



CONCERNED MINDS FOR HABITATION SECURITIES

Motto: Saving the Environment

COMIHAS

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Your Ref :

Subject : **Project for “Development of high Breed Pawpaw Nursery”**

Brief on COMIHAS.

Concerned Minds for Habitation Securities, abbreviated “COMIHAS” is a **non-governmental** and **not for profit** association existing in Cameroon since September 04th, 2007. COMIHAS exist and function within the provisions of Law N° 90/053 of December 1990 governing associations in the Republic of Cameroon. Membership of COMIHAS is thirty-one (31) at moment with a seven (07) man executive that administers and run the affairs of the association. The motto of COMIHAS is **“Save the Environment”**. COMIHAS was registered in Yaoundé the political capital of the Republic of Cameroon but has her headquarters in Buea the south west regional capital.

The goals of COMIHAS focuses to raise and increase public awareness through education on environmental principles and waste management; provide technical assistance, and in case of emergencies necessary aid upon the acceptance of the government; provide assistance aimed at improving the standards of teaching and training in environmental protection, bio-diversity conservation and urban planning related issues; enhance the implementation of standard diagnostic procedures as necessary with respect to housing design, situation and location within communities, council areas and cities; and with the help of national and international agencies promote environmental friendly habits in line with garbage management.

The objectives of COMIHAS aimed to attain the afore mention goals is, to stimulate and advance work to eradicate filth, pollution, global warming and land degradation; to promote in collaboration with other organizations (national & international), specialized agencies and individuals where necessary in preventing both natural and manmade disaster; provide information, counsel and assistance in the domain of environmental

protection aimed at standardizing urbanization with respect to urban architecture and re-forestation; to help build an informed public opinion among all peoples on environmental issues; to study and report on administrative and social policies affecting the environment, including humanitarian services and habitation securities in collaboration with other organizations and specialized agencies (national & international) ; and to assist communities, councils and government upon request in strengthening environmental protection and relief services during disasters.

COMIHAS targets her services towards Slum dwellers, Youth Groups, The less/under privileged, Low wage earners, Local councils/communities and the general public.

COMIHAS intervene in; collection, treatment and disposal of household waste; providing assistance within her limits of competence and abilities in the event of a disaster; community clean-up exercises; projection of environmental protection ideas and ideals; and in any other area of activities deemed necessary by the board of directors in Education, Hygiene & Sanitation, etc.

COMIHAS methodologies during possible intervention includes; "Education" through seminars, workshops and symposiums; "Practical field participation" through human investment activities; "Follow-up" through field visits; "Media actions" through press releases, articles and communiqués; and "Research & documentation" through reports.

COMIHAS Human Resources depends on voluntary participation of members, hired skilled labour from the public and contribution of human efforts by partner organizations or agencies, individuals while our Financial Resources comes from annual contributions and registration by members and purchase of membership cards; donations from individuals, national and international organizations or agencies; and from fund raising activities.

Project Introduction.

Pawpaw is a giant herbaceous plant--resembling a tree but not woody that originated in Central America and is now grown in tropical areas world-wide for its large, sweet, melon-like fruits. The name "carica papaya" also refers to the fruit because of other *carica* species, including *carica pubescens* and *carica stipulata*, and their various hybrids. Pawpaw plant has a hollow, green or purple stem, and can grow 1.8 to 3 m (6 to 10 ft) in a year, eventually reaching heights of 6 to 9 m (20 to 30 ft). The long-petioled (stemmed) leaves, which may be 30 to 105 cm long (1 to 3.5 ft) and 30 to 60 cm (1 to 2

