

REVIEW 2008



ascendance





यस्मान्नोद्विजते लोको लोकान्नोद्विजते च यः।  
हर्षामर्षभयोद्वेगैर्मुक्तो यः स च मे प्रियः॥

He who is not a source of annoyance to his fellow-creatures, and who in his turn does not feel vexed with his fellow-creatures, and who is free from delight and envy, perturbation and fear, is dear to Me.

Bhagavadgita (Twelfth Chapter)

## contents

|                         |   |
|-------------------------|---|
| Beginnings and overview | 5 |
| Summary                 | 6 |
| Activities at a glance  | 8 |
| Community organisation  | 9 |



|             |    |
|-------------|----|
| Livelihoods | 24 |
|-------------|----|

- Apricot Growers' Enterprise
- The Soap Venture
- Herb Growers' Enterprise
- Nature Shop
- Grameen Himalayan Haat



|        |    |                                       |
|--------|----|---------------------------------------|
| Health | 10 | Community Health<br>Curative Services |
|--------|----|---------------------------------------|

|           |    |  |
|-----------|----|--|
| Education | 17 | Aarohi Bal Sansar<br>Scholarship for Girls<br>Bal Sansar Sponsorship<br>Other Educational Events<br>Ilya Scholarship |
|-----------|----|--|

|                              |    |
|------------------------------|----|
| Natural Resource Management  | 30 |
| Training and Exposure Visits | 33 |
| Accounts & Finances          | 35 |
| From the Heart               | 37 |
| Experiences and Letters      | 39 |



|                            |
|----------------------------|
| Founder members            |
| Managing Committee         |
| Life members               |
| Institutional members      |
| Ordinary members           |
| Aarohi's village partners  |
| Contributions for the year |

appendices 47





### THE BEGINNINGS AND AN OVERVIEW...

In the year 1992, a young couple, enamoured with the Himalayas, took a decision to base themselves in the charming village of Satoli and dedicate their lives to the development of the region. This was the beginning of Aarohi. The word came as an inspiration from the name of a lovely child and was reinforced by a mesmerizing rendering of the raga 'Aarohi' by Pandit Ravishankar accompanied by Ustad Allah Rakha in the mofussil town of Bharuch in Gujarat.

The name stayed on. It appropriately signified ascendance, growth or inclusion... the growth of thought, creativity and harmony.

Aarohi was set up with a vision to create opportunities for rural communities in the mountains of Uttarakhand to lead a more self-dependent existence, reduce poverty, and live in harmony with their environment.

Satoli is a village situated at a height of 6,000 feet above mean sea level. In these 17 years, the quiet village has become a busy hub of positive action which has, to date, touched the lives of some 37,000 people from over 100 villages in three of the 13 districts of Uttarakhand. Various issues of poverty have been addressed through sectoral inputs in Health Care, Education, Livelihoods, Forest Management, Drinking Water and Sanitation, Watershed Management and Women's Development.

The organization began with a dream and no financial reserve and has now grown to a team of 54 full time workers and 226 members from all over the world.

Oona, the founding spirit of Aarohi, left us prematurely in 1996. Her experimentation with various aspects of development in a brief span of 4 years spoke volumes of her competency in setting up systems. Her direction set the foundation for change, and the processes continue to expand in ever increasing circles to involve more and more people.



## SUMMARY

Conventionally, growth would connote expansion of financial outlay, services and increase in people involved. This year has been one for consolidation of processes, introspection, looking back and looking ahead.

Aarohi has moved into the arena of change of guard. New leadership has been experimented with, some from within and some from outside.....a mix of young blood with all its passion, creativity and impetuosity and that of seniors with their experience, steadfastness and ability to steer consistently in stormy waters. Aarohi as an organization has absorbed all of this and is looking afresh at processes and systems to continue its ascendance.

The organization is currently working in 65 villages, impacting a population of about 28,000 people.

The Arogya project for **health**, in partnership with Kassar Trust (Mankote) completed its first phase in August 2008. A total of 25 villages from Nainital and Chamoli districts with a population of some 10,000 people have benefited through the program. Village health committees have been formed in all villages and health workers and Traditional Birth Attendants trained to fair levels of competency. General levels of awareness of critical health issues have been raised in all villages. Against poor baseline data, the program has demonstrated that even 3 years of consistent intervention can give results like complete immunization of children, no maternal deaths for three years and measurable change of practices leading to positive health.

A total of 3,503 people benefited directly through the curative services offered by the cottage hospital at Satoli. 88 surgical procedures were carried out through camps conducted throughout the year by volunteer surgeons. The diagnostic facilities have been upgraded with addition of an ultrasound machine, ECG machine, and a 100 mA X-Ray machine.

Planning for the second larger phase is underway with intense involvement of the entire health team as well as the partner funder.

The **Aarohi Bal Sansar (ABS)** has moved from a primary level to a middle level school with the addition of the 7<sup>th</sup> standard. Its popularity has grown with the student strength jumping from 80 to 123 this year. Effort has focused on development and consolidation of curricula for English, Mathematics and Science. The addition of 2 young girls to the school teaching and coordinating faculty has brought in fresh energy and thoughts. The school has managed to lay down its vision and mission statement through a hotly debated participatory exercise. Workshops covering a wide band of extracurricular activities continue to realize the vision of 'holistic development of personality through a joyful environment'.

Through the teaching of environmental education, health awareness, the Bal Mela (a children's fair), computer literacy and sport, the education program reaches out to some 1500 children from the area.

The Room to Grow scholarship program supports 65 girl scholars from the area with special focus on curriculum learning and life skills education. The Ilya Scholarship program supported five children for academic excellence and five for extracurricular talent from the ABS. Two more, from outside the school, received scholarships to help them take career decisions.

A new program (**Bal Sansar Sponsorship**) for sponsoring the education of children at the ABS was started and 10 sponsorships (INR 7,200 or USD 144 each for a year) were sought from individuals. This aims to support school fee, uniforms, nutrition supplement, medical checkups and part administrative cost for school expenses. Institutional support has also come for this through Aarohi Schweiz and will come into effect from the next academic year.

The **livelihoods** program has continued on its growth chart. Sales for body care products have gone up to INR 17.51 lakhs and those for herb products to INR 4.1 lakhs. The demand for Aarohi's exclusive body care products has gone up. A tie up with 'Himjoli', an aggregator marketing company for promoting products made in the mountains by different organizations, is promising.

The Grameen Himalayan Haat was a five day event in the month of October. It drew crowds of around 15,000 people. The high point remains cultural performances by professional Kumaoni groups as well as budding local artists. Total sales by participants amounted to INR 2.46 lakhs.

The General Gurbir Mansingh Van Panchayat award for best managed **forests** was awarded to the village of Suyalgarh for a second time in a row. The process of participatory evaluation was a great learning exercise for all.

Members of Aarohi Schweiz have worked enthusiastically to raise funds at a time of recession, and encourage volunteers for work in rural Kumaon. Aarohi has maintained a good balance of funds from Indian and foreign sources. Individual contributions this year have amounted to INR 0.7 million. Total grants and income for the year were INR. 88 lakhs (8.8 million) with expenditure of INR 82.4 lakhs (8.24 million).

at a glance...

| <b>PARTICULARS</b>                            | <b>2006 -<br/>2007</b> | <b>2007 -<br/>2008</b> | <b>2008 -<br/>2009</b> |
|---|------------------------|------------------------|------------------------|
| No. of villages where Aarohi works            | 76                     | 74                     | 65                     |
| No. of meetings held                          | 316                    | 398                    | 121                    |
| Total attendance                              | 4,800                  | 4,741                  | 3,859                  |
| Women   | 2,445                  | 2,578                  | 2,183                  |
| Men   | 2,355                  | 2,163                  | 1,676                  |
| Women: Men ratio                              | 1:1                    | 1.2:1                  | 1.3:1                  |
| Money in samiti* a/cs (INR)                   | 2,96,330               | 3,78,299               | 1,30,554               |
| Total money utilized by samitis (INR)         | 1,41,200               | 2,02,417               | 50,828                 |
| Total no. of patients seen (Hospital + camps) | 2,248                  | 4,280                  | 3,503                  |
| Sale of bodycare products (INR lakhs **)      | 10.34                  | 15.94                  | 17.51                  |
| Sale of herb products ( INR lakhs)            | 3.07                   | 3.4                    | 4.1                    |
| Children at the Aarohi Bal Sansar             | 80                     | 80                     | 123                    |
| Aarohi members                                | 222                    | 233                    | 225                    |
| Aarohi workers                                | 47                     | 49                     | 54                     |
| Grants and Income ( INR lakhs)                | 140.47                 | 107.92                 | 88.09                  |
| <b>Expenditure ( INR lakhs)</b>               | <b>118.15</b>          | <b>113.20</b>          | <b>82.45</b>           |

\* Samiti is a Committee

\*\* Ten lakhs is equivalent to One million



## COMMUNITY ORGANISATION

Rural communities face all the problems of being marginalized due to limited access to information, basic services and little opportunity to participate in the economic growth of our country. In the more remote mountain villages, these problems are magnified. With this comes a resignation and acceptance of life situations that is termed as 'destiny'. As time moves on, such people can lose the will for change.

Within such a context, civil society organizations like Aarohi take on an important role as change agents. Experience has shown that change of social behaviour is possible in five to ten years. Such a change of attitude consequent to an enhanced awareness does lead to a better way of living - even within the same resources.

It is with this objective that Aarohi has incessantly striven to organize communities to seek positive health, learn appropriate life processes through education and improve economic status through alternate livelihood practices.

The community health project in partnership with the Kassar Trust has impacted around 10,000 people from 25 villages in two districts of the state. Local village health committees (Gram Swasthya Samitis) were formalized, village health funds created, local health workers and traditional birth attendants trained, school children mobilized and links made with the government and private sector health care providers. In the 10 villages of Ramgarh block (Aarohi's direct work area) a total of 104 meetings were held with a total attendance of 3,355 people, or an average of 32 people per meeting.

The village health funds currently total to INR 105,654. These funds are being regularly used for the remuneration of the elected health worker.

Nine special teams called the Bal Swasthya Prachar Teams or BSPT teams comprising 84 children were formed. These children have done exemplary work in conducting monthly village cleaning campaigns and have inspired their community to make garbage pits in the interest of a cleaner environment.

The local community made cash contribution of around INR 41,000/- for the yearly trade and cultural fair (Grameen Himalayan Haat). The community participated with great enthusiasm in planning and organizing all aspects of the fair. Local youth, as always, helped in maintaining cleanliness and a peaceful atmosphere during the event.

The village of Suyalgarh was awarded the first prize amongst seven contestants for having the best managed forest. It showed that community processes instituted ten years before have held good, and the community is able to continue to protect its forest, use forest produce in an equitable manner, and also save money from sale of surplus grass for village development. The award came about through a process of rural participatory evaluation.

Meetings are one important indicator of the interest of the community, showing a perceived benefit of the program. A total of 121 major meetings were held this year, with an average of 32 people attending each meeting.



### HEALTH

Enhancing access to healthcare and promotion of positive health seeking behaviour have been major areas of focus since the inception of the organization. Within these, the reduction of maternal and child morbidity and mortality has been the primary objective. For the last 16 years, the health program has worked to achieve these goals through the training of village level health workers and traditional birth attendants, raising the level of awareness of critical health issues with women's groups, adolescents and children, and delivery of medical care. With sustained local efforts, better communication and transport facilities, health services in the region continue to improve.



### Community Health

The community health initiative called the Arogya project which envisaged to create a model community based health care system in association with Kassar Trust, a partner organization in the Kumaon mountains, saw a near satisfactory completion in August 2008. A total of 25 villages with a population of 10,000 people were covered under this model. The village institutions (Gram Swasthya Samitis) formed under the leadership of the village head (Gram Pradhan) were handed over the responsibility of planning, implementing and monitoring health activities at the village level. The fresh democratic mandate of people in the form of Panchayat elections saw new village heads elected and new village institutions formed. This has instilled fresh vigour into the community health processes.

