTB) and the region's local doctors' associations. The aid workers responded to the needs of the residents by providing medical consultation services and distributing emergency supplies.

◆Adiyaman (20-25 February):



The AMDA team went around evacuation shelters and tents in Adiyaman's city center to see if anyone needed medical assistance.

Many of the patients had badly dry skin and injuries. There were many people who were suffering from chronic illnesses such as diabetes and hypertension as well.

One patient had not been able to retrieve antihypertensive medicine from home, as it was dangerous to enter the house which was on the brink of collapse. The team also learned that it made it hard for the patient to go to a hospital because seeing the destroyed streets would make one distressed.

Although the patient had been put on medication, the blood pressure readings remained high. Accordingly, the team procured medicine for the patient by referring the case to a local welfare center.

1. Peace Building

◆Visiting remote villages (16-19 February / 26 February - 4 March):



After the initial needs assessments were conducted at the disaster sites, the AMDA team began providing medical consultations in remote communities.

This led medical professionals from Adiyaman and other neighbouring areas to visit some of the most isolated locations. Just as previously noted, many people came to have their blood pressure and sugar levels checked for their chronic symptoms.

“At the time of natural disasters, chronic illnesses tend to get worse because of the stressful environment,” an AMDA doctor said. “The most important thing is to get rid of the patients’ stress and give appropriate advice to them by providing check-ups before the symptoms exacerbate.”

Among the evacuees who dropped by the mobile clinic services were families that had evacuated to the outskirts from city areas. However, their children had developed stomach aches, mostly due to the stress of adjusting themselves to unfamiliar environments. An AMDA doctor emphasized the importance of providing psychological care to minors as the memories of calamities could persist for several years.

◆Item distribution efforts:



To help cope with bone-chilling temperatures (which hit sub-zero even in the daytime), the AMDA team delivered relief supplies to keep the evacuees warm. The items included ankle-warming braces, blankets, and thermal underwear, some of which were purchased locally to support the regional economy. In addition, a set of hygiene supplies (shampoo, liquid soap, wet wipes, towels and sanitary napkins) was also provided to the evacuees to prevent the risk of infections.

The team also distributed sweets and snacks to children, as well as hijabs to women.

At the mountainous village of Aksu, the team gave out winter socks to the residents as mud from landslides had entered their houses.

◆Recreational activities for children:

One of the highlights of this relief mission was the recreational activities, which the AMDA team organized for children who had been forced to endure the plight.

The team was joined by a sports instructor and a childminder who came to offer help as volunteers. Thanks to their assistance, the team managed to offer physical exercise and painting activities to local children.

1. Peace Building

Likewise, an online exchange event between Turkish children and Japanese middle school students was held on 3 March via video chat. It was a huge surprise for the Japanese students when Turkish children introduced themselves in Japanese. The Q&A session that followed deepened their mutual understanding.



The AMDA team also succeeded in bringing joy to the local children through play activities using origami paper and stickers they brought from Japan. The children appeared to be having a lot of fun, with some of them exclaiming with joy.

◆Follow-up activities:

After the emergency phase came to an end, AMDA launched post-quake support activities which would be held on a medium-to-long-term basis. For this initiative, the doctors' association in Adiyaman was expected to play a key role in the actual work.

Currently, the doctor's association has been running a temporary clinic by utilizing a truck container that the Turkish government provided for temporary housing. The clinic has been offering free dental check-ups, and antenatal care for pregnant women.

Immediately after the initial tremor struck, psychiatrists were called to provide psychological support to quake victims. Presently, a specialized mental healthcare team has been formed in conjunction with the opening of four general clinics. Moreover, the organization has been constructing a children's day-care facility with an emphasis on providing psychological support. AMDA covers part of the funding for the project.



List of AMDA Emergency Relief (April 2021 - March 2022)

Month	Project	Country
February	Crisis in Ukraine	Ukraine
September	Large-scale flooding in Pakistan	Pakistan
November	Tropical Storm Nalgae (Paeng)	Philippines
November	Earthquake in Java	Indonesia
February (2023)	Earthquakes in Türkiye	Türkiye

1. Peace Building

Post-disaster Reconstruction Assistance

The Great East Japan Earthquake (2011 -)



Over the past decade, AMDA has supported the disaster-hit communities in northern Japan, Iwate and Miyagi Prefectures in particular, which were devastated by the 2011 Great East Japan Earthquake and Tsunami.