ft) wide, are deeply divided into 5 to 9 main segments, which are further lobed. Both leaves and stems contain large amounts of white, milky latex. Paw paw plants are generally dioecious. The fruits, which can weigh up to 9 kg (20 lbs)—although common commercial cultivars generally produce fruits that weigh a little less, and have a thin but tough waxy skin. Green fruits contain latex, which disappears as the fruit ripens to light or dark yellow. The flesh of the fruit varies from yellow to orange to red, and is thick and juicy, with a central cavity filled with many small black seeds. Pawpaw is high in vitamins A and C and calcium, and are often used fresh in fruit salads and desserts, as well as prepared in juices and jams. Some Southeast Asian dishes call for the unripe fruits to be cooked and used as vegetables. Paw paw produce an enzyme, papain, which aids digestion and is used to tenderize meat. Papain has been used in medicine to treat ulcers and reduce skin adhesions following surgery, and studies have shown that it has antimicrobial properties. Papain is also used to clarify beer, prepare wool and silk for dyeing, and remove hair from hides before tanning, among other uses. Studies further show that pawpaw is rich in vitamins E and K, and has also antioxidant properties. It also contains magnesium; potassium, niacin, carotene, protein, which helps treat a sore throat, aids digestion, and reduce inflammation and pain. The health benefits of this fruit will blow your mind. As a matter of fact, even the seeds of pawpaw help in regenerating the old and dead skin cells; and by so doing, they help to maintain the beauty of the skin. Talking about skin beautification, the usefulness of pawpaw cannot be overemphasized.

Other relevance of pawpaw to human and the ecosystem includes, its roots solution infused in alcohol; rubbed on the limbs to treat rickets; for bladder and kidney problems; as an aphrodisiac. The macerated root is employed in gonorrhoea treatment. The decoction is used externally for abdominal stricture and drunk for antidiarrheal, as an antimalarial or as a treatment for intestinal worm infection. Furthermore, the Green leaves are cooked for a tertiary malaria remedy; for irregular bowel movement in children. For high blood pressure and painful womb.

The FAO estimates that total commercial production of paw paw in 2010 was 11.2 million metric tons, harvested from nearly 439,000 hectares, India is the leading producer of paw paw, responsible for 42% of the world's crop. Other major producers include Brazil, Nigeria, Indonesia, and Mexico.

Project Background.

Urban development is increasingly becoming a challenge to emerging economies because new scenarios to cope with urban stress force many urban dwellers to develop strategies for survival in a new environment. Among these urban stress is fast the aging of the middle aged class and rapid aging of the already aged men and women. The provision of adequate food stuffs for a balanced diet becomes imperative and challenging as the population response towards the fight against aging by returning to natural foods and fruits amongst which is pawpaw. As mentioned in the introduction, paw paw does not serve only as a fruit but also possess properties that can help maintain and regulate aging within the human body and system. Pawpaw is an ecofriendly plant that contributes in air purification. Considering the neglect of developing nurseries and planting of various species of pawpaw, which have led to the threat of extinction of some hybrid species, COMIHAS aims through this project to restore, preserve and promote the conservation / multiplication and cultivation of this specie of pawpaw.

Aim and Goals.

This project have as aims and goals to;

- Promote the development of many more Nurseries for multiplication and supply of more hybrid seedlings.
- Contribute to expanding the education base on the use of pawpaw not only as a fruit but also as a medicinal plant.
- Preserve the culture of pawpaw cultivation in our communities.
- Restore and promote agriculture through the increase of pawpaw production.
- Improve on the health and livelihood of humanity.
- Generate income and reduce the rate of migration within Cameroon, Africa and the World at large.

Project Target Population.

This project targets the;

- Youths.
- Low income farmers.
- Horticulturists.
- Environmentalist.
- Teachers.

Financial Plan and Budget

S/N	Activity	Measure	Amount COMIHAS (FCFA)	Running Total (CFA)	Comments / Observations	Period
1.	Sensitize young participants involved in the project	2 visits x 7,500 x 2persons Sensitization materials	30,000 10,000	30,000 40,000	Sensitization materials shall be produced by COMIHAS	Sept, 2018
2.	Seeds stratification and sowing.	1visit x 5,000 x 2 persons Buying of pulletin bags and watering can and tools	10,000 40,000	50,000 90,000	An agric-technician shall be in-charge and coordinate with a COMIHAS personnel.	Sept, 2018
3.	Filling of pulitin bags and transplant of young shoots into puletin bags	2 visit x 5,000 x 3 persons	30,000	120,000	Coordination shall be borne by COMIHAS	Sept, 2018
4.	Care giving to nursery (watering and weeding)	Continuous	15,000	135,000	COMIHAS members take turns.	Sept / Oct 2018
5.	Rents of farm land	One year	75,000	210,000	COMIHAS / Landlord agreement	Oct, 2018
6.	Preparation of land for planting	Continuous	20,000	230,000	COMIHAS	Oct, 2018
7.	Transplanting to prepared farm matured seedlings	2 visit x 10 persons x 3,000 per person	60,000	290,000	COMIHAS, agric-technician from govt.ministry	Oct / Nov 2018
8.	Farm care and security	Continuous	30,000	320,000	COMIHAS members take turns	Nov 2018 Pag 5 sept, 2019

