

Տեղեկագիր Արցախի «Առողջ Ապրելակերպ եւ կեանքի ՈՃ» Ծրագրի

Շնորհակալություն, Շնորհակալություն, Շնորհակալություն ԱՐՓԱ Հիմնարկին եւ Տեր եւ Տիկին Անիվաններուն:

Արդէն երրորդ տարին է, ինչ Արցախի մէջ, Ստեփանակերտի եւ Շուշիի դպրոցներում, ուսուցվում է «Առողջ Ապրելակերպ եւ Ժամանակակից Ուղղեցույց» խորագրով դասագիրքը: Այս դասավանդությունը սկսավ ճիշտ ժամանակին: Զրկանքներ ու պատերազմ տեսած երկրի երիտասարդությանը ուղիղ ճանապարհի վրա դնելու, ճիշտ դաստիարակելու, վնասակար սովորություններից հեռու պահելու համար այս դասի դերը մեծ է: Նրանում ներկայացված է ակոհոլի, ծխախոտի եւ թմրադեղերի, ինչպէս նաեւ ոչ ճիշտ սննդակարգի օգտագործման վրա ու նրանց վնասակար ազդեցությունների մասին: Բոլորիս քաջ հայտնի է, որ առողջ միտք կարելի է ունենալ միայն առողջ մարմնում:

Մեր երախտագիտության խոսքն ենք ասում ԱՐՓԱ Հիմնարկի վարչության, դասագրքի հրատարակության ծախսերն իրենց վրա վերցրած Հայ Ավետարանչական Ընկերակցության եւ դպրոցների վարձատրությունը ստանցնած Տէր եւ Տիկին Անիվաններին: Նրանց այս անձնվեր աշխատանքը կը նվաստի մեր մատուցած սերնդի աշողջ դաստիարակության գործին: Յանկալի է որ այս առարկան դասավանդվի Արցախի բոլոր դպրոցներում: Բոլոր դասավանդող Ուսուցիչների անունից՝ սրտանց շնորհակալություն եմ յայտնում:

Թիվ 7 դպրոցի ուսուցչուհի՝
Գայանէ Զաքարյան
Ստեփանակերտ, Դեկտեմբեր 06

«Առողջությունը կարելի է»:

2006-2007 ուսումնական տարվա Սեպտեմբերի մեկից մենք առաջին անգամ անցնում ենք ԱՐՓԱ Հիմնարկի կազմակերպած «Առողջ Ապրելակերպ եւ կեանքի ՈՃ» արարկան: Մենք շատ ուրախ ենք, որ անցնում ենք այս արարկան, քանի որ այս գրքերը շատ բաներ են բացայայտում թմրեցուցիչների մասին, ինչպէս նաեւ նրանց ազդեցությանը մեր օրգանիզմի վրա: Իսկ ինչու՞ է անհրաժեշտ այս գիրքը, եւ ինչու՞ դեր է խաղում առողջությունը մեր կյանքում:

«Առողջությունը թէեւ ամեն ինչ չէ, սակայն ամեն ինչ ոչինչ է առանց առողջության»... Այսօր մենք ապրում ենք գիտության եւ տեխնիկայի զարգացման դարում: Գիտական նվաճումները մի կողմից նպաստում են մարդու առողջության պահպանմանն ու վերականգնմանը, մյուս կողմից լուրջ վնասներ հասցնում վերջինիս: Առողջությունը ազգային արժեք է, առանց որի ոչ մի երկիր, ոչ մի ազգ կյանքի տարբեր բնագավառներում, հաջողություններ ձեռք բերել չի կարող: Այդ իսկ պատճառով այս խնդրի կարգավորումը պետության գերակա խնդիրների շարքին է դասվում:

Առողջության պահպանման եւ վերականգնման համար յուրաքանչյուր երկրում, այդ թվում նաեւ մեր երկրում, գործում են բազմաթիւ պետական ինչպէս նաեւ մասնավոր