On 11 March 2011, the deadliest tremors of an unprecedented scale (mag.9.0) coupled with a horrendous tsunami killed 15,800 people in the region, leaving more than 2,500 people missing. AMDA was quick to respond to the catastrophe by sending a relief team to Sendai in Miyagi Prefecture the day after the quake struck. The emergency phase of the relief activities lasted close to two months (in which 149 aid workers were dispatched in total), followed by the secondary phase with a focus on disaster reconstruction. Ever since, AMDA has worked with local partners in providing assistance to every nook and corner of the communities where people have different needs for support.

◆AMDA Health Support Center in Otsuchi, Iwate Prefecture:



After the 2011 earthquake and tsunami devastated Otsuchi in Iwate Prefecture, the town has been facing a gradual decline in population. The population has dwindled to approximately 11,400 in 2021 from what used to be 15,000 in 2011 before the disaster occurred.

Still, AMDA Health Support Center in the town has been continuously serving the local community for the last 10 years by providing acupuncture therapy, as well as health-related guidance and workshops to its visitors.

After vacating a temporary flat where the old center had been located, a new building was built in 2022 for the facility to make a fresh start. Although the facility was forced to reduce the number of events due to the COVID-19 pandemic, some activities such as physical-exercise workshops were continued online.

1. Peace Building

◆“Gourmet F-1”- A foodie event for regional revitalization:



Gourmet F-1, a foodie event that features local food produce, was originally started with the aim of revitalizing local shopping streets in Kesennuma (Miyagi Prefecture) and other disaster-stricken communities in the Tohoku region. AMDA has contributed to the event in multiple ways: by sending volunteers to help operate it or by holding photo exhibitions at the venue. Although Gourmet F-1 was temporarily suspended due to the novel coronavirus pandemic, one of the shopping streets launched food distribution efforts to ease the financial burden of local residents stemming from the COVID-19 recession.

◆Support for the homeless in Sendai City, Miyagi Prefecture:

AMDA has been supporting the Sendai Yomawari Group, a local NGO based in the city of Sendai in Miyagi Prefecture that primarily offers meals to homeless people. Most of them are those who have been forced to live on the streets after the 2011 disaster. Because of the COVID-19 pandemic, the number has increased due to job losses. The NGO has been periodically extending a helping hand to the homeless people in the city's several locations. In addition to providing packed meals and new underwear, it has been offering mobile shower and laundry services. Furthermore, it supports the users to become self-reliant by helping them to apply for social welfare benefits, which include public housing, vocational training, and employment-related assistance. Although the amount is small, the group also pays wages to those who take part in early-morning street clean-ups.



Post-quake assistance in Haiti

A magnitude 7.2 earthquake that devastated Haiti in August 2021 left deep scars on its people and society. The damage as a whole was unimaginable especially during the time when the country had already been struggling with a sluggish recovery from the previous earthquake in 2010. Not only did they respond to both calamities, but AMDA and AMDA Haiti have been doing their utmost to help rebuild people's lives through an array of humanitarian initiatives.

1. Peace Building



◆ Youth soccer exchange program:

As part of post-disaster reconstruction assistance in the wake of the 2021 earthquake, AMDA Haiti co-organized a youth soccer-exchange program with the city of Beaumont. A total of 45 children from three areas participated in the two-day event to commemorate the one-year anniversary of the disaster. All participants, including soccer referees and event organizers, marched through the streets and offered five minutes of silence to mourn for the victims.



At the outset of the quake, AMDA Haiti swiftly conducted medical relief and item distribution efforts. The relief activities were carried out in four different phases, which included the dispatch of aid workers from Japan. Some of the relief work was conducted at the direct request of the city mayor of Beaumont.