In Aarohi's direct intervention area, ten village health workers with minimal formal education have learnt through systematic training, first aid for common medical problems like fevers, diarrhea, coughs and colds, injuries, burns and bites, along with how to provide basic mother and child care. Most now conduct complete basic antenatal care including: examining pregnant women, providing iron and folic acid tablets, ensuring that immunizations are administered by the ANM, and encouraging the mother to seek

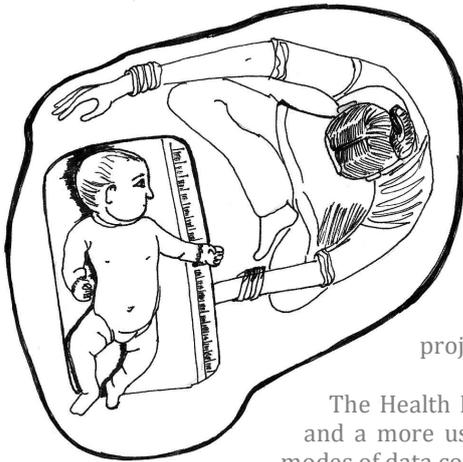
ultrasonic investigations. Through these measures, 'safe delivery' is promoted, either at home or through timely referral to a hospital. Early initiation of breastfeeding and weighing of all newborns is routinely encouraged. The health worker has attained a level in which she is now monitored and evaluated by her village health committee, with Aarohi providing guidance, trainings and consultation as needed. There is also good coordination between government health functionaries and health workers at the field level.

Despite the introduction of Janani Suraksha Yojna (JSS), a government scheme to offer financial incentive for hospital delivery, the trend of home deliveries still continues, with 80% of deliveries conducted by Traditional Birth Attendants (TBAs or Dais). Hence training of Dais is an important initiative of the community health program. No maternal deaths were recorded in the intervention villages during the past 3 years, a result that can partly be attributed to these trainings.

Extracts of an external evaluation by a team from TISS, Mumbai led by Dr. Ramila Bisht are highlighted below:

- The **Swasthya Karmis (SKs)**, or village level health workers are **well trained** in all important issues related to Maternal and Child health.
- **Awareness** among women about Antenatal Checkups, TT injections, IFA tablets, safe delivery practices and breast feeding practices is good. According to the Dais and local doctors, this awareness has **increased significantly** over the last three years among the rural families.
- **Safe delivery practices** are thoroughly practiced firstly because there is a good risk perception among the community about the dangers of aseptic delivery and secondly all Dais are making it mandatory for the family to follow safe practices. This particular component of MCH may be said to have achieved the status of a sustainable behaviour.
- Due to thorough antenatal care and due to availability of experienced midwives always on call, **timely referral** of complicated cases is being fairly achieved.
- **Knowledge provision** is given serious attention. Processes are well in place. Project staff is thoroughly trained and they are very communicative. Documentation is also good.
- Knowledge and awareness about **personal, domestic and environmental hygiene are almost universal**.
- The objective of 40% people with hygienic practices seems to have already been achieved in most of the villages.





Complete immunization of children (12 - 23 months) has been achieved against a baseline of 47%, and complete Antenatal coverage has increased from 8.7% to 87% in three years.

Growth monitoring in children 0-5 years is regularly conducted by the village health workers. The current rate of malnutrition in this age group stands at 43%. This high figure is consistent with national rates and a focus on child nutrition is highlighted as a priority point for the future project.

The Health Management Information System (HMIS) needs simplification and a more user friendly interface between the manual and computerized modes of data compilation and analysis.

Preparations for Phase II of the Arogya Project are ongoing. Lessons learnt from the execution of Phase I formed the base from which the entire health team participated in discussions and the development of a new proposal. For most, this was their first introduction to proposal writing and budgetary planning, and was an immense learning experience for all. Phase II will involve expansion of the program to include villages in even more remote areas of the mountains.

Health education of children is another area of special focus, with the aim of reinforcing concepts of personal hygiene and environmental sanitation, and increasing basic health knowledge. Regular health education sessions with 1130 children from class 3 to class 8 were held in the past year and covered topics such as understanding the human body and its functioning, the concept of disease, its prevention and management, first aid and essential mother and child health. The enthusiasm of children is encouraged by the use of activity-based learning, games and yogasana.

Nine teams of Bal Swasthya Prachar Teams (children's groups to encourage and participate in environmental hygiene) have been formed with 84 children with equal representation of boys and girls. These teams now conduct their own meetings and share information they have learnt with their peers. Special monthly village cleaning campaigns, inspiring villagers to construct garbage pits, participating in cultural activities and yogasana are a few special activities these teams undertake.

The period after August 2008, corresponding to the end of the Arogya Project, has been challenging, particularly in light of the global economic melt down and the ensuing difficulties with funding. Despite the lack of project funds, the community health initiative continues in 6 out of 10 villages. Trainings of traditional birth attendants and village health workers, monitoring important indicators and essential village meetings too have continued.

| Particulars  | 06-07         | 07-08         | 08-09           |
|--|---------------|---------------|-----------------|
| No of schools covered                                  | 30            | 30            | 30              |
| No of children involved                                | 1,029         | 1,130         | 1,130           |
| No of women receiving health education                 | 2,445         | 2,578         | 2,183           |
| No of Dais attending regular training                  | 8             | 10            | 14              |
| Complete Antenatal coverage                            | 8.7%          | -             | 80%             |
| No of health related village meetings                  | 176           | 292           | 104             |
| Attendance in the village meetings                     | 3,897         | 3,956         | 3,355           |
| <b>“Swasthya Kosh” INR (Heath fund In the village)</b> | <b>19,891</b> | <b>31,809</b> | <b>105,654*</b> |

\* The large figure here is due to a contribution from the project



### Curative Services

The improved facilities at the cottage hospital have made this centre function in a better manner as a first referral point for the 10 villages covered in Ramgarh Block. In addition, regular camps in the sectors of Gynaecology, ENT, Eye, Reconstructive Surgery and Dentistry have gone a long way to decrease general morbidity and to improve the quality of life for the local population. These services benefited 3,626 people last year.

While routine outpatient care and outreach mobile camps have continued, specialist camps at the cottage hospital have treated 1,293 patients this year with 88 cataract, Gynae and Plastic surgeries conducted. Use of the surgical facility has brought immense relief to people from 45 surrounding villages.

The recent additions of an Adara ultrasound machine, a 100mA X-ray machine, an Electrocardiogram (ECG), and a multi-parameter monitor have enabled better imaging and diagnostic capabilities. Over a hundred



patients have benefited through monthly diagnostic camps. Many of these patients have successfully sought surgical treatment for their newly diagnosed conditions, either at the Aarohi camps or at Haldwani and Almora. Ultrasound examinations of ANC patients have also been conducted, increasing accessibility and expediting care.

In addition to the camps conducted at the cottage hospital, the health team also participates in outreach mobile camps to take curative services to remote areas where access to healthcare is more difficult and infrequent.



| <b>PARTICULARS</b>                                | <b>06-07</b> | <b>07-08</b> | <b>08-09</b> |
|---|--------------|--------------|--------------|
| No of outpatients                                 | 1877         | 2070         | 1903         |
| Female  | 666          | 750          | 767          |
| Male  | 865          | 996          | 924          |
| Children < 5 years                                | 166          | 171          | 120          |
| Patients treated by Proxy                         | 180          | 154          | 92           |
| Indoor patients treated                           | 24           | 65           | 102          |
| Home visits / Emergencies                         | 16           | 10           | 11           |
| Laboratory test done                              | 178          | 491          | 328          |
| X Ray done  | 67           | 91           | 101          |
| Total villages covered                            | 40           | 40           | 45           |
| School children screened for health problems      | 43           | 396          | 232          |
| No of schools covered                             | 30           | 30           | 30           |
| No of dental camps held                           | 2            | 3            | 6            |
| Dental screenings for school children             | -            | 105          | 240          |
| Total dental screenings                           | 43           | 160          | 353          |
| Dental extractions done                           | 19           | 35           | 107          |
| No of dental fillings done                        | -            | 7            | 110          |
| Other specialists camps                           | 2            | 9            | 15           |
| Total patients treated in the specialist camps    | 233          | 1,089        | 940          |
| Total surgeries done in the camps                 | 9            | 88           | 88           |
| Mobile health camps                               | 2            | 9            | 3            |
| <b>No of patients seen in mobile health camps</b> | <b>67</b>    | <b>565</b>   | <b>75</b>    |

A roster of radiologists and specialists has been created for the coming year, ensuring regular radiological investigation and specialist outreach to more needy people from remote areas.

In the coming year, the foundation for this model health care delivery system will have been well laid out. The next step will be to plan a systematic replication of this model with carefully chosen partners.

I am Bhagwati, the daughter of Bacchi Ram from the village of Gorapani. Until five months ago, my childhood and adult life had been miserable and very difficult.

When I was five years old I had a major accident. It was a very cold day in winter. My mother had lit a fire outside the house, and my younger brother and sister were playing near the fire. My parents had gone to the forest, and only my old grandmother was with us. I was chasing the cat and fell into the fire. I was wearing synthetic clothes which rapidly caught fire and burned fiercely. I cried and screamed. My old grandmother came and poured water on me to stop the fire, but my clothes got stuck to my body. The next day my father took me to the government hospital in Almora in a Dala (a large basket) because pain and soreness made it difficult for anyone to carry me. I was admitted to the Nainital hospital for two months and then transferred to the Almora hospital for six months. The wounds healed but scarring on the front of my body, arms and legs was severe, and joints were difficult to move. When I grew up enough to know my body, I was very sad. My body was not like that of other girls'. I could not move properly and was not able to work.

Nine months ago a distant relative who works in Aarohi told my father that plastic surgery operations were performed at Aarohi. He explained the details, and that it would not be too expensive. In due course I came to Aarohi and had an extensive plastic surgery operation. Afterwards I felt beautiful, I could move my arms and legs. I became more confident and am now able to think about marriage. Before the operation I did not think that anyone would marry me. I feel different now. My father says that I am not the same person anymore. He is especially pleased that I can now do house work with greater ease.





## EDUCATION

### Aarohi Bal Sansar

Aarohi Bal Sansar is a middle school catering to 123 children (54 girls and 69 boys) coming from 8 surrounding villages which fall within a radius of 7 kilometres. Started as a primary school in 1994, the school seeks to impart meaningful education to children which gives them confidence to choose appropriate vocations later in life and also become responsible citizens of their society. Provision of adequate infrastructure and facilities, innovative curriculum and child centric pedagogy, creating a loving and interactive environment are areas where the school continuously strives for improvement. The school has become a centre of excellence for some of the most marginalized children in the country.



The vision and mission of the Aarohi Bal Sansar were revisited this year in an invigorating exercise involving the Education Steering Committee and all teachers. The vision of the school has been defined as 'Holistic development of personality in a joyful environment'.

Emanating from the vision, the mission states that 'Aarohi Bal Sansar will nurture its students for holistic development of personality in a loving environment using appropriate curriculum, creative teaching methodologies and sufficient resources'.



From humble beginnings of being housed in a room at the local Dak Bungalow, the school has achieved tremendous growth in terms of infrastructure and facilities. As a result the enrolment jumped up from 80 students to 123 students this year. Two buildings now provide space for six class rooms, a computer room, a science room, a skill development cum art and craft room, a cultural activity room, a library, a kitchen and a staff room. The architectural design of the buildings blends well with the surroundings and has adopted principles of passive solar gain for warmth and natural light. A large ground developed as a half stadium is a valuable asset in the mountains and provides the much needed space for sport for youth of the area and other larger community activities like the Bal Mela and the Grameen Himalayan Haat.

With the addition of classes at the middle level, the school is running short of space by way of class rooms. Effort is on to mobilize resources for meeting this need and for transport arrangements for smaller children.



Teachers at the school continue to receive training and exposure aimed at improving their understanding and use of innovative curricula and pedagogy. The state curriculum is complemented by supplementary teaching material so that learning is made more comprehensive, interactive and activity based. A seven day *Jodo Gyan* resource material and situations from daily life for effective learning. Primary level teachers went on a weeklong training cum exposure visit to the same school and learned about child centric teaching methodologies and environment.