Editorial

“Competitiveness” is defined as productivity with which a nation uses its human, capital, and natural resources. Productivity sets the living standard of a country (wages, return on investment capital, returns to natural resource endowments). It depends on the value of products and services, as well as the efficiency with which they are produced; on how firms compete and not on what industries a nation competes in that is important for prosperity. Productivity in a nation is a reflection of what both domestic and foreign firms choose to do without consideration to ownership. The productivity of “local” industries is of fundamental importance for competitiveness. Nations compete by offering the most productive environment for business. Public and private sectors play different but interrelated roles in creating a productive economy. Is Armenia competitive? With the globalization of markets, the increased mobility of corporate assets, and the need for more productive human resources, this question is complex to answer for Armenia, especially in terms of mobility, financial performance and labor productivity. The degree to which companies operating in Armenia have different financial structures and performance, asset structure, holdings in cash and other short term assets, is of paramount importance for competitiveness. Do companies in Armenia have relatively higher operating costs, costs of goods sold, income taxes, return on equity or margins as compared to other countries? The answers to these and other questions will determine a company’s decision to invest or operate in Armenia. It is people that make all the difference in labor deployment and productivity, and those to the amount of labor required to operate a business and the returns on human investment. But, facts should be advertised and marketed properly.

According to some experts, there is no national vision or an economic development plan to warrant a dramatic increase in productivity and prosperity in Armenia. An economic development strategy for growth of business is desperately needed, only which will produce a significant impact and regenerative investments. According to official sources, the Government of the Republic of Armenia (RA), on the other hand, has adopted a market relations policy that will hopefully result in economic liberalization, increased foreign investment and business activity, and integration in the world economy. To achieve this goal, extensive use of human resources and intellectual and creative abilities will be utilized. For, creating an economy based on knowledge emphasizes the need for human development, scientific

բույժենուարկներ՝ առաջադեմ մասնագետներով: Առողջության խնդիրներով զբաղված են նաև այսպես կոչված «ժողովրդական բժիշկները»: Մեծ է նաև առողջության պահպանման եւ վերականգման ժամանակակից սարքավորումների եւ դեղորայքների դերը: սակայն նույնիսկ աժողջության խոսքի նկատմամբ այնպիսի համատեղ գործունեությունը չի կարողանում լուծել առողջ ապրելակերպի ապահովումը՝ որպես առողջության հիմք:

Կա մի այսպիսի ասացվածք, որը ասում է, որ պետք է առողջությունն ու պատիվը պահպանել երիտասարդ հասակից: Սակայն այն պետք վերախոխել. պետք է այն սկսել մանկուց, դպրոցական հասակից, քանզի անառողջ ապրելակերպի որոշ տարրեր որդեգրվում են մարդու մոտ դեռեմս դպրոցական հասակից: Ահա թե՛ ինչու է անհրաժեշտ ԱՐՓԱ Հիմնարկի կազմակերպած «Առողջ Ապրելակերպ եւ Կյանքի Ոճ» դասընթացները, տպագրված գրքերը, որոնք մարդուն դեր դպրոցական հասակից պատկերացում են տալիս նրա օրկանիզմի եւ նրանում կատարվող Ֆիզիոլոգյական պրոցեսների մասին՝ դրանով նպաստելով ոչ միայն առողջ ապրելակերպի ձեւավորմանը, այլև ըստ հիվանդությունների նախնական էտապում կանխարգելիչ միջոցարումների իրագործմանը: Ստեփանակերտ Քաղաքի Ֆիզմաթ Դպրոցի Ցա դասարանի ուսուցչուհի: Դիանա Ասրյան:

Students & Their Anti-Smoking work in the HELP Program



Mr. & Mrs. Anivian (far right), Dr. & Mrs. Panossian (Middle) & Mr. Sagisyan, Minister of Ed. & Sc. Of Artsakh



thought and innovative scientific and technical progress. Competitive advantages depend on innovations and modernization of the economic system and structure. Increasing of high technology manufacturing and encouraging innovations is now the basis for the economic policy of Armenia. This transition requires enhancements in the institutes of higher learning and the creation of a strong research-based educational environment. The Government of Armenia has initiated a national policy to establish infrastructures and institutions to stimulate innovations and advanced research.

ARPA Institute will try to contribute towards the above mentioned policy by organizing the first “Invention Competition” for all University students in Armenia. The winners will receive monetary awards. Moreover, to help reduce the environmental risks in Armenia we are also organizing a conference on “Waste Management”. Our partners and co-sponsors are the Armenian Engineers and Scientists of America, the State Engineering University of Armenia, the Yerevan State University, the Ministry of Education and Science and the Parliament of Armenia. Anyone interested in participating in, or contributing to these events please contact us, or send your checks to our address.