COMIHAS since its creation have successfully carried out and executed many projects in collaboration with specialized agencies, embassies, councils, communities and the government. These projects include

Period	Project	Contributors/sponsors	Beneficiaries
2007	<ul style="list-style-type: none"> • Community Sanitation. 	<ul style="list-style-type: none"> • COMIHAS • National Hygiene Agency (HYSACAM) 	General public
2008	<ul style="list-style-type: none"> • World Habitat Day Project. • Community Sanitation. 	<ul style="list-style-type: none"> • COMIHAS • UN-Habitat • National Hygiene Agency (HYSACAM) 	General public
2009	<ul style="list-style-type: none"> • World Habitat Day Project. 	<ul style="list-style-type: none"> • COMIHAS • UN-Habitat • Ministry of urban Planning 	General public
2010	<ul style="list-style-type: none"> • World Habitat Day Project. • Operation Primary School. 	<ul style="list-style-type: none"> • COMIHAS • UN-Habitat • Anglophone Cameroon Cultural and Development Association(ACCDA) e.V Hamburg Germany • Ministry of urban planning 	<ul style="list-style-type: none"> • General public • Under privilege children with orphans
2011	<ul style="list-style-type: none"> • World Habitat Day Project. • Operation Primary School. 	<ul style="list-style-type: none"> • COMIHAS • UN-Habitat • Anglophone Cameroon Cultural and Development Association(ACCDA) e.V Hamburg Germany • Ministry of Urban Planning 	<ul style="list-style-type: none"> • General public • Under privilege children with orphans
2012	<ul style="list-style-type: none"> • Operation Primary School. 	<ul style="list-style-type: none"> • COMIHAS • Anglophone Cameroon Cultural and Development Association(ACCDA) e.V Hamburg Germany 	<ul style="list-style-type: none"> • Under privilege children with orphans
2013	<ul style="list-style-type: none"> • Construction of modern toilets for Presbyterian nursery & primary school Bomaka Buea. • Scholarship (school 	<ul style="list-style-type: none"> • COMIHAS • Anglophone Cameroon Cultural and Development Association(ACCDA) e.V Hamburg 	School Pupils and Teachers

	fees) project.	Germany <ul style="list-style-type: none"> • German Embassy Yaoundé Cameroon 	
2014	<ul style="list-style-type: none"> • Construction of modern toilets for St. Peter's Cleaver Catholic primary school Muyuka. • Scholarship (school fees) project. 	<ul style="list-style-type: none"> • COMIHAS, • Anglophone Cameroon Cultural and Development Association (ACCCA) e.V Hamburg Germany • German Embassy Yaoundé Cameroon 	School Pupils and teachers
2015	<ul style="list-style-type: none"> • Scholarships (school fees) and uniforms project. 	<ul style="list-style-type: none"> • COMIHAS • Ms. Karin Beese Karl -Marx-Platz 2012043 Berlin Tel:+493020987661 Email: k.beese@gmx.de 	Under privileged children and orphans
2015	<ul style="list-style-type: none"> • Environmental Education & Tree Planting in Schools. 	<ul style="list-style-type: none"> • COMIHAS • GIZ Yaoundé Cameroon 	Government High School Batoke and Limbe II council area
2016 /2017	<ul style="list-style-type: none"> • Research on hybrid endangered trees and fruits species. 	<ul style="list-style-type: none"> • COMIHAS • Government Ministry of Agriculture. • Government Ministry of Forestry. 	General public.
2018	<ul style="list-style-type: none"> • Starting up of hybrid endangered pawpaw fruit nursery 	<ul style="list-style-type: none"> • COMIHAS 	Unemployed and low income youths.