New tools like building teacher resource files and teacher assessment procedures have been introduced to improve teaching standards. Systems for drawing up and implementing annual and yearly teaching plans, maintaining a record of each child in teacher diaries and personal files containing the work of students have been put in place. Computer education is given to children from class 3 and above, and efforts are on to use computers for integrated learning of language, math, history and science. Many interesting and age appropriate books in English and Hindi language and Science were added to the library, and work relating to cataloguing of books was completed with the help of student volunteers.



The vision of Aarohi Bal Sansar also drives promotion of extra-curricular activities and talent. Students are encouraged to learn their culture and history by way of folk dance and music, playing the dholak and other local musical instruments, Aepan (the local folk art form), experiment with needlework and embroidery, carpentry and nutritional cooking. Special workshops were held this year on baking, structural building design using geometry, digital photography, theatre, salsa, folk dances of India and astronomy. In sport, they learnt and practiced track events, marching, self-defense and were introduced to football.

This year, special effort has been made to increase the involvement of parents in the education of their children through interactive class-wise parent teacher meetings. Activities like Origami, role plays and painting competitions were included in these meetings. A program for providing nutritional supplement to children thrice a week has been introduced.

Remedial teaching for some new students coming from government schools has been a challenge. Sadly, the academic foundation laid in government schools is not always strong, making these children vulnerable as they move up from class to class.

School elections were a significant development this year. A School Captain and Vice Captain from the senior most class 7 were elected by the children, following proper procedures of nomination, polling and voting. They carried through their responsibilities with great earnestness and were awarded certificates at the close of the academic year.

Children continue to excel in many ways: from discovering hidden talents in sports and arts, to winning prizes in interschool competitions. Vikram Bisht from Class 5 was selected to the prestigious Navodaya Vidyalaya, a state run and subsidized school for academically bright students.



Resources at the Aarohi Bal Sansar and the larger education program of Aarohi also reach out to over 1,500 children from 30 government schools with inputs in health and environmental education, computer literacy, English language learning, sports, educational tours, Bal Mela (children's fair) and preservation of Kumaoni culture and heritage.



#### Scholarships for girls

Aarohi successfully completed four years of association with Room to Read, a program that aims to encourage girls to attend school on a continuing basis until at least class 12. The selection criterion was based on financial need and minimum academic levels.

A total of 65 girls were supported by this program this year: 17 from Aarohi Bal Sansar and 48 from six Government Schools.

In addition to sponsoring the school fee, uniform, books and stationery, the program aspires to expand the girls' comprehension of their capacities and possibilities for the future through educational tours, skill development workshops, cultural activities, vocational and life skills training.

### Mamta Dumka, Class 10, Village Dol

I am Mamta and I study in the 10<sup>th</sup> standard at Rajkiya Inter College, Peora. My school is around 8 kilometres away from my home in the village of Dol. On the way to school, I have to pass through a dense forest and at times come across wild animals on my way back in the evening. My father, a labourer, is the only earning member in the family. With the meagre income that we have, it gets difficult for my father to take care of our education along with our other basic necessities.

I feel very fortunate that with Aarohi's help I got selected for the Room to Read Girls' Scholarship Program. This supports my entire education i.e. my school fee, my uniform and books. The most helpful aspect of this program is the regular health check up at the Aarohi clinic, a facility that my father cannot afford. Besides the financial aid, I also get to attend different workshops and go for educational tours, and these have given me a chance to learn a lot. I want to study further and with the help of this program I think I will be able to live my dreams.



*Translated from Hindi*



#### Bal Sansar Sponsorship

Funded entirely by individual contributions, the Bal Sansar Sponsorship program was started last year as a way of financial support to families desirous of giving quality education to their children at the Aarohi Bal Sansar, but lack resources to do so. Ten children from Classes 1 and 2 were selected this year. The sponsorship includes tuition fee, 2 sets of uniforms, books and stationery, basic medical care and nutritional supplement. Part of the administrative cost including teacher salaries is also met under the individual donor sponsorship.

The selection criteria for this program include:

1. Economic hardship
2. Child with single parent
3. Child with differently abled parents

An evaluation of the program at the end of this school year has revealed significant academic improvement in the children, besides giving financial relief to parents.

Manish Singh Bisht, Class 2, Aarohi Bal Sansar

Manish received the Bal Sansar Sponsorship this year. He is in Class 2 now and regularly attends school. He even won an award for 100% attendance at the end of the year. His little sister Himani loves to sit near him with a notebook and a pen in her hands. Manish lost his father, Late Shri Bhim Singh, in an unfortunate accident when his sister was just 9 months old. Their mother, Yashoda, now 28 years old, never had the chance to go to school. She is partially deaf and continues to be distraught with grief after the loss of her husband.

The total number of members in the family is five with no earning member. Manish's maternal grandfather is supporting them in whatever way possible. After getting the Bal Sansar Sponsorship, Manish is able to go to school and has shown great improvement academically. This makes his mother happy. Even though herself illiterate, she values good education for her children and feels that the Bal Sansar Sponsorship has brought a ray of hope in her life!



#### Ilya Scholarship

The voyage of Ilya Scholarship started in 1996, in memory of little Ilya who was a student of Aarohi Bal Sansar and had an untimely demise. The scholarship has been used to encourage development of talent in the academic and extra-curricular domain. It has also provided the opportunity for children to travel to distant regions in the mountains and to the sea, to foster a sense of adventure.

This year, five students from Classes 3 to 8 of Aarohi Bal Sansar were given talent based scholarships covering arts, sport and music, where the awardees received art/crafts books and material, an MP3 player, a Casio keyboard, a harmonica and cricket equipment. Another five students received scholarships for merit in academics covering tuition fee, books, stationery and uniforms. The scholarships amounted to a value of INR 1,000/- each.

Two additional scholarships amounting to INR 12,000/- were given to students from the local college as a fillip to pursuing career objectives. The scholarship helped Narendra appear for the National Defence Academy entrance examinations and Lata to pursue sport and higher studies.

### A family of bright children...village Peora

*"My father always said never lose hope... you will win one day!"  
says Jaya Bisht, Peora*

Jagat Singh Bisht is an electrician by vocation. He lost his wife, a mother of four children, some twelve years ago. Jaya, the eldest daughter, was just eight years old and had realized even at that time that somehow she would have to raise her three brothers now that their mother was no more.

One of the first students of Aarohi Bal Sansar, Jaya now teaches at her alma mater. Jaya is training to be an English teacher and helps with English language classes being held for the youth of the region. She loves to study and work and also keep house for her family. Her two brothers, Narendra and Himanshu got scholarships this year, for pursuing further studies and music, respectively. Narendra had topped his class in the 12<sup>th</sup> boards and is aspiring to join the National Defence Academy. Himanshu is an all rounder excelling in academics, sports, art and music.



Whenever these children are queried about their take on this, their constant refrain is that they are doing well because of their father - 'Our father teaches us to have patience and never give up, and we never do!'

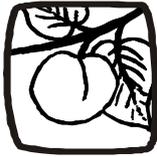
### Other Educational Events

- To enhance awareness and sensitivity on environmental issues interactive sessions were conducted at 19 government schools and Aarohi Bal Sansar covering over 1000 children in the age group 9 to 14 years. Topics covered included conservation of water in the soil, rain water harvesting tanks, water borne diseases, different forms of energy, non conventional means and uses of energy.
- Various workshops on art & craft, needlework & embroidery, digital photography (Kyle from USA and Suhail from Pune), theatre with a focus on emotions (Nupur from Pune), Salsa (Zyanya Breuer, student of the University of Washington in Seattle, USA), folk dance from Punjab and Rajasthan, basic astronomy and sky gazing (Sameer from Pune), carpentry, baking with minimum expense (Anita & Nicole from Switzerland), Geometry through structures and shapes (Patrick from New Orleans, USA), collage making,

- Mathematics, Science and English (story telling and reading) were held for children at Bal Sansar and students from government school
- The Kumaon Chapter of Spic Macay, a society dedicated to promotion of Indian classical music and culture amongst youth, brought Rajasthani folk music - Ustad Bhawar Khan and team from Barmer, to the region. A mesmerizing performance of sonorous voices and instruments was enjoyed thoroughly by the students of local schools and others from the community.
- Educational Tours/Adventure Treks: 9 young members from the Oona Sports Club went for a ten day adventure trek to Vedini Bugyal in the month of May 2008. Children of classes 6 and 7 were taken on an adventure trek to Mukteshwar for rock climbing, rappelling and river crossing, along with various environment based activities on the way. In January 2009, more than 70 children attended a jungle camp at Aam Danda near Corbett National Park.
- A music workshop on patriotic songs popular during the Indian independence movement was held by the legendary Shubha Mudgal and her husband Dr. Anish Pradhan in Bhimtal. Four teachers and six students attended the workshop and learnt original compositions of songs like ' Gandhi ke bhagat bano rasiya, Gandhi ke and Khub ladi mardani woh to Jhansi wali rani thi!
- A cluster level sports and cultural rally and a youth rally took place in the month of August 2008 at the Aarohi Bal Sansar sports ground, with participation of 300 children from various schools and 50 youth, respectively. Events organized included track events, high jump, long jump, kabaddi, kho-kho, tug-o-war, volleyball and cultural competitions.
- Bal Mela, a one day event, was organized on the 14<sup>th</sup> of November (Pandit Nehru's birthday) where 300 children from different schools participated. Various competitions like drawing, general knowledge quiz, declamation, music and races took place. Display of charts and models made by kids was a major attraction of the event.
- Computer literacy classes were attended by youth of the area (22 girls and 11 boys) where they learnt MS Office package and Internet usage. A few also picked up basic skills relating to desktop publication.

Looking ahead, we hope to...

- add 2 more classrooms in the school in the near future
- build a corpus to support teacher salaries and other school running expenses
- enhance the scholarship fund to cover at least 40 more deserving children
- consolidate teaching – learning practices for delivery of quality education
- continue to seek volunteer support from interested people and use their talent to further strengthen this model school



## LIVELIHOODS

### Apricot Growers' Enterprise

This is a small scale rural enterprise that works in harmony with the environment, provides supplementary income to hundreds of farmers in mountain villages and also full time employment to six local people.

The seed for this venture was sown in 1992, when a severe hailstorm destroyed more than half the apricot fruit crop of the area, and farmers felt devastated at the hands of nature. Talk about the age old household practice of extracting oil from apricot kernels in community meetings prompted Aarohi to step into the procurement of apricot nuts from the farmers and give value to the small kernel within. Deriving oil from kernels of waste fruit using a traditional cold press, with low energy usage and zero effluents makes the whole exercise an environmentally friendly activity. The oil cake which is a by-product is also processed and marketed as a face and body scrub.



Recent times have seen increased demand for natural products from consumers all over the world, who are at the same time conscious of fair trade practices and environmental concerns. It is a matter of immense satisfaction for Aarohi that it is able to meet these criteria in producing and marketing high quality, 100% natural apricot and peach based body care products using local produce. Total sales for the year amounted to INR 14.93 lakhs, a growth of 13% over last year's sales. The pioneering effort of Aarohi in this field has paid off, as the model is being replicated both in Uttarakhand and Himachal Pradesh.

Total benefit to farmers against procurement of nuts and kernels, processing job work and wages amounted to INR 6.75 lakhs or 45% of total sales. Surpluses after meeting other costs of production and sales are currently being ploughed back into the business.

A fillip to this enterprise is slated for the coming years through a network of Kumaon social organizations promoted by Himjoli, a marketing company which has been set up with the objective of aggregating products from different NGOs and taking them to potential consumers and unexplored territories. The upgraded website of Aarohi has also proved effective in reaching out to new customers and interested retailers in India and abroad.