◆ Medical relief for IDPs:



In late December 2022, AMDA Haiti conducted medical relief activities at a refugee camp set up for internally displaced Haitians who fled the escalating gang violence plaguing Haiti. Due to the political instability stemming from the 2010 earthquake, Haiti's security situation significantly deteriorated to the point in which foreign aid organizations began withdrawing one after another. This led the citizens to flee for safety, seeking refuge at refugee camps in Port-au-Prince, the capital.

AMDA Haiti launched a mission to support the internally displaced people who were enduring extreme living conditions by providing medical services and food supplies. One of the evacuees said that the initiative helped them receive medical care and other essential needs, as they had no money or access to hospitals. During this mission, the AMDA team treated a total of 399 patients. As there was a constant need for comprehensive support in the camp, the evacuees expressed their hopes for AMDA to conduct the relief work on a monthly basis.



1. Peace Building

Disaster Response Platform

AMDA Platform for the Nankai Trough Earthquake Disaster Strategy



About the Great Nankai Trough Crisis

The Japanese government predicts that an earthquake of unprecedented magnitude will strike Japan along the Nankai Trough within the next 30 years. It is predicted that the quake will cause a massive tsunami that could devastate the extensive coastline along the Pacific Ocean from Shizuoka to Miyazaki Prefectures, spanning from central to western Japan. The death toll is estimated to exceed 300,000, with 2 million buildings expected to be destroyed. AMDA has established a comprehensive counter-disaster scheme called, “AMDA Platform for the Nankai Trough Earthquake Disaster Strategy” to prepare for this anticipated crisis. To fully prepare for this calamity, the platform enables local governments, medical institutions, private corporations, and NGOs to collaborate promptly in the event of the disaster.



AMDA's focus is on the Shikoku region (Kochi and Tokushima in particular) given that, 1) access to these areas will be challenging after the Great Nankai Trough Earthquake and Tsunami strikes, and 2) emergency assistance is expected to concentrate primarily in major cities such as Osaka and Nagoya. By enhancing interactions between aid organizations, local governments, and medical institutions, the AMDA platform enables timely and coordinated disaster response in such remote locations.



Every year, AMDA and its partners hold joint evacuation drills and workshops to simulate concrete disaster response. What counts is the flexibility in responding to unforeseen circumstances. As preparedness plays a crucial role in tackling emergencies, all concerned parties have been eager to keep each other updated, while pushing themselves to acquire advanced skills and knowledge of disaster management.

2. Health Development

Primary Health

AMDA Peace Clinic in Bodhgaya, India



For the last couple of years, AMDA Peace Clinic (APC) in Bihar, India's poorest state, has implemented a range of food programs to aid individuals whose household finances were significantly impacted by the COVID-19 pandemic. APC is located in Bodhgaya, the world's most important Buddhist sanctuary.

Established in 2009, APC has been particularly known for an array of initiatives aimed at supporting pregnant women and children in the local community. However, the global outbreak of COVID-19 forced the clinic to temporarily suspend its gynecological/obstetrical services. Accordingly, the clinic overcame the inconvenience by providing telephone consultations and referral services to respond to clients' needs.

Similarly, it was a natural decision for the clinic to donate foodstuffs to its clients and their families during the most trying times, as many of the breadwinners had lost their jobs due to city blockades and lockdowns.

After Indian authorities eased these restrictions in April 2022, this allowed local residents to return to work and start rebuilding their daily lives. The gradual recovery of the local economy followed.

Nevertheless, the circumstances surrounding the villages on the outskirts were still bleak. Women, children, the elderly, and people with disabilities continued to face difficulties in securing sufficient food supplies for themselves. This led APC to launch a weekly meal distribution program in January 2023, which provided lunches to those in need.

As the viral infection started to subside, APC resumed maternal healthcare services that included biweekly consultations, home visits, and nutritional guidance. Strongly advocating for women to receive ultrasound check-ups for the healthy delivery of their babies, the clinic has also been providing financial support to those who cannot afford them, or to those whose family members are less cooperative in receiving the care.



■ Participating organizations: AMDA Headquarters, AMDA Peace Clinic, Japan India Friendship Medical Center Trust (JIFMC)

2. Health Development

AMDA Haiti's free dental program



On 4 March 2023, AMDA Haiti conducted an annual dental project for the 12th time in Fond des Negres in central Haiti. The project was aimed at helping local residents that were seeking dental treatment in the area where medical resources were scarce. Patients gathered to receive free dental care, with many coming from neighbouring communities which neither had medical nor dental clinics.