Right to Left N. Seferian (Armenia Executive Director of ARPA) Grad Students helping ARPA & H. Panossian



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Trip Report, by H. Panossian

During a recent trip to Armenia I had the opportunity to meet with two deputy Ministers of Education and Science, one Parliament member, the presidents of the State Engineering University of Armenia (SEUA) and the Yerevan State University (YSU), directors of centers for research and development and members of the faculty and staff of the Universities and the above mentioned centers. Below is a summary of these meetings and discussions:

1. On September 6, Hovsep Seferian, our former Executive Director in Armenia, and I visited the center of Young Women's Charitable Fund, called "Huso Aigy", and met with the director, Ms. Iveta Khachatryan. The place was very well organized and well kept and the director impressed us as a very nice and capable person. The center shelters young orphans and is located about 10 km from downtown Yerevan, on the way to the Zvartnots Airport, at 52A P. Tichina Str, in Yerevan.

2. On September 8 I attended the meeting of a "Anti-Smoking Coalition of Armenia", held in the American University of Armenia (AUA). The Coalition is made of several (~ 7) NGO's from Armenia. Through grants from the Government of Armenia these NGO's organize anti-smoking campaigns in Armenia. Several reports on anti-smoking activities were made.

3. On September 11 H. Seferian & I met with Dr. Vosdanig Maroukhian, the president of the SEUA. The state of the SEUA and possible cooperation in the field of Ecology and the Environment (E&E) were discussed. He was very enthusiastic about E&E since he is the author of a book on the subject. He mentioned that the SEUA has a course on E&E that is compulsory for all students. SEUA has programs in E&E and a newly established center dedicated to Nuclear Safety, which was financed by the USAID. We discussed matters related to the SEUA and their needs and agreed to meet again.

4. On September 12 H. Seferian and I met with the President of the Yerevan State University (YSU), Dr. Aram Simonian. Unfortunately he had an unscheduled meeting with the President of the Parliament of Iran, so we had to cut our meeting short. He promised to meet with us some other time.

5. On September 13 H. Seferian & I met with the Emergency Management Administrator of Yerevan City, Aram Tananian. He described their emergency activities and needs toward equipment for fire hazards. He asked us to find fire equipment resources and promised to arrange for their transport.

6. On October 14 H. Seferian & I had an interview with the public radio of Armenia and presented the ARPA Institute.

7. On September 18-20 the Armenia-Diaspora Conference was attended. The program was filled with the regular speeches from the usual Diaspora Organizations and a few new ones, such as the World Armenian Congress and the Vision 2020. The "Eradication of Poverty" in border villages of Armenia was presented for Diaspora organization to participate in.

8. On September 22 H. Seferian & I met with Hon. Hranoush Hagopian, The Parliament member of Armenia in charge of education and science. We presented the activities of the ARPA Institute and expressed our willingness to help the Universities in the field of ecology and the environment, as well as organize competitions amongst students to promote innovations in Armenia. She was very impressed with our work in Armenia, is in full support of our "Invention Competition" amongst university students in all of the Universities of Armenia, and promised organizational help from her office.

9. On September 26 I attended "the international conference on Mechanics of Composites and Optimal Design" organized by the Armenian Academy of Sciences, to which I was invited, and presented a paper on damping of composite structures.

10. On September 28 Nazareth (Hovsep's son), a graduate from the Medical School in Armenia with an MD and now in the Masters program in Public Health in the AUA, volunteered to represent ARPA in Armenia as our Executive Director. A meeting was held with Nune Dolian, Ruzanna Grigorian, Stella Arakelian, and Garine Gendeniants, all medical interns and current Master's students in AUA. All four ladies gladly joined in to help Nazo to respond to an announcement from the President's office, asking for proposals on anti-smoking campaigns to be carried out in Armenia. They all worked on the proposal and submitted it on October 6.

11. On September 29 I met with Prof. Garlen Grigorian, the Chair of the Biology Department in the YSU. We discussed the state of the department and their immediate needs. His assessment was that although their course material in ecology is good, they need to work on new textbooks and need a computer for department use. ARPA bought a Pentium IV computer for the department of Biology in YSU. We visited their laboratory (which was in a very bad condition and not in use). I met with their faculty and asked a few questions.