The time is ripe for the enterprise to put its best foot forward, towards achieving higher goals through introduction of new and value added products and up scaling production. Its goal of creating monetary surplus to meet fund requirements for welfare activities in the sectors of health and education will hopefully be realized in the near future.

| <b>PARTICULARS</b>   | <b>2006 - 2007</b> | <b>2007- 2008</b> | <b>2008-09</b> |
|--|--------------------|-------------------|----------------|
| <b>Production and processing</b>                               |                    |                   |                |
| Total producer beneficiaries                                   | 612                | 740               | 873            |
| No. of villages of procurement                                 | 48                 | 61                | 142            |
| No. of village samitis involved in procurement                 | 2                  | 2                 | 2              |
| Apricot nuts purchased (quintals)                              | 28.5               | 14                | 87             |
| Apricot kernels purchased (quintals)                           | 0.016              | 21                | 15             |
| Apricot kernels processed (quintals)                           | 22.02              | 30                | 28             |
| Apricot Oil extracted (kg)                                     | 771                | 911               | 1,050          |
| Benefit to farmers from purchase of Apricot nuts/kernels (INR) | 66,931             | 189,626           | 315,000        |
| No. of families benefited from processing activities           | 10                 | 6                 | 6              |
| Benefit to farmers through processing (INR)                    | 39,756             | 23,531            | 33,000         |
| <b>Marketing</b>   |                    |                   |                |
| No. of products  | 5                  | 5                 | 6              |
| Sale of Oil of Apricot (kg)                                    | 770                | 966               | 1100           |
| Sale of Apricot Scrub (kg)                                     | 370                | 481               | 503            |
| Sale of Apricot products (INR, lakhs)                          | 10.34              | 13.20             | 14.93          |
| Sale of Apricot Products in Uttarakhand (INR, lakhs)           | 5.37               | 6.00              | 7.34           |
| Sale of Apricot Products outside Uttarakhand (INR, lakhs)      | 4.97               | 7.20              | 7.59           |
| No. of outlets in India  | 58                 | 55                | 60             |
| No. of cities/ towns through which marketed                    | 24                 | 27                | 27             |
| <b>No. of exhibitions attended</b>                             | <b>7</b>           | <b>8</b>          | <b>8</b>       |

\* 1 lakh is equivalent to 100,00

**Devisura & Singh Bahadur**

Emigrant settlers from Nepal, Singh Bahadur and his wife Devisura have been living in village Sitla for over fifteen years. Working on and off farmsteads and estates, the couple has brought up four daughters and a son, earning their livelihood mainly through manual labour. After the unfortunate death of their eldest daughter, the onus of bringing up 2 granddaughters also fell on them. Association of past 6 years with Aarohi's income generation program has been beneficial to this family in augmenting their income. This year they sold 339 kilograms of apricot nuts to the unit earning a sum of Rs.6,102. This money was well utilized in meeting expenses for the wedding of their granddaughter in November, 2008.

Happy with their achievement, the couple hopes to collect more nuts in coming years, and Singh Bahadur plans to use this supplementary income to buy a new hearing aid for himself.

**Words of appreciation by fans of Aarohi products**

Excellent, very good! Really enjoy using these soaps.

**Bernadette da Cunha, Kalaghoda Festival Mumbai**

Aarohi products are really good and I use them regularly myself and for my son.

**Dr. Bharti Minocha, Safdarjung Hospital, New Delhi**

I started using Apricot oil three months ago on my foot which was injured in an accident. Every morning I massage with this oil and the pain in my foot is already gone. I am very grateful for the wonderful product.

**Michile Archambault, Dastkar's Basant Bazaar, New Delhi**

My husband has been using the scrub soap for some time now and it has helped him immensely in dealing with black heads and dead skin on his face.

**Archana Garg, Hapur**

I am Italian... a friend of mine brought me your apricot oil from India. I would like to say that I usually use oils but this is really the best one I ever used!

**Luisa Moscatti, Italy**

I first bought your apricot oil up in Leh, then I'm pretty sure I bought it again at Chitrakala Parishath during an arts & crafts fair in Bangalore. My daughter has become quite attached to it. Where do I buy it again in Bangalore?

**Kelly Z Raghavan, Bangalore**

I have been using your Apricot Scrub Soap for some years now. It is very good but a little expensive.

**Swami Dharmanand, The 'Pindari Baba', Pindari Glacier, Himalayas**

### The Soap Venture

The handmade soap venture completed two years of commercial production. The Apricot Scrub Soap range currently has two bar sizes (70g and 35g) and five fragrances – Rosemary, Geranium, Orange, Vetiver and Cinnamon.

The soap has been appreciated by most buyers and loyalty for the product is being gradually built up. The efficacy of the soap as an exfoliant has been reported by many users. Much needs to be accomplished still in further improving the product, adding new variants to the existing range, and bringing out more fragrances. Some experiments in this regard were carried out this year and will hopefully see results in the coming years.

Annual sales of INR 2.75 lakhs this year, though lower than last year sales of INR 2.75 lacs, are encouraging. Last year sales had included one large order to the tune of INR 55,000, while all sales this year have been small retail sales and the product has reached out to a larger number of consumers.



### Herb Growers' Enterprise

The aroma and flavor that herbs can lend to life is truly enchanting, and we find people even in cities wanting to grow their own herb gardens.

We have been bringing some clips on culinary and medicinal uses of herbs for our readers every year. Here are some more... Peppermint leaf tea disperses congestion in the body... Chamomile flower tea helps digestion and promotes sound sleep... Parsley brings out flavor of other herbs and will garnish virtually anything... Basil is especially good with tomatoes!

The cultivation of culinary temperate herbs was started as a pilot project some 14 years back. The effort has proved successful in demonstrating the viability of cultivation of both indigenous and European herb varieties in the region. Farmers are encouraged to grow herbs naturally, in small patches without any chemical inputs, and to carry on this activity for supplementary income while continuing with their traditional agriculture and horticulture activities.

A total of 17 varieties were promoted under the initiative, involving 30 farmers spread over 10 villages, with benefits to farmers and local people accruing to the tune of INR 1.9 lakhs towards procurement of herbs and wages. The enterprise registered sale of INR 4.10 lakhs from marketing of dried culinary herbs, herb teas and fragrant potpourris. Herb pillows were introduced as a new product at exhibitions and did brisk business.

The production side of the supply chain does not match demand due to vagaries of nature and also agriculture being largely rain fed in the mountains. The demand for high quality Himalayan herbs is increasing steadily, and competition amongst the now multiple players in this business provides impetus to farmers to grow more herbs.

| <b>PARTICULARS</b>                                     | <b>2006-2007</b> | <b>2007-2008</b> | <b>2008-09</b> |
|--|------------------|------------------|----------------|
| <b>Production and processing</b>                       |                  |                  |                |
| Total number of herb growers                           | 21               | 26               | 30             |
| Female nursery persons                                 | 13               | 15               | 17             |
| Male nursery persons                                   | 8                | 10               | 13             |
| No. of herb cultivation villages                       | 7                | 11               | 10             |
| Total quantity of dry herbs purchased (kg.)            | 134              | 115              | 191            |
| Benefit to farmers through herb procurement ( INR )    | 27,015           | 25,000           | 44,948         |
| Total no. of herb species cultivated                   | 17               | 17               | 17             |
| <b>Marketing</b>                                       |                  |                  |                |
| Sale of herb products (kg)                             | 145              | 110              | 150            |
| Sale of herb products (INR, lakhs)                     | 3.08             | 3.40             | 4.10           |
| Sale of herb products in Uttarakhand (INR, lakhs)      | 0.61             | 1.40             | 1.45           |
| Sale of herb products outside Uttarakhand (INR, lakhs) | 2.47             | 2.00             | 2.65           |
| No. of outlets in India                                | 34               | 36               | 40             |
| No. of cities/ towns through which marketed            | 20               | 22               | 27             |
| <b>No. of exhibitions attended</b>                     | <b>7</b>         | <b>8</b>         | <b>8</b>       |

**Thyme**

An ingredient in incense cones used in temples, Thyme was also a symbol of courage to the ancient Greeks and in medieval Europe. Later, it was mixed with other herbs and made into a small posy carried by judges and other dignitaries in the belief that it would protect them from the odours and disease of the sick and poor. A low lying, perennial shrub, thyme grows wild on arid hillsides across the Mediterranean. *This rugged plant is also found growing wild in the Himalayas, the local name for it being 'jauni jhad'.* The whole plant is heavily scented with tiny, greyish green leaves on numerous wiry stems that change from green to purple and then to wood. From April until July spikes of small white or pink flowers appear.

A strong-flavoured aromatic herb, Thyme is used as a popular garnish in a wide range of dishes and cuisines. Its medicinal value lies in treating colds and coughs, asthma and digestive problems such as bloating, belching, flatulence, sluggish digestion and poor bile flow.

Source: Reader's Digest – Nature's Medicines, 2003

**Basant & Janki**

Talking about our association with Aarohi's herbs program, the story begins in 1998. We used to live in Sitla then with our three small children and earned our livelihood through tailoring. We joined the organization at around the time when this young girl from Mumbai, Priti Rao, had also joined. At that time 10 species of herbs were being promoted. She put in more research and a lot of effort in bringing out 7 new varieties and we got totally absorbed with the introduction of new products. Fragrant potpourri bags of wild Himalayan flowers, leaves and roots, hand-sown muslin peppermint tea bags, herb gift sets and so on were brought out as marketable products. Our expertise in cutting and tailoring came in handy in developing these products.

Although the herbs program has progressed slowly, there has been no looking back either for us or the program. We have moved from strength to strength in consolidating our work, be it infrastructure, skills in managing the business, and participating in exhibitions in different parts of the country. Our association with Aarohi, the work and the people who come here as volunteers, has been really meaningful for us both in terms of support for our family and our own personal growth. Our children are pursuing good education, better than what we could have hoped for.



### Grameen Himalayan Haat

The eighth annual 'Grameen Himalayan Haat' was held at the Aarohi Bal Sansar sports ground at Naulikan from 17<sup>th</sup> to 21<sup>st</sup> October, 2008. An eagerly anticipated yearly festival for the local farmers and their families, it seems now that the Haat has come to stay.

The Haat was inaugurated by Mr. Naveen Bisht, Bureau Chief Dainik Jagran, Almora, accompanied by Mr. Deep Joshi, Bureau Chief Amar Ujala, Almora. They were appreciative of the scale of the event in a rural setup, and also of the organizers' ability to manage and sustain it, year after year. A far bigger success in terms of local involvement and audience participation, 34 entrepreneurs and 7 organizations registered total sales of INR 2.46 lakhs. Products on display were locally produced handmade shawls, sweaters, pankhis, carpets and thulmas, quilts, honey, jams and pickles, apricot and peach based body care products, herbs and spices, seeds and agricultural implements, toys and electrical goods, and articles with Aepan, the Kumaoni folk art. The 'pheriwalas', had a hey day selling old and new garments, bed linen, footwear, toys and cosmetics.



Professionals from different parts of Kumaon who performed in the evening cultural programs included, Kumaon Lok Utthan Sanskritik Samiti, Khurpatal (Nainital), Nehru Yuva Sanskritik Manch, Banthauk (Almora), Sanskar Sanskritik & Paryavaran Sangrakshan Samiti, Almora, Rimjhim Kurmanchal Sanskritik Dal - the Choliya Dance group from Lwar (Okhalkanda), and Suyalghati Choliya Dal, Bamanswal (Almora). Amateur local cultural groups, Surabhi Kala Mach, Kaphura and Sanskritik Dal, Nathuakan also availed the opportunity to present their repertoire. Apart from these, groups from government schools, Aarohi Bal Sansar, Lakshmi Ashram, Kausani and individual talents also added glitter to the show by giving mesmerizing performances.