Just as the previous year, the event took place at Bethel Clinic, a hospital run by the Salvation Army. Before offering treatment, AMDA Haiti chapter chairperson Dr. Mac Keven Frederic introduced the history and activities of AMDA to the patients. He talked about the roles AMDA played in the nation in the realm of disaster relief, post-disaster rehabilitation, and prevention of infectious diseases.

This year, a total of 72 people came to receive the treatment, which was well over the year-to-year average. Besides providing dental treatment, medical services such as blood pressure tests and the measurement of body temperatures were also offered. A man in his forties who received the treatment said it was his first time to come to the dentist. Another patient expressed her hope for the project to be held in her hometown. In fact, it is not a rare case in this region to come across someone who has never received dental treatment in one's life.

Dr. Frederic said many people called for similar activities to be carried out in remote areas as there were constant medical and dental needs.

■ Participating organizations: AMDA Haiti, Bethel Clinic (Salvation Army), AMDA Headquarters

AMDA Cambodia's youth health initiatives



In December 2022, AMDA Cambodia collaborated with Chenla University to organize a seminar on reproductive health and rights. The two-day event consisted of two workshops, which focused on 1) cervical cancer, and 2) reproductive health and rights, as well as the future of the youth. With scholars and experts from local hospitals, universities, and NGOs in

2. Health Development

attendance, the lectures shed light on the current status of women in rural communities within the scope of reproductive rights.

For many years, AMDA Cambodia has been raising awareness about HIV/AIDS prevention among young people. It distributes educational materials such as pamphlets and booklets to schools and youngsters through student volunteers.

■ Participating organizations: AMDA Cambodia, Yamaichi Kanko (Japan), AMDA Headquarters, Chenla University et al.

Facilitating Medical Technology Transfer



Mongolia

◆ Endoscopy training:



In September 2022, AMDA resumed endoscopy training in Mongolia, which had been temporarily suspended due to the coronavirus pandemic. Based on the partnership formed in 2011 between Mongolian National University of Medical Sciences (MNUMS) and AMDA, the project used to take place every year from 2017 until 2019. It was led by Japanese endoscopist Dr. Takushi Sato, who also served as an AMDA board member.

From 19 to 24 September 2022, Dr. Sato along with Dr. Takeyuki Shirai from Japan visited Mongolia to give hands-on lectures on esophagogastric varices and colorectal cancer in early stages. The course was held at MNUMS' Mongolia-Japan Hospital, which was constructed with the support of the Japanese government in April 2019.

To begin with, the Japanese specialists and the team of Mongolian endoscopists confirmed and discussed each other's procedures and directions concerning upper/lower gastrointestinal endoscopy. Dr. Shirai talked about the diagnosis of colon cancer using endoscopic ultrasound and cancer surgery techniques that were common in Japan. The lecture on endoscopic submucosal dissection (ESD) was held in English. Likewise, Dr. Sato taught young medical interns the basics of endoscopy using an endoscopy simulator he brought from Japan.



2. Health Development

The topics covered during the session were as follows:

- Endoscopic variceal ligation (EVL)
- Endoscopic mucosal resection (EMS)
- Endoscopic ultrasound (EUS)
- Endoscopic submucosal dissection (ESD)
- Colonoscopy



In future sessions, the training also hopes to cover endoscopic injection sclerotherapy (EIS), as well as EIS with ligation (EISL).

On this occasion, AMDA signed a partnership agreement with the Mongolia-Japan Hospital for further collaboration. Dr. Sato, Dr. Shirai, and Dr. Mendjargal Adilsaikhon, the head of the hospital, expressed their hopes for stronger ties between the two parties through active technical exchanges in the years to come.

◆Emergency medicine training:

For the first time in two years, AMDA organized a training program for the staff members of Ulaanbaatar Emergency Service (known as 103), an emergency medical service unit directly operated by the Mongolian health ministry. The workshop focused on the diagnoses of external injuries and their treatment methods.