12. On September 30 Areg Gharabegian, Nazo Seferian and I met with Dr. Aram Simonian, the President of the YSU. Also present in the meeting were the vice presidents of education and of foreign students' affairs. Details on what needs the YSU has and how they can be met was brought up and discussed. It was clarified that the YSU has a general course in ecology that is compulsory to every YSU student. President Simonian suggested meeting with the chairs of the departments teaching courses in ecology and discussing their needs and situation.

13. On October 2, M. Tashjian and I met with the Deputy Minister of Education and Science in charge of the school system, Pakrad Yessayan, and discussed the issue of the Government sponsored course on Health Education and Lifestyle Program (HELP). He reported that their program is planned for three groups. In grades 1-4 they will teach basic living skills, 5-7, HELP and 8-12 more advanced and related topics. Their HELP program has not started yet and they are working on the material to be taught. So, we presented him with our textbook on HELP and suggested to examine its content and use parts of it, if found appropriate. He indicated that their experts are aware of HELP or have/use our textbook.

14. On October 3 Areg Gharabegian and I met with the Director of the Center for Ecology of the Academy of Sciences, Dr. Armen Saghatelian. His center is a modern facility with all the necessary equipment, tools and experts to carry out research, perform tests and analyses in ecology. They are well funded through NATO and the EU..

15. On October 4 N. Seferian & I met with Dr. V. Maroukhian and Dr. Albert Boghosian, the head of the Graduate Division of the SEUA, and discussed concrete steps needed to be taken to start cooperative activities between ARPA and SEUA. A Memorandum of Understanding was written and signed by Maroukhian and myself that summarizes the ways and means of help that ARPA will provide the SEUA, within the possibilities and capabilities of ARPA.

16. On October 4 in the afternoon I met with Deputy Minister of Education and Science, Mr. Ara Avedisyan, in charge of Institutions of higher learning in Armenia. We discussed the

(Continued From Page 3)

activities of ARPA and the plans for new initiatives. He was very impressed with our work and delighted with our plans. He promised to organize a future meeting between the RA officials and faculty from all Universities, who are directly involved in studies and research in ecology and the environment, to try and coordinate the various activities and even create a center for ecology. He was in full support of the invention competition and a conference on ecology.

17. On October 5 I met with the members of the Academy of Sciences of Armenia and presented a lecture in the Institute of Mechanics on "Strategies and directions of science and research in Armenia and the need for planning". There were 21 researchers/scientists and they all expressed their gratitude and satisfaction with the lecture and seemed to feel the need to do their part in helping resolve the science and technology related problems in Armenia.

With Prof. Yervant Terzian of Cornell Univ During His Lecture



In The Picture: Dr. Aram Simonian, Pres. Of YSU, Dr. Panossian, N. Seferian & A. Gharabegian at the YSU



In The Picture: L-to-R Dr. Poghossyan (Dean of SEUA), Dr. N. Seferian, Dr. Maroukhian (Pres. Of SEUA), Dr. Panossian

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The Armenian Economy: Threats to the Caucasian Tiger

King Banaian, St. Cloud State University

Of all the countries that succeeded the former Soviet Union, few suffered more in the early years of transition than Armenia. Its output decline was exacerbated by the struggles over Artsakh, but even without this the initial shock was as severe as those in Georgia or Moldova.

But unlike those two countries, Armenia has done remarkably well since then. The World Bank presented reports recently that referred to the country as a “Caucasian tiger,” borrowing a term from the high-growth economies of east Asia in the early 1990s.

Despite limited extractive resources, it has achieved an average annual GDP growth rate of around 10 percent over the past 10 years, rising to 13-14 percent in 2005 and 2006. Armenia’s poverty rate has dropped from over 55 percent at the start of the transition to around 30 percent today. Growth reduced extreme poverty even faster: from over 20 percent in the mid-1990s to less than 5 percent in 2005. In a 2006 survey which rated the ease of doing business around the world Armenia ranked 34th.¹

Readers will note, of course, that the Asian tiger economies eventually floundered during the crisis of 1997-98. How long can Armenia remain a Caucasian tiger, and can it avoid the fate of its Asian cousins?

Financial Sector Development a Big Concern

An area of concern is the continuing lack of development of the Armenian financial sector. Despite the efforts of USAID, the World Bank and other multinational groups, the country remains a difficult place for small businesses and households to borrow money. The spread between the rate at which households can deposit money and borrow is higher than in the rest of the former Soviet Union (outside Central Asia, whose banking systems are not comparable.) The IMF cites bank size, market power, a reliance on fees and other non-interest income and the high liquidity of the banking system as causes of these margins. Progress has been made – private credit grew 28% in 2006 – but it has been quite slow.