#### Highlights of the fair:

- Traditional folk dance of Kumaon known as Choliya Nritya (a martial arts display that accompanies wedding processions – an art form which is slowly fading out)
- Games and races for children and adults
- Aepan art competitions
- A captivating magic show by 'Salim Jadugar' from Ramnagar
- A Power Point Presentation on work carried out by Aarohi interspersed with song and dances by children of Aarohi Bal Sansar
- Swings and slides for all age groups

| Particulars                          | 06-07         | 07-08         | 08-09         |
|--------------------------------------|---------------|---------------|---------------|
| Total no. of Stalls                  | 34            | 35            | 41            |
| No. of Organizations                 | 7             | 6             | 7             |
| No. of Entrepreneurs                 | 26            | 26            | 34            |
| No. of SHGs                          | 1             | 3             | 0             |
| Total Attendance (approx)            | 6,000         | 10,000        | 1,5000        |
| Total Sales (INR, lakhs)             | 1.03          | 2.08          | 2.46          |
| <b>Community Contributions (INR)</b> | <b>15,800</b> | <b>27,637</b> | <b>40,962</b> |

## NATURAL RESOURCE MANAGEMENT

### General Gurbir Mansingh Van Panchayat Award

Forests and their management were passions for Oona, the late founder of Aarohi. A small corpus was started two years ago to perpetuate the memory of her and her father, as well as to keep the vital debate of forest management alive. A portion of this corpus has been used for the past two years to honour and reward the best Van Panchayat, or Village Forest Committee. The competition is aimed at promoting good forest management practices in the region, and serves to stand as an inspiration for other communities. Ten villages in which Aarohi was previously involved with active forest management were invited to participate.

A Participatory Rural Evaluation Model was used to select the best village. This model, often used in rural development, is based on the principle that evaluations conducted by those that stand to benefit the most are richer and more in depth than evaluations conducted by an outsider. Evaluators are thus selected by and from the communities themselves, and these community members determine all indicators.

A team consisting of members from CHIRAG (a neighbouring civil society organization), local environmental consultants, former members of Aarohi and one evaluator from each of the seven participating villages were involved with the process.

Final presentations of results were given at Aarohi and attended by village representatives, including heads of Women's Self-Help Groups, Van Panchayat and other community institutions. Following a discussion session in which participating villages members could share input, the winner of the competition was announced. This year, Suyalgarh was declared to have the best kept forest, with Simayal (Diyari) and Meora following closely behind.

The Participatory Rural Evaluation Model has proven to be a good tool for enhancing community involvement, and has made the competition even more meaningful to all involved.

## TRAININGS AND EXPOSURE VISITS

Regular, systematic trainings and exposure visits have helped the Aarohi team to build their proficiency in their respective areas of work and interest. The team comprises mainly of local people who have been gradually trained on the job to professionally manage diverse functions such as running a business enterprise, working inside an operation theatre and designing and implementing innovative education techniques.

This year the team participated in the following trainings and exposure visits:

### Trainings & Exposure Visits for staff

| TRAINING / EXPOSURE                             | DURATION                    | PLACE / INSTITUTION / CONSULTANTS    | PEOPLE   |
|---|-----------------------------|--------------------------------------|--|
| Physiotherapy in Pregnant mothers for Backache  | 11- 12 July 2008            | Dr. Renu Arora / Aarohi/ Satoli      | Anandi, Savitri, Munni, Meenakshi, Pat, Swasthya Karmis (SK)                                   |
| Cross Visit                                     | 20 -22 August 2008          | Avani, Berinag, Pithoragarh          | Anandi, Gopal, Jagdish, Savitri, Dr Rohit and 23 Grameen Swasthya Samiti (GSS) members and SKs |
| General Nursing Care Operation Theatre training | 5 January - 5 February 2009 | Rural Medical Centre Mehrauli Delhi  | Sushila Meenakshi  |
| Laboratory technician training                  | 5 - 20 January 2009         | Rural Medical Centre Mehrauli Delhi  | Jagdish  |
| Advanced Acupressure training                   | 23- 28 January 2009         | Research Institute Allahabad         | Munni, Jagdish , Prakash   |
| General Nursing Care                            | 5 February- 5 April 2009    | Rural Medical Centre Mehruli Delhi   | Savitri  |
| Community Leadership Experience                 | 11 – 14 Feb, 2009           | UBS, India Service Centre, Hyderabad | Sushil   |

In addition to the sessions listed above, 12 additional trainings of SKs, Dais and GSS (village level government in charge of health and sanitation) members took place at Aarohi. Topics ranged from general health and well being, safe delivery, and childhood illnesses to advocacy trainings, including sessions such as “Know Your Rights”.

| TRAINING / EXPOSURE   | DURATION              | PLACE / INSTITUTION / CONSULTANTS                       | PEOPLE  |
|---|-----------------------|---|---|
| Education Tour/ Camp/ Trek                                      | 10 -16 June, 2008     | Vedini Bugyal   | 8 Sports Club members and Yashpal   |
|   | 7 Nov, 2008           | Mukteshwar / Niharika & Kyle                            | Classes 6 & 7 of Aarohi Bal Sansar (ABS)  |
|   | 25 – 26, Nov, 2008    | Ramnagar/ Chandrakala and Yashpal                       | Health workers, Deepa Bhandari and Meena Dani, 27 children from Government schools and 9 from ABS |
|   | 5 -7 Jan, 2009        | Aam Danda Jungle Camp, Ramnagar/ Aarohi education team  | 61 children from Government schools and 12 from ABS. Parents – Digar Singh and Tanuj Bhandari     |
| Music Convention  | 12-13 April, 2008     | Sainik School, Ghorakhal/Spic Macay, Kumaon Chapter     | Shubha, Pradeep, Chandrakala, Indu, Neema and 7 children  |
| Structural Design Workshop                                      | 26 – 28 May, 2008     | Patrick Staiger / U.S.A.                                | Classes 5 to 7 and teachers of ABS  |
| Music workshop –Songs of the Indian Independence Movement       | 18 – 22 Aug, 2008     | Aepan, Naukuchiyatal/ Shubha Mudgal & Dr. Anish Pradhan | Neema, Indu, Chandrakala, Prajakta, Bijendra, Pankaj, Poonam & Ravi                               |
| Art and Craft Workshop  | 12 – 14 Sep, 2008     | Aarohi Campus/ Shubha and Maya                          | 48 girls from Government schools  |
|   | 8 – 10 Mar, 2009      | Aarohi Campus / Bhavana                                 | 40 girls from Government schools  |
| Teachers Training on Teaching – Learning and Evaluation Systems | Oct, 2008 & Mar, 2009 | Aarohi Bal Sansar/ Meena                                | Teachers of ABS   |
| Theatre Workshop  | 10 -16 Nov, 2008      | Nupur Dhakephalkar                                      | Classes 5,6 and 7 and teachers of ABS   |
| Photography Workshop  | 15 -16 Nov,           | Suhail and Kyle   | Class 5,6, and 7 children and teachers  |

|                                    | 2008              |  | of ABS   |
|------------------------------------|-------------------|--|--|
| Self Defence, EE, Sports & Baking  | November 2008     | Anita, Nicole and Kyle   | Classes 4,5,6, and 7 and teachers of ABS               |
| English Relay Program              | 10 –12 Dec, 2008  | New Delhi / Room to Read   | Prajakta, Niharika and Jaya                            |
| Youth (Chayal Cheliya) Festival    | 27 – 28 Dec, 2008 | Reetha / Chirag  | Chandrakala, Neema and 7 children of ABS               |
| Kumaoni Music Workshop             | 12 – 23 Jan, 2009 | Khatima / Neema Chandra  | Chandrakala  |
| Retreat                            | 29 – 31 Jan, 2009 | G.B. Pant Institute of Social Sciences, Allahabad / Raghoo Sinha | Entire Aarohi team                                     |
| Teachers Training & Exposure Visit | 2 – 7 Feb, 2009   | Faizabad / Jingle Bells School                                   | Neema, Jaya, Indu, Chandraprakash and Prajakta         |
| Workshop on Video Film Making      | 22 – 24 Feb, 2009 | Mussoorie / SIDH   | Chandra Shekhar and Sanjay                             |
| Astronomy and Sky Watching         | 24 – 27 Mar, 2009 | Sameer Dhurde  | Children and teachers of ABS and local youth           |
| Life Skills Training               | 28 – 30 Mar, 2009 | Aarohi Bal Sansar / Jaya Swaroop & Niyomi Pal                    | 40 girls from Government schools and Room to Read Team |

**ACCOUNTS & FINANCES**

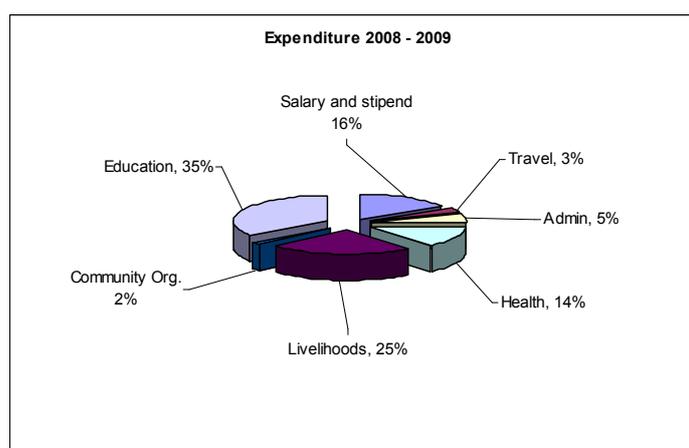
The following organizations contributed to Aarohi during the last financial year:

| <b>Institutional Funding Organizations</b> | <b>Sector of Support</b> |
|--|--------------------------|
| Sir Dorabji Tata Trust, Mumbai             | Health                   |
| Johnson & Johnson, Mumbai/USA              | Education                |
| Aarohi Schweiz, Switzerland                | Health & Education       |
| Room to Read, New Delhi                    | Girls Scholarship        |
| Kirti Trust, Allahabad                     | Education                |
| Seema Nazareth Foundation, Bangalore       | Health & Education       |
| SBI, Almora                                | Grameen Himalayan Haat   |

**Summarized Financial Results for the year 2008-2009**

| <b>PARTICULARS</b>                           | <b>2008-2009</b>    | <b>2007-2008</b>     |
|--|---------------------|----------------------|
| Unutilized grant B/F                         | 812,596.00          | 3,225,572.50         |
| <b>GRANT AND INCOMES FOR THE YEAR</b>        |                     |                      |
| Foreign & International Organizations        | 2,253,071.00        | 2,756,548.01         |
| Government - Central & State                 | 180,884.04          | 3,629.06             |
| Indian Institutions                          | 2,088,000.00        | 3,708,601.06         |
| Production Program                           | 2,861,099.14        | 2,722,040.26         |
| Donation, Interest, Misc, A A K & Aarohi (L) | 1,426,284.03        | 2,168,396.26         |
| <b>Total Income</b>                          | <b>8,809,338.21</b> | <b>11,359,214.65</b> |
| <b>TOTAL EXPENDITURE DURING THE YEAR</b>     |                     |                      |
| Salary and Stipend                           | 1,355,097.00        | 2,180,127.00         |
| Travel                                       | 281,734.50          | 246,342.00           |
| Administrative                               | 432,531.22          | 663,304.67           |
| Health Program                               | 1,129,369.00        | 2,324,374.00         |
| Income Generation Program                    | 2,023,667.25        | 1,682,451.20         |
| Water and Sanitation Program                 | 0.00                | 31,731.00            |

|   |                      |                      |
|---|----------------------|----------------------|
| Community Organization Program          | 163,620.44           | 616,086.50           |
| Education Program                       | 2,857,669.06         | 3,673,564.00         |
| <b>Total Expenditure</b>                | <b>8,243,688.47</b>  | <b>11,417,980.37</b> |
| <b>Unutilized Grant Carried Over</b>    | <b>634,977.60</b>    | <b>812,596.00</b>    |
| <b>Excess of Expenditure over Grant</b> | <b>0.00</b>          | <b>32,328.44</b>     |
| <b>Excess Income over Expenditure</b>   | <b>743,268.14</b>    | <b>2,386,539.22</b>  |
| <b>LIABILITIES</b>                      |                      |                      |
| Capital Fund                            | 5,445,517.29         | 4,821,827.56         |
| Reserve & Surplus                       | 17,043,208.76        | 16,459,993.35        |
| Secured Loan                            | 0.00                 | 0.00                 |
| Unutilized Grant                        | 634,977.60           | 812,596.00           |
| Current Liabilities & Provisions        | 310,541.84           | 299,773.60           |
|   | <b>23,434,245.49</b> | <b>22,394,190.51</b> |
| <b>ASSETS</b>                           |                      |                      |
| Fixed Assets                            | 14,407,711.96        | 13,942,123.96        |
| Fixed Deposits                          | 1,926,866.00         | 970,563.00           |
| Mutual Fund (SBI)                       | 3,685,000.00         | 2,300,000.00         |
| Current Assets, Loans & Advances        | 3,414,667.53         | 5,181,503.55         |
|   | <b>23,434,245.49</b> | <b>22,394,190.51</b> |





... from the heart

We extend our sincere thanks to all funders, Government and institutional associates, well wishers and friends, members and people of the region, Sharda and Bahuguna Associates (auditors), and Consul Printers Nainital, all of whose support gives us the inspiration and guidance to continue our work.