Since September 2012, AMDA has held hands-on workshops every year for those working in emergency medicine in the Mongolian capital. Until it was temporarily suspended in 2020 due to the COVID-19 pandemic, more than 200 medical workers took part in the training. The program was also headed by Dr. Sato, a certified emergency medicine specialist and an instructor of JATEC (Japan Advanced Trauma Evaluation and Care).



Ambulances in Mongolia are much like the so-called “doctor cars” (emergency medical vehicles) in Japan. As these vehicles enable emergency doctors to provide diagnoses and treatment on board, a high level of skill and knowledge is always required for those who ride in them.

This time, the training delved into how to use portable ultrasound efficiently for diagnosing internal ailments and external wounds, in which precision and flexibility were required in different settings. The workshop included practical guidance on manual intraosseous

2. Health Development

cannulation and other techniques, all of which contributed to the improvement of the clinical abilities of 26 participants.

Doctors from other medical facilities in Ulaanbaatar were also among those who took the course. The workshop was especially meaningful because a plan was underway to equip ambulances with ultrasound. After the program ended, Dr. Sato and the head of 103 discussed the matters concerning the introduction of portable ultrasound in depth.

Six months later, AMDA was informed of 103's decision to install the device on five of its ambulances.



■ Participating organizations: AMDA Headquarters, AMDA Mongolia, MNUMS, Mongolian Ministry of Health, Ulaanbaatar Emergency Service 103

Nepal

◆ Endoscopy training:



AMDA Damak Hospital (run by AMDA Nepal) is a secondary medical facility located in Damak, Jhapa in the eastern part of Nepal. Serving as the region's core hospital, the number of outpatients totalled 66,620, while handling 5,586 childbirths in 2021.

The facility manages to operate intensive care units thanks to the support from Japan. However, the environment surrounding endoscopy has yet to be enhanced. To strengthen its capabilities, AMDA Headquarters launched a training program on

upper gastrointestinal endoscopy and legion diagnoses for local doctors in February 2018.

Until it was temporarily suspended in 2020 due to the COVID-19 pandemic, in-person training had been conducted every year by Dr. Takushi Sato, a Japanese endoscopist and AMDA board member. In 2021, the training session was held online to make up for the suspension.

After the coronavirus situation calmed, Dr. Sato returned to Nepal for the first time in four years to hold training sessions from 7 to 13 March 2023. He accompanied Dr. Diwas, an endoscopist at AMDA Damak Hospital, to instruct local doctors on lower gastrointestinal endoscopy without anaesthesia. Dr. Diwas completed a three-month training program at Okayama Saiseikai General Hospital in Japan in 2016, and has received guidance from Dr. Sato over the years.

2. Health Development



During this year's workshop, Dr. Sato used an endoscopic simulator that he brought from Japan to examine several patients who were alleged to have intestinal problems. As a result of 19 cases of upper and lower gastrointestinal endoscopy and 13 cases of upper gastrointestinal endoscopy, patients with rectal cancer, ascending colon cancer, sigmoid volvulus, Crohn's disease, and polyps were identified.

Among those who wished to be seen by Dr. Sato were people from areas outside Damak. A total of 32 patients (15 males and 17 females) underwent diagnosis and treatment. They ranged in age from those in their 20s to their 80s. Some of the patients said they were happy that the procedure was "not unbearable at all" compared to what they had experienced in other medical facilities.

From 2018 until now, more than 2,500 people have undergone upper gastrointestinal endoscopy at the Damak hospital, of whom 75 people were diagnosed with cancer. Although some of them lost their lives at a young age because of the late detection of the disease, those whose cancer was detected at an early stage have been treated at a cancer treatment center in Kathmandu.

Local medical practitioners say that ever since the Damak hospital has started offering endoscopy services, many people have come to receive check-ups, thereby making them more conscious about their health.

The endoscope (colonoscope) was originally donated by Taiwan International Health Action (Taiwan IHA), a humanitarian section of the Ministry of Health of Taiwan.