Because of concerns over the banks, individuals and firms do much more business in cash, and frequently in dollars or euros rather than *dram*. The government believes that this is due to a lack of trust in the banking system, and so it expects to have risk-adjusted capital requirements for banks in place within a year.

New competition and transparency will help. HSBC Armenia has been the largest bank by deposits in the banking system, and now Credit Agricole has bought a significant portion of ACBA Bank. Dutch and German banks are expected to follow. Armenian banking law also calls for banks to make their financial information public in a uniform way, and the Central Bank expects that it will have that data available to depositors and lenders this year.

Are there parallels to the Asian crisis? Asia’s collapse occurred within a financial sector characterized by highly leveraged nonfinancial corporations, foreign currency positions unhedged in the short-term, and domestic banks borrowing from abroad. Fears of a repeat are part of what has pushed lending rates up in Armenia and induced banks to hold so much of their assets in liquid form, which is pushing corporations to seek other forms of financing. The larger lesson learned from Asia is that economic and financial sector developments are inextricably linked, and that successful deepening of the Armenian financial sector is vital to continuing its

growth.

Exchange rate appreciation

One can scarcely travel around the country without hearing discussion of the appreciation of the *dram*. This has led to “dedollarization” as firms and households seek to convert their foreign currency into the domestic currency, which accelerates the appreciation. The *dram* appreciated by 19.2% versus the US dollar in 2006 despite the Central Bank’s interventions. As a result, the amount of money the central bank has issued in 2006 has increased by more than a third.

The influx of dollars is one of the effects of the heavy reliance on remittances in the economy. Remittances – the return of dollars to families from Armenians working abroad – have provided a substantial boost to some households. Bryan Roberts and I have estimated that the size of remittances in GDP may be near 10%.¹ Foreign direct investment has been also quite substantial, growing 14% in 2006. The growth has come mostly in a few large projects such as expansion of the airport at Zvartnots. Smaller FDI, in particular from diasporan Armenians, has not been as large a factor.

In Asia, the central banks had pegged their local currencies to the dollar, leading firms and investors to treat local and foreign currency as equivalent. When the crisis broke and exchange rates fell, money flowed out of those economies rapidly. Armenia has the advantage of being insulated from external shocks too much due to its isolation. It has wisely chosen to not focus on exchange rate based stabilization of its macroeconomy, shifting last year to inflation targeting. Increased transparency of monetary policy will help Armenia avoid the fate of Asia’s exchange rate collapse.

Corruption

Corruption remains a large concern for the country. The latest *Corruption Perceptions Index* report from Transparency International ranked Armenia 93rd among 163 countries for its level of corruption. A new anti-corruption program is planned for this fall, but programs have come and gone for more than five years. Bribery remains rampant. Because of its landlocked nature and lack of road and train transportation lines, there are impediments to trade compounded by the opportunity for corruption in the customs areas.

A survey by *Transparency International – Armenia* in August 2006 found that 64% of respondents felt corruption had increased in the past three years. A majority felt corruption was state-initiated rather than by individual citizens or firms. Alarming, most felt corruption had always existed in the country and more than one in five felt it was the normal state of affairs.

East Asia continues to struggle with poor institutional frameworks in many of its economies. Corruption results there and in Armenia from a weak rule of law, poorly-defined and defended private property rights, and a lack of transparency. The government of Armenia and multinational donor organizations continue to promote strengthening its institutions to reduce corruption, but it will take demands by the people of Armenia itself to create momentum for serious reforms. Until they do, the Caucasian tiger remains a creature whose health must be considered at risk.

1 “IDA at Work: Armenia: Reaping the Benefits of Steady Reform.” From <http://siteresources.worldbank.org/IDA/Resources/IDA-Armenia.pdf>.

2. “Remittances in Armenia I: How Big Are Remittance Flows to Armenia, and How Much Does it Cost to Send Them?” *Armenian Journal of Public Policy* 2, number 1, September 2005 and “Remittances in Armenia II: The Impacts of Remittances on the Economy and Measures to Enhance Their Contribution to Development,” *Armenian Journal of Public Policy* 2, number 2, January 2007.