Our special thanks are due to all those who shared their thoughts and time for being an integral part of our work.

Drs Raju & Smita Usgaocar, Dr S. K. Basu and RMC team, Dr(s) Shrirang, Jayashree & Sharvari Pandit, Dr Ashok Deshpande, Dr S.C.Pant, Dr Akhila Prasad, Dr Namita Arora, Drs. Sanjay & Pratibha Juyal, Drs Vishal & Neetu Mago & Rotary Club Haldwani, Drs R.C. & Priti Pant and Dr R.V. Singh, Dr Sarah Marti, Dr Robert Graf, Dr (Col) C. S. Pant, Dr Geeta Pant, Dr Shubham Pant, Dr Chetan Chandra, Dr Asif Kamal, Dr Abhas Mehrotra and Dr R.V. Singh for various surgical, eye, dental and diagnostic camps; Shri M.C. Kandpal of SBI Almora for liaison with government hospitals.

All these are extremely busy and highly successful practitioners. It is indeed a great privilege to have such voluntary service for people of this area.

Special thanks are due to Dr (Col) C.S. Pant for his untiring effort at raising finances through his patients during practice and making available for us the much needed ultrasound machine and a 100 mA X- Ray machine. Thanks also to Dr Anjali Niyogi for an ECG machine and a cardiac monitor.

Our thanks to Dr Kalyan Singh Godakotti, CMO, Nainital for supporting the government camps for Planned Parenthood as well as those for cataract surgery through the District Blindness Control Society.

Thanks are due to Dr J. K. Banerjee, Dr Shipra Banerjee, Dr Sita Naik, Dr Ashok Agarwal, Dr Subhashini and Amitava Banerjee for guiding the health project as active members of the Advisory Committee.

Our thanks to the commitment of all the Aarohi Schweiz members (Sarah, Corina, Philip, Rahel, Panco, Bernadette and Noemi, Reinhard and David) in actively spreading awareness about the work of Aarohi, raising funds, motivating volunteers and for having organized a highly successful fundraising presentation of Aarohi at the Reitberg Museum at Zurich. Dr Johannes Beltz, Curator Indian Art, Reitberg Museum, Zurich for allowing the presentation. Aarohi is now listed on the official website of '60 years of Swiss - Indian friendship'.

Thanks to Meena Harisinghani for guiding the teaching of English and development of teaching – learning and evaluation systems at the Aarohi Bal Sansar; Smriti and Meeta for contributing to the development of

the teaching modules for environmental education; Maya Sinha for her inspiring workshops on drawing and collage making; Shri Mohan Chandra Kabadwal, Manjula, Ram, Meeta, Meena, Maya, Smriti for their guidance of the education program as active members of the Steering Committee. Anjali and Beena for organizing and coordinating the Bal Sansar teachers' visit and training in Faizabad, Ovais Ahmed for the workshop on Maths teaching; and Mrs. Jaya Swarup for conducting the life skills workshop for adolescent girls at Satoli. To Doris Sheopuri and Asha Sharma of Spic Macay, Kumaon Chapter, for bringing delightful folk music from Rajasthan to children of our region.

To Brigadier Vivek Sapatnekar, VSM (Retd), for critical management advise to the organization, and to Madhavan, and Manish from Chirag, a neighbouring voluntary organization, for their spirit of true partnership in the forestry award evaluation.

Our appreciation for voluntary work done in various sectors by Nitya George and Sneha Chandana, graduate students from Delhi University, who came through iVolunteer, Delhi; Ramabhilash of the GB Pant Institute of Social Sciences, Allahabad; Dr. Anjal Niyogi and her friends Dr. Chris and Patrick Staiger from U.S.A.; Dr. Shubha Nagesh and Triveni Sati of TISS Mumbai; Nicole and Anita, nurses from Switzerland; Kyle Hunter and Zyanya Kortooms Breur, students from U.S.A, and Nupur, Suhail and Sameer from Pune.

We extend our gratitude to Raghoo Sinha for his thought provoking sessions with the entire Aarohi team during the Allahabad Retreat, sessions which led the team to think and feel together. And Maya for her gracious hospitality.

Our deepest thanks to thousands of people of the region who have been friends, partners and fellow travelers on the road to development.

It is the concern and support of these and so many more that gives us the strength and constant inspiration to carry on.

*Dr. Sushil Sharma*  
*Vice Chairman, Aarohi*

*8 May, 2009*

## EXPERIENCES AND LETTERS

### **Then and Now - A Midwife's Perspective**

In 1995 Aarohi was a one room clinic, with one above it for "herbs" drying. The Clinic staff consisted of two male assistants and Dr. Sushil Sharma, who as the organization's co-founder shouldered responsibilities for other activities, including forestry and a small primary school, nearby.

The problems of patients attending the clinic were varied and seemingly never ending. As a midwife there was often a night-time call. A small group of men would come to my room and knock loudly . . . and there they would stand, sometimes with a torch made from a branch, with a huge flame shooting high into the air. It gave out a good light! There followed a night trek to a distant village, to help the distressed labouring mother and the baffled traditional birth attendant (TBA).

Invitations to the TBAs to come for training received an overwhelming response, and the programme started at that time continues to be well attended today, and includes some TBAs from the next generation too. But now Aarohi's Clinic is spacious and well staffed. There are offices and a canteen. Adjacent is a completely equipped hospital with a lecture hall and accommodation for relatives, and down the hill stand Aarohi Bal Sansar the newly built school and the "Apricots" building, engaged with processing and marketing of village produce.

Calls from troubled TBAs are rare, now. They came, they learned and their practice is now good. It took time and a lot of effort on their part, and also for the rest of the staff, especially Anandi, who is now an efficient Aarohi midwife.

Thirteen years is really a short time to make such a big difference.

*Pat Farbrother*

*Volunteer Midwife (with Aarohi 1995 -99 & then from 2005 onwards...)*

### **Plastic Surgery in Rural Kumaon**

Fortuitously and fortunately I have had the privilege of being associated with the surgical spearhead of Aarohi, since its inception just over 2 years ago.

It can be argued that the government with its administrative machinery and its logistics is best disposed to fill in the "preventive" health needs of a community. That includes vaccinations, health education, nutritional aid, sanitation and provision of clean water. This would take care of the vast majority of preventable diseases.

It is also a moot point whether the private sector / NGOs are in a better position to provide for the curative healthcare aspects. This is to ensure more decentralized healthcare delivery, with better accountability and economies of small scale.

Due to local exigencies, NGOs like Aarohi have been instrumental in filling in for the public health obligations of the governmental machinery. And they have also extended the horizons further in providing curative services as well. So far this used to be in the form of a dispensary providing medicines to the needy along with basic diagnostic facilities like X-ray and lab tests and emergency care for low velocity trauma, poisoning and complicated labour.

The next conceptual leap in this field had to be in the offering of surgical services at Aarohi. Setting up a surgical unit is cost intensive, but thanks to the hard work put in by the Aarohi team and generous help from within the country as well as from abroad, there is now a fully functional surgical setup of exceptionally high standard.

For a fledgling institution, this becomes the added feather in the cap and also adds to the credibility and image of the institution. Aarohi seems to have made this transition judging from the performance in the last two years. During my last visit I had the pleasure not only of being busy working but also to be booking two cases for our next visit.

It is creditable that despite the fear of surgery, the surgical “camps” of Aarohi have been well attended – across all specialties.

What does the future hold? Our start so far augurs well for the future. There is a need for surgical facilities with a homely and personal touch - a vacuum that is asking to be filled. Aarohi is in a great position to fill this void.

Financially also this proposition should be very much viable as the capital costs are done and away with and medical teams are providing their services on a voluntary basis.

Optimism is the key word and slow and steady is the policy statement for this laudable venture!

*Dr Raju Usgaoncar  
Consultant Plastic Surgeon, Apollo Hospital, Goa*

### **Nurses from Switzerland**

Firstly it was a dream of ours to work as nurses in a different country. Before we left for India it was really helpful to meet Bernadette and Reinhard from Switzerland, who had spent a whole year with Aarohi in Satoli.

The beginning was simple with us arriving at Delhi as someone was there to receive us from Aarohi. We had a comfortable journey all the way till Satoli. After our arrival in Satoli we could settle down and get adjusted to the time. We then began to feel comfortable and at home.

The place we stayed at was in the middle of the forest and for us it was really beautiful to live in such a serene place and we really enjoyed ourselves. At work, we were really thrilled to work with two programs of the organization. We had a lot of time to teach at the school and could teach the children various things, from self

defence to sport, baking bread, nature lessons and games. The children were really fun to work with because of their friendliness and enthusiasm about learning new things. For us it was the first experience with kids and we learned a lot in their company.

To work with the health team however required us to adjust a little bit. Our memories about work in the hospitals back from Switzerland were quite different than here in a village in India. The team was very cooperative and gave us time and explanations of the different situations here. One of the most interesting thing for us were the walks with the health team to villages where we saw real life. We also learnt about simple home remedies. This was also the time when we saw some problems in the villages and learnt about those caused through the culture.

Another interesting thing was to work in different camps, like Dental, Gynecology, Plastic Surgery, Ultra-sound, Eye and general camps that Aarohi conducted for the villages near by. We could attend to and care for the patients both pre-operative and post-operative. We felt sure of ourselves every time as a doctor was always around if we had had queries or translating problems (from English to Hindi). The local people really were thankful and showed their appreciation with a smile.

A part of our work was taking informative and sensitivity classes for the health team. It was really nice to see their motivation to learn new things from us. We helped make some new teaching material and made movies using a digital camera about safe delivery and infertility.

The whole Aarohi team helped us and made us feel really comfortable with their assistance and friendliness. It was easy to feel at home as here at Aarohi the team is like a big family.

We want to specially thank Dr. Sushil who made it possible for us to come here and have this great experience and learn such a lot. We now understand that we can be of some use somewhere, of our life that we have lived in Switzerland. We will never forget this time.

A big thanks especially for the employees at Aarohi. Thank you all for your smiles and help.

*Anita Buhlmann and Nicole Thut, Nurses from Switzerland*

### **Volunteer Report from a graduate from USA**

When I arrived in Satoli at the beginning of October, I wasn't quite sure what to expect. I pulled over on the side of a road in the Himalayan foothills, looked around and wasn't quite sure I had "arrived" until Niharika, the volunteer coordinator, came bounding down some steps to welcome me with a big smile. As I continued to settle in over the next couple of weeks, I was greeted with constant smiles from the whole Aarohi team and was immediately made to feel welcome in a totally foreign environment. Sushil made sure I was properly housed with a lovely farmer and his daughter-in-law in the village next to Satoli.

Some days, I spent most of my time shadowing Dr. Rohit in the clinic and as someone who is considering the future possibility of medical school it was invaluable experience to see rural medicine being practiced in a truly effective manner. On occasion, I was permitted to help with patients when extra hands were needed. During the surgical camps, the doctors could not have been more generous with their time and expertise. I was also able to accompany the nurses on their visits to neighboring villages, checking with the Aarohi-trained community health workers and observing (although not first hand) ante-natal follow ups. It was educational, in the best sense of the word, to have that kind of exposure to a community health model. I felt daunted and hopeful at the same time and the time spent visiting the villages was some of the most thought provoking I experienced.