■ Participating organizations: AMDA Nepal, AMDA Headquarters



2. Health Development

AMDA GPSP Hospitals

Japan Afghanistan Friendship Hospital (Afghanistan)



Headed by its chapter chairperson and six other board members, AMDA Afghanistan has been running Japan Afghanistan Friendship Hospital in Kabul since 2011. The facility has contributed to providing quality medical services to impoverished communities in the region. It has also sent its doctors to Japan for professional training.

Japan Bangladesh Friendship Hospital (Bangladesh)

Located in central Dhaka, Japan Bangladesh Friendship Hospital (JBFH) is currently one of the leading hospitals in Bangladesh. It boasts a capacity of 100 beds. With AMDA president Dr. Suganami's support, JBFH was founded in 1993 by laparoscopic surgeon Dr. Sarder A. Nayeem (who later established AMDA Bangladesh) and pain specialist Dr. Jonaid Shafiq. Ever since, the hospital has been catering to a wide range of medical needs.



Japan Mongolia Friendship Hospital (Mongolia)

Established in August 2012, Japan Mongolia Friendship Hospital (JMFH) is the latest addition to the list of AMDA hospitals around the globe. While general medicine makes up 90% of medical needs at JMFH, it also runs a children's nursery within the same building. In the near future, the hospital is expected to serve as a medical hub for local residents where, for instance, women can drop in for prenatal health check-ups and their children's vaccinations. There is also a plan to have young doctors from the Mongolian National University of Medical Sciences (MNUMS) stationed at the hospital for their practical training.



AMDA Damak Hospital (Nepal)



AMDA Damak Hospital is a 75-bedded general hospital established in 1992 with the help of AMDA International and the Damak Municipality. In 1995, it became an implementing partner of UNHCR, and has since served as a primary referral hospital for both the local people and Bhutanese refugees in Nepal. AMDA Damak Hospital is now a popular hospital in the country's eastern region. The hospital has anaesthesiology, general medicine, surgery, obstetrics/gynaecology, radiology, paediatrics, ENT, dentistry, orthopaedics and other departments. It also offers learning opportunities to medical students from different countries.

2. Health Development

Siddhartha Children and Women Hospital (Nepal)

Siddhartha Children and Women Hospital is a 100-bedded specialty hospital for women and children. It is closely located to Lumbini, the birthplace of Lord Buddha. ("Siddhartha" is his childhood name.) AMDA Nepal established this hospital after signing a partnership agreement with Lumbini's municipal government and the local chamber of commerce. The hospital also offers non-profit-based healthcare services. The main hospital building was constructed with financial assistance from Japan.



AMDA Mechi Hospital (Nepal)

Located in southeast Nepal, AMDA Mechi Hospital was built on a property donated by a noble family that wished for better medical infrastructure in the region. The Embassy of Japan in Nepal and a few other donors also provided support. Now, AMDA Nepal is running the facility as a general hospital with a capacity of 15 beds. The hospital is currently offering academic training for medical practitioners as well.



*“AMDA hospitals
are always
committed to
providing quality
medical services
to local
communities.”*



3. Educational Support

Educational Support

AMDA Junior High and High School Students Club



Founded in 1995 at AMDA Headquarters in Japan, AMDA Junior High and High School Students Club is a student group that engages in various activities that include street fundraising and peace-building programs both at home and abroad. The group holds a monthly meeting to discuss topics such as international cooperation and disaster prevention. Its members consist of secondary school students from Okayama and its neighbouring areas.

For 2022, the club resumed in-person meetings and activities for the first time in three years since all of its activities had been held online because of the novel coronavirus pandemic. A total of 33 club members made a fresh start by convening its regular meetings, gearing up for new activity plans.

◆Annual exchange event with students in Kochi, Japan:



Since 2017, the AMDA students club has been organizing an annual exchange meeting with junior high school and high school students from the coastal town of Kuroshio in Kochi Prefecture. Because AMDA has strengthened its partnership with the municipality for the potential Nankai Trough disaster, the exchange aims to raise awareness among young people about disaster prevention and preparedness.

3. Educational Support

In September 2022, the club members paid a visit to Kuroshio for the exchange event, which was held for the first time in three years. Participants from Kuroshio consisted of local students from two middle schools and one high school.