Aarohi Bal Sansar is a clear highlight for any volunteer at Aarohi. The children and teachers are both incredibly engaged and enthusiastic (this is a real tribute to Aarohi's program and the dedication of the faculty). Following up on some of my natural passions, I was enabled to continue the work started by some of my predecessors by designing and implementing (on occasion, with my fellow volunteers and a translator) an age-appropriate environmental curriculum, highlighting some of the biodiversity and deforestation issues facing the Kumaon region. One day, Niharika and I had the pleasure of taking students on a rock-climbing expedition— certainly an unusual experience for students.

I think overall my experience at Aarohi and living with Kesar in the next-village was amazingly positive. While not without its challenges, spending two and a half months in Satoli was an incredible learning experience for me. Although I knew I was interested in public health and sustainable community development, I had not gained firsthand exposure until my time with Aarohi. I am incredibly appreciative of Sushil and the entire staff at Aarohi (there are too many wonderful people there to name) for taking a chance with someone they had never met. Far from turning me away from the work, the obstacles Aarohi faces fuel my desire to continue my education and practical experience in this field.

I continue to enthusiastically spread the word about Aarohi and the amazing work being done there. I'd like to be of service to the organization in the future and would happily be a source of information for future volunteers.

*Kyle Hunter*  
*Middlebury College, USA*

#### **Graduate Student of Commerce**

When I reached Aarohi I was filled with excitement and enthusiasm because this stint with Aarohi was supposed to be the experience of a lifetime. There were various reasons for it... firstly this would be the first time that I would experience being on my own in a completely new place. Secondly and the more important reason was that I wanted to know how capable I was of making a contribution to society. As Nitya and I took on our assigned responsibilities related to remedial teaching in Maths and English and setting up the library, I gradually became more confident and began to gel with the lovely people of Aarohi and the beautiful environment of the mountains. After doing the village study, which was a part of my fellowship, I realized that the social structure and economy of a village is more closely knit than they are in a city.

The major highlight of working with Aarohi Bal Sansar was that I was able to perceive the effect of my efforts on the students very quickly. This is exactly what I had been looking for and it proved to be a major motivating factor for me. At the same time I also felt that 6 weeks was very less a time to build a bond with the kids. I got to learn many new things especially at the Maths workshop conducted by Mr. Ovais Ahmed. I really did not know that Maths could be taught in such interesting ways.

My respect for teachers/trainers has grown tremendously after my brief experience of teaching at Aarohi Bal Sansar. I found it to be challenging and interesting at the same time. Here I would not miss the opportunity to thank all the teachers at Bal Sansar, as without their guidance, this would not have been possible.

I also wish to thank Nitya for being an amazing partner and friend. Her spirit of adventure made the experience all the more interesting. I am extremely grateful to the Aarohi team for showing tremendous faith in us. I have returned extremely satisfied and reassured about my decision to volunteer in the development sector. I am waiting for similar work opportunities.

*Sneha Chandana*  
*Graduate student*  
*Shaheed Bhagat Singh College, Delhi University*

### **Happy Experience of the Journey**

My recent visit to Aarohi has indeed been an enriching and fulfilling experience. My relationship with Aarohi began in 2006 when Johnson & Johnson funded the development of the Aarohi Bal Sansar School, which has now become a model that others can replicate.

The objective of my visit was to help Aarohi in creating their 'Vision – Mission' and resource planning for long term success and service to the community. We conducted a session of 1 ½ days with all the Education Steering Committee and teachers participating in the process. The session was utilized for the finalization of the documentation for a successful future - the Vision - Mission details, strategies and resource planning for the next 5-6 years, which will help in the growth and development of the school.

I have been able to contribute to this program by forging new partnerships between Aarohi and other similar, dedicated organizations, in order to further develop the system of education in the school. These were the "Education and Innovation Centre", University of Pune, run by Dr. Arvind Gupta and "Vignan Vahini" (for innovative methods of teaching Science). After much hard work, a curriculum, which aims at holistic development of the student, has been developed. Students are also introduced to vocational skills at an early age, thereby making them aware of various career options.

As per my views, the challenge that the school currently faces is that of recruitment and retention of trained teaching staff as these are affected by the remote location, difficult terrain and the compensation structure.

However, despite this handicap, the school has been able to employ a committed, and persevering teaching staff, which is, indeed, praiseworthy. Although students are also introduced to vocational skills at an early age at Aarohi Bal Sansar, thereby making them aware of various career options, more sustained efforts need to put in this area to promote jobs and self –employment opportunities for the youth.

During my stay, I was given the opportunity to accompany the local doctor on a late night emergency visit to a patient. This experience gave me a good understanding of the difficulty that the locals have in travelling due to the harshness of the terrain. The dedication of the staff to the cause of health and education, against all odds, is an admirable quality that everyone can imbibe.

Some 1500 children from the neighbouring 18 schools in the surrounding villages have benefited from this program. This model rural school will most definitely influence the surrounding schools and therefore improve the overall quality and standard of education in this region. This is in line with my personal passion that every child in our country has access to holistic primary education of the highest quality.

*Ram Vaidya, (Johnson and Johnson), 'Sahaytri'*

### **Anatomy of Emotions**

For what do I particularly remember the year that was at Aarohi? Charged with emotions, I would say. The pendulum swung from 180 degrees to the right to 180 degrees to the left. "I hate... I like... I can't stand it... I am loving it... I am afraid... I'm thrilled... I want to run away... Need to do something more... Hell No... Yesssss!!" The range of emotions was wide and the intensity... Interesting.

Though the epicenter of all this action was Aarohi, Satoli, the tremors were felt in far away Pune. And so I've been thinking. Is there a place for emotions in a place of work? Yes, of course. IQ is passé, EQ is 'in' and 'happening'. Regardless of what the trends say it does help to observe what one is feeling and to acknowledge it. All of it - the Good, the Bad and the Super Ugly.

Having got in touch with what one is feeling one comes to the CATCH, which is, taking responsibility for what one is feeling. This means appropriately expressing and skillfully working out the emotion.

This is not a treatise on dealing with emotions as I can claim no expertise in this field but I have felt a deep need for understanding and finding ways to come to terms with what I feel in my personal and work (which, come to think of it, is also personal) life. More often than not, I have rued the fact I and those I need to interact with lack the skills to deal with the issues which are closest to our being. I think that several at Aarohi may know this dilemma.

Not having the wherewithal to handle emotional turbulence and swings, we splatter with reckless abandon the space and time we are privileged to be in and the relationships which we have the good fortune to have. We leave the wreckage of hurt feelings- ours and those of others –in the wake. Precious time is consumed and repair strategies rather than 'aaroohan' (moving ahead) become the order of the day.

From reports, I gathered that the workshop which the entire staff of Aarohi went through with the affectionate and wonderful support of Raghoo and Maya at Allahabad, was indeed cathartic and rejuvenating. ALL of us need to build our capacity to observe (Vipashyana), Listen with our heart and act in the best interest of all. I know that this is easier said than done but it is certainly very worthwhile to make the attempt.

Dare to Care.

*Meena Harisinghani*

### **Reminiscence**

My seven year journey with Aarohi has been eventful and quite exciting. I vividly remember coming to Aarohi in May 2001 with a colleague and a dear friend Suvasini to quench my thirst of interacting with children belonging to a different socio-economic cultural background than mine. Having been born and brought up in the metropolitan city of Delhi I have always felt deprived. The interaction with the children made me feel more so. Incidentally I am glad that Meena pointed out and objected to the use of the word 'deprived' which was used to describe the children of Aarohi Bal Sansar, in one of the proposals by Aarohi. My tryst with children was a revelation in many ways as the openness and confidence of the children was amazing and their enthusiasm contagious. Smitten as we were we could not help talking to Sushil about our concerns regarding the 'educational ethos' of the school. The teachers were enthusiastic yet trained inefficiently to understand the broader meaning of education – according to us. Thus, began my association with the school and the journey of 'empowerment of the school'. In the first two years especially an effort was made to understand the ethos of the school.

All my initial misgivings were also very soon put right. I realized that there was a sense of juxtaposition– the casual attitude that was their hallmark contrasted sharply with a sincere-yet-a-little-unsure attitude that was characteristic of the typical teacher. Constantly the teachers were challenged and made to think out-of-the-box. This also required all members (I was also one) to make efforts to understand the perspectives from the teachers' point of view. Consciously an effort was made that Vygotskian constructivism was not merely a theoretical perspective one paid lip-service to. It was a means to guide and assess our practice in the field. What are the contexts in which the teachers are functioning? What is their background? In finding answers to these questions an attempt was made to look at and understand the school from the teachers' perspective. Time was spent in discussing and thrashing out these issues. It was a moment of jubilation when I recount the last Steering Committee meeting, where the teachers finally looked as if willing to take charge and ready to show their dissent and put it on record.

Dialoguing with the teachers was always a challenge and I felt scared that I would be looked down upon because all said and done YOU ARE NOT THE ONE WHO IS WITH THE CHILDREN 5 hours each day. Promoting a culture of inquiry required a good rapport between the teachers and members of community demanding safety, care, trust and a common ground for practice. I am thankful for the workshops I took with the children. Not only did it provide me with insights on the children's backgrounds and social realities (I was quite taken aback that children were adamant to do a play on alcoholism) but it also gave me a chance to peep into the how and the why of the way teachers worked. As the intervention in the school was targeted through teachers and being in a teacher

education program I strongly believe in the power of teachers as agents of social change - teachers were indeed the most crucial element in the whole chain.

The entire team has become a family now. All of us have developed a close rapport and have spent time discussing not only future plans for the school but also the joys and angst that marked our personal lives! Seven years down the road I am happy to see Aarohi Bal Sansar ( it's no longer Bal!) move from strength to strength, gaining in vitality and confidence with each passing year.

*Smriti Sharma*

*Head of the Department , Department of Elementary Education  
Lady Shri Ram College for Women, University of Delhi*

## APPENDICES

## Founder Members

|  |                        |
|--|------------------------|
| Pratap Bhaiya ( Advocate)                            | Chairman               |
| Late Ms. Oona Sharma                                 | Secretary till 28.8.96 |
| Dr. Sushil Sharma                                    | Vice Chairman          |
| Mr. V.B.Eswaran ( Retd). Secretary, Finance Ministry | Founder Member         |
| Late Lt. Gen. Gurbir Mansingh                        | Founder Member         |
| Mr. Mohit Satyanand                                  | Founder Member         |
| Late Dr. Ajay Dhar                                   | Founder Member         |

## Managing Committee

|  |                   |
|--|-------------------|
| Pratap Bhaiya ( Advocate)  | Chairman          |
| Dr. Sushil Sharma (Anesthesiologist)                             | Vice Chairman     |
| Pradeep Gupta (Secretary, Aarohi)                                | Ex-officio member |
| Niharika Puri (Executive Officer)                                | Ex-officio member |
| Jagdish Nayal (Lab Technician, Chatola)                          | Treasurer         |
| Mr. Vivekanand Dhondiyal, IAS (Retd)                             | Member            |
| Dr. J.S.Mehta ( Ex Silviculturist, Nainital)                     | Member            |
| Mr. Peter Chowfin (Director, SOTEC, Bareilly)                    | Member            |
| Priti Rao (Livelihoods Consultant, Naandi Foundation, Hyderabad) | Member            |
| Sri B D Kharkwal , IPS (Retd), Formerly DGP, Assam               | Member            |
| Manjula Jhunjunwala, Educationist                                | Member            |