On the first day, AMDA students gave a presentation on AMDA's disaster response. The Kuroshio students introduced their disaster-prevention efforts they conducted at school. Also present was a Peruvian intern from Japan International Cooperation Agency (JICA), who talked about disaster-related topics in her home country. The participants also learned how to cook emergency meals using aluminum cans.

On the second day, the AMDA party took part in a tsunami evacuation drill. It was primarily aimed at making use of a specially-developed smartphone app that would navigate them to a local evacuation tower. Impressed by the fact that drills as such had already been part of people's daily life in Kuroshio, AMDA students realized the importance of staying prepared for emergencies at all times.

◆Assisting AMDA's Ukraine response:



To support AMDA's Ukraine response, the members of the students club engaged themselves in preparing supplies to be shipped to AMDA's relief team in Hungary. As plans were underway to send traditional Japanese robes to be worn at charity events, each student wrote a message on a cloth to show solidarity. The cloth was later woven into the robes and sent to Hungary. Likewise, the students helped run AMDA's photo exhibition related to Ukraine.

AMDA Kodomo Shokudo Support Platform

Literally translated as "children's cafeteria," kodomo shokudo is a volunteer-run canteen that offers nutritious meals at a reasonable cost for economically-challenged children and their

3. Educational Support



families in Japan. As similar facilities have been set up across the nation in recent years, AMDA has been donating funds and foodstuffs to several canteens in Okayama since December 2017 through AMDA Kodomo Shokudo Support Platform.

The platform is a collaborative effort of governmental, academic, and private sectors. Not only does it provide food supplies, but it also aims to create an appropriate environment that fosters children's active social participation.

For 2022, besides providing packed meals and foodstuffs such as bags of rice, AMDA donated 560 pairs of underwear to the users of its registered canteens. This initiative was made possible with the support of Gunze Love Earth Club, the philanthropic section of major Japanese garment manufacturer Gunze.

The canteens serve as a place for moral support for single-parent families in particular, which allows the operators and users to interact on a daily basis. Such closely-acquainted relationships have made it possible for the operators to grasp the precise needs of those households, thereby enabling them to provide consistent assistance.



Accepting interns from overseas

Through Japan International Cooperation Agency's Nikkei Supporter Program, AMDA Headquarters accepted a foreign intern from Peru between August and September 2022. During this period, intern Ms. Katherine D'Ugard Liza underwent training on the Japanese approach to disaster prevention and assistance. The training delved into the actual procedures practiced on both governmental and community levels.

Her schedule included visits to several fire stations, medical facilities, and municipal offices in Okayama, Tokushima, and Kochi Prefectures. Also, through an online meeting, she was introduced to AMDA's counterpart in Iwate that played an active role in the post-disaster reconstruction of the 2011 East Japan Great Earthquake and Tsunami.



Her findings and proposals were finalized in the presentation that she gave at the completion of her internship. After reviewing past disasters in her home country and how the authorities responded to them, she explained how Peru's comprehensive disaster management can be strengthened in the years to come.

3. Educational Support

In closing, she expressed her aspirations to continue exploring an ideal form of cooperation between Japan and Peru.

Supporting an NGO-operated school in India



For the last few years, AMDA has been providing educational support to a free boarding school in Bodhgaya, India. The school is operated by Jeanamitabh, a local NGO dedicated to uplifting the lives of children from impoverished communities.

In August 2022, AMDA distributed school textbooks to more than 100 students studying at the school. In addition, a set of stationery was provided to every student. Moreover, sanitary napkins, first aid goods, and office supplies were donated on this occasion.

Four months later, Dr. Shigeru Suganami paid a visit to the school during his trip to India. The students and school teachers welcomed him with bouquets and traditional Indian ornaments, whose flowers were grown by the students themselves. His visit coincided with the birthday of Jawaharlal Nehru, the first prime minister of India, which is designated as a national day of celebration.

Dr. Suganami donated new school uniforms to 45 students who could not afford them. The donation ceremony was followed by an exchange meeting between the students and Dr. Suganami. Asked what their dreams were, the students expressed their hopes of becoming doctors and school teachers in the future. Some also said they would like to study abroad.



4. Livelihood Assistance

Livelihood Assistance

Organic farming: AMDA Malino Farm (Indonesia)

2022 marked the eighth anniversary of the opening of AMDA Malino Farm in South Sulawesi, Indonesia. The farm has spearheaded organic agriculture in the region since 2014. Originally brought in from Japan, natural farming technology has permeated the local agricultural scene, with a growing number of farmers adopting organic practices in recent years.



The opening of the Malino farm was triggered by “AMDA Food Program” that was launched in Japan in 2012. It is an agricultural initiative with the aim of spreading organic farming in the Asia region. To kick off the project, AMDA began operating an organic farm in the village of Shinjo in the northern part of Okayama. It incorporated a unique farming method that utilized live ducks to control pests instead of relying on chemical pesticides. After some time, two trainees arrived from Indonesia to learn the method. The two later brought it back to their home country, and started what we know as AMDA Malino Farm today.

“Food is the source of life” as AMDA puts it, this motto has been firmly embraced by Malino’s local farmers. Currently, the number of organic farmers has grown to around 15 families, most of whom are “converts” from conventional “non-organic” methods. They produce crops such as rice, red rice, mustard greens, cucumbers, lettuce, and Chinese cabbage all year round. Despite the COVID-19 pandemic over the last three years, the farmers kept themselves going. Even during the most difficult times, they kept themselves afloat by sticking to their everyday work. As diligent as they can be, they are constantly exchanging ideas and opinions in search of better farming.



What makes the Malino method unique is the combination of traditional Indonesian farming and organic agriculture imported from Japan. The use of husk charcoal, homemade fertilizers, and pesticides, coupled with handmade traditional Indonesian farming tools, seemed to be the right match when combining the imported natural farming approach.

The local farmers’ enthusiasm can be seen in constantly experimenting with the production of new vegetables and expanding distribution routes. A recent collaboration with different sectors led to the creation of a face mask, which was invented using the rice powder produced at the farm.

4. Livelihood Assistance



Sun-drying rice grains



A local farmer harvesting Chinese cabbage

Supporting an elderly care home (India)

Originally from southern India, Ms. Vedha now runs an elderly care home in Bodhgaya in the northeastern Indian state of Bihar. Before her venture, she used to work as a staff member of AMDA Peace Clinic (APC).

After losing her husband in her late 30s, her strong wish to dedicate the rest of her life to supporting the poor led her to the country's most impoverished state. Following her work at APC, she founded a care home to help the elderly people who had no one to tend to.

As a qualified Ayurveda therapist, she used to run the care home by allocating part of her income she gained through massage services to tourists in Bodhgaya. However, this became extremely difficult due to the COVID-19 pandemic, because the government started imposing travel restrictions and lockdowns.



Eventually, she gave up on the idea and has been running her facility with the support of AMDA and other aid organizations. The period between March 2020 and March 2022 was the toughest time for the home financially, and it was during this time that AMDA regularly provided food assistance to the facility.



As of 2022, the facility is looking after 16 elderly residents in a single-story building made of a tin roof and brick walls. In the building, beds are lined up without partitions in a large open

4. Livelihood Assistance

space. The facility has been struggling to make ends meet as there is no regular assistance provided by aid organizations. Except for occasional donations made by wealthy individuals who drop by several times a month to provide food items and other supplies, the home continues to face financial difficulties.



To help ease the situation, AMDA donated one year's worth of rice, one cow, two calves, 20 chickens, and five ducks to the nursing home. By selling their eggs and milk, the home is expected to generate income, while supplying the dairy products to its residents. The profits from the merchandise will be mainly used for paying their medical bills and funeral fees.



International network of 32 chapters and over 100 collaborating organizations around the world



AMDA International Chapters

Afghanistan	Indonesia	Serbia
Albania	Kazakhstan	Singapore
Bosnia & Herzegovina	Korea	Sri Lanka
Bangladesh	Kosovo	Sudan
Bolivia	Malaysia	Taiwan
Cambodia	Mongolia	Uganda
Canada	Nepal	Vietnam
Colombia	New Zealand	Zambia
Guyana	Pakistan	AMDA Group (Japan)
Haiti	Peru	
Honduras	Philippines	
India	Sakha Republic	

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