**Life Members**

|    |                                  |            |
|----|----------------------------------|------------|
| 1  | Dr. Sushil Sharma                | Satoli     |
| 2  | Ms. Munni Kabdal                 | Satoli     |
| 3  | Mr. Vikram Maira                 | Sitla      |
| 4  | Mr. Pradeep Gupta                | Satkhoh    |
| 5  | Mrs. Shubha Gupta                | Satkhoh    |
| 6  | Ms. Anandi Arya                  | Mukteshwar |
| 7  | Mr. Kunwar Singh Negi            | Nathuakhan |
| 8  | Ms. Kiran Singh                  | Nathuakhan |
| 9  | Ms. Julia Singh                  | Nathuakhan |
| 10 | Dr. J.S. Mehta                   | Almora     |
| 11 | Mr. V.S. Dhondiyal               | Nainital   |
| 12 | Mr. Jagdish Bhandari             | Nainital   |
| 13 | Mr. Kalyan Paul                  | Ranikhet   |
| 14 | Mrs. Anita Paul                  | Ranikhet   |
| 15 | Mr. B.D. Kharkwal                | Haldwani   |
| 16 | Mr. Peter Chowfin                | Bareilly   |
| 17 | Mr. Iqbal Husain Khan            | Faizabad   |
| 18 | Mr. Arjan Brijnath               | Dehradun   |
| 19 | Mrs. Diljit Brijnath             | Dehradun   |
| 20 | Mr. Sanjeev Kumar Bohra          | Dehradun   |
| 21 | Mr. V.B. Eswaran                 | Delhi      |
| 22 | Dr. Surjit Mansingh              | Delhi      |
| 23 | Mrs. Jasleen Dhamija             | Delhi      |
| 24 | Mrs. Sukhada Gupta               | Delhi      |
| 25 | Air Vice Marshal V.B. Batra      | Delhi      |
| 26 | Lt. Col. Rajat Chatterjee (Retd) | Delhi      |
| 27 | Mrs. Neelakshi Chatterjee        | Delhi      |
| 28 | Col. Sudhir Tripathi             | Delhi      |

|    |                          |       |
|----|--------------------------|-------|
| 29 | Mrs. Vijaylakshmi Baig   | Delhi |
| 30 | Mr. Ranjit Dhillon       | Delhi |
| 31 | Mr. Ibadat Singh Dhillon | Delhi |
| 32 | Mr. Sanjeev Saith        | Delhi |
| 33 | Mrs. Laxmi Ahuja         | Delhi |
| 34 | Mr. Aditya Ahuja         | Delhi |
| 35 | Mr. Rajesh Thadani       | Delhi |
| 36 | Ms. Anuradha Sharma      | Delhi |
| 37 | Mr. Peter Laughton       | Delhi |
| 38 | Mr. Subodh Kumar Saigal  | Delhi |
| 39 | Mrs. Purnima Saigal      | Delhi |
| 40 | Ms. Aishwarya Saigal     | Delhi |
| 41 | Ms. Aparajita Saigal     | Delhi |
| 42 | Mrs. Smiriti Sharma      | Delhi |
| 43 | Mrs. Shanta Devi Sharma  | Pune  |
| 44 | Ms. Juhi Harisinghani    | Pune  |
| 45 | Mrs. Meena Harisinghani  | Pune  |
| 46 | Mr. Ajit Harisinghani    | Pune  |
| 47 | Mr. Anand Vinze          | Pune  |
| 48 | Mrs. Jayashree Vinze     | Pune  |
| 49 | Mrs. Pilloo Framjee      | Pune  |
| 50 | Mrs. Geeta Billimoria    | Pune  |
| 51 | Mr. Shirish Kulkarni     | Pune  |
| 52 | Mrs. Raj Arora           | Pune  |
| 53 | Dr. Kumar Vishwanath     | Pune  |
| 54 | Mrs. Radha Vishwanath    | Pune  |
| 55 | Mrs. Usha Deo            | Pune  |
| 56 | Mr. Vikas Deo            | Pune  |
| 57 | Mr. Deepak Deo           | Pune  |
| 58 | Brig. Vivek Sapatnekar   | Pune  |

|    |                            |             |
|----|----------------------------|-------------|
| 59 | Mrs. Neela Sapatnekar      | Pune        |
| 60 | Dr. Ashok Agarwal          | Jaipur      |
| 61 | Mrs. Kalpana Ghai          | Chandigarh  |
| 62 | Mrs. Meera Gurubaxani      | Mumbai      |
| 63 | Mrs. Arti Gurbaxani        | Mumbai      |
| 64 | Mr. H. Gurbaxani           | Mumbai      |
| 65 | Mr. Avinash Gurbaxani      | Mumbai      |
| 66 | Mr. Kaushik Chatterjee     | Mumbai      |
| 67 | Mrs. Suchishree Chatterjee | Mumbai      |
| 68 | Mr. Kurush Pavri           | Mumbai      |
| 69 | Dr. Amrish Vaidya          | Mumbai      |
| 70 | Mr. Mahesh Natekar         | Mumbai      |
| 71 | Mr. Suresh Bhapkar         | Nagpur      |
| 72 | Ms. Rashmi Birmani         | Nagpur      |
| 73 | Mr. Sanjay Deshpande       | Nagpur      |
| 74 | Mr. Peter Furst            | Shillong    |
| 75 | Mrs. Maureen Furst         | Shillong    |
| 76 | Dr. Ravi Chandra           | Patna       |
| 77 | Mrs. Manorama Gupta        | NOIDA       |
| 78 | Mrs. Manju Gupta           | Kanpur      |
| 79 | Mr. Aashish Chaudhary      | Meerut      |
| 80 | Mr. Arun Kumar Gupta       | Kanpur      |
| 81 | Mr. Vijay Kumar            | Germany     |
| 82 | Mrs. Margaret Kumar        | Germany     |
| 83 | Dr. Sarah Marti            | Switzerland |
| 84 | Dr. Corina Wild            | Switzerland |
| 85 | Ms. Laura Lockwood         | U.K.        |
| 86 | Ms. Jaqueline Lane         | U.K.        |
| 87 | Ms. Robyn Davidson         | U.K.        |
| 88 | Mr. Leeds                  | U.K.        |

|     |                           |           |
|-----|---------------------------|-----------|
| 89  | Mrs. Fiona Mohan          | U.K.      |
| 90  | Mr. Barrows               | U.K.      |
| 91  | Mr. Charles Dobbin        | U.K.      |
| 92  | Ms. Hazel Jackson         | U.K.      |
| 93  | Ms. Gill Smith            | U.K.      |
| 94  | Ms. Liz Roberts           | U.K.      |
| 95  | Mr. Kenneth Robbie        | U.K.      |
| 96  | Ms. Jodie Giles           | U.K.      |
| 97  | Ms. Lucy Lloyd Price      | U.K.      |
| 98  | Mr. Barry Morley          | U.K.      |
| 99  | Mr. Richard Chamberlin    | U.K.      |
| 100 | Dr. Michael Priest        | Canada    |
| 101 | Mr. Russell Scott         | Australia |
| 102 | Mr. Nigel Ried            | Australia |
| 103 | Mr. David McMinn          | Australia |
| 104 | Ms. Nicole Kilborn        | Australia |
| 105 | Mr. Tim Winton            | Australia |
| 106 | Ms. Marissa Howard        | Australia |
| 107 | Ms. Helen Peters          | Australia |
| 108 | Mr. Arjun M. Hiemsath     | U.S.A.    |
| 109 | Mr. Kabir M. Hiemsath     | U.S.A.    |
| 110 | Ms. Aparajita Singh Breur | U.S.A.    |
| 111 | Dr. Thomas Breur          | U.S.A.    |
| 112 | Ms. Nimmi Harisinghani    | U.S.A.    |
| 113 | Mr. Alope Mansingh        | U.S.A.    |
| 114 | Mrs. Yasmir Bisal         | U.S.A.    |
| 115 | Ms. Maya Mansingh         | U.S.A.    |
| 116 | Dr. Sandeep Gupta         | U.S.A.    |
| 117 | Ms. Fatima Gupta          | U.S.A.    |
| 118 | Mr. Romi Sahai            | U.S.A.    |

|     |                      |        |
|-----|----------------------|--------|
| 119 | Mr. Abhinav Saigal   | U.S.A. |
| 120 | Dr. Seemin Qayum     | U.S.A. |
| 121 | Mr. Sinclair Thomson | U.S.A. |
| 122 | Dr. Sanjeev Arora    | U.S.A. |
| 123 | Dr. Madhu Arora      | U.S.A. |
| 124 | Ms. Anita Arora      | U.S.A. |
| 125 | Ms. Sarah Arora      | U.S.A. |
| 126 | Ms. Siddhi Gupta     | U.S.A. |
| 127 | Mr. Joshua Kearns    | U.S.A. |
| 128 | Ms. Pilar Palacia    | Italy  |

#### Members joined this year

|    |                   |          |
|----|-------------------|----------|
| 1  | Dr. Puneet Singh  | Delhi    |
| 2  | Mr. V. Venkat Rao | Mumbai   |
| 3  | Priti Rao         | Mumbai   |
| 4  | Ram Vaidya        | Mumbai   |
| 5  | Niharika Puri     | Satoli   |
| 6  | Subhash Puri      | Haryana  |
| 7  | Diwan Singh Bisht | Nainital |
| 8  | Praveen Sharma    | Nainital |
| 9  | Dr. Anjali Niyogi | USA      |
| 10 | Patrick Staiger   | USA      |

#### Institutional Members

|                      |        |
|----------------------|--------|
| Aarohi Arogya Kendra | Satoli |
| Karigari Samiti      | Chopra |
| Pragati Vikas Samiti | Quarab |
| Adarsh Vikas Samiti  | Chopra |
| Gram Vikas Samiti    | Kool   |

|                          |               |
|--------------------------|---------------|
| Gram Vikas Samiti        | Talla Mona    |
| Gram Vikas Samiti        | Malla Mona    |
| Navjyoti Vikas Samiti    | Birkhan       |
| Gram Vikas Samiti        | Dhatwalgaon   |
| Gram Vikas Samiti        | Suyalgarh     |
| Gram Vikas Samiti        | Satoli        |
| Ambedkar Vikas Samiti    | Harinagar     |
| Oona Mahila Bachat Yojna | Suralgaon     |
| Van Panchayat            | Gargari Malli |
| V.W.S.C.                 | Parvara       |

#### Ordinary Members

| Sr No | Name              | Village    |
|-------|-------------------|------------|
| 1     | Bhuvan Chandra    | Almora     |
| 2     | Sandeep           | Almora     |
| 3     | Tulsi Devi        | Bhayalgaon |
| 4     | Indu Bisht        | Bhowali    |
| 5     | Deepak Nayal      | Chatola    |
| 6     | Sunder Lal        | Chatola    |
| 7     | Pramod Bisht      | Chatola    |
| 8     | Jagdish Nayal     | Chatola    |
| 9     | Puran Singh Bisht | Deari      |
| 10    | Chandra Shekhar   | Deari      |
| 11    | Bhuvan Suneri     | Deari      |
| 12    | Harish Chandra    | Deari      |
| 13    | Nitya George      | Delhi      |

|    |                           |            |
|----|---------------------------|------------|
| 14 | Sneha Chandana            | Faridabad  |
| 15 | Krishna Chandra Bhandari  | Kaphura    |
| 16 | Dikar Singh Negi          | Kaphura    |
| 17 | Gopal Negi                | Kaphura    |
| 18 | Hema Devi                 | Lueshal    |
| 19 | Neema Devi                | Lueshal    |
| 20 | Geeta Devi                | Lueshal    |
| 21 | Mohini Devi               | Meora      |
| 22 | Heera Bisht               | Meora      |
| 23 | Anju                      | Mukteshwar |
| 24 | Anandi                    | Mukteshwar |
| 25 | Sushila Bisht             | Nainital   |
| 26 | Chandra Kala Bisht        | Nainital   |
| 27 | Chandra Bisht             | Nathuakhan |
| 28 | Kamla Bisht               | Nathuakhan |
| 29 | Harish Chandra Singh Negi | Nigrar     |
| 30 | Sunder Negi               | Nigrar     |
| 31 | Meenakshi                 | Orkakhn    |
| 32 | Puran Singh Bisht         | Peora      |
| 33 | Anand Bisht               | Peora      |
| 34 | Bimla Bisht               | Peora      |
| 35 | Govindi Bisht             | Peora      |
| 36 | Prema Bisht               | Peora      |
| 37 | Dheeraj Kumar             | Quarab     |
| 38 | Bimla Devi                | Sangila    |
| 39 | Basant Thapa              | Satkhol    |

|    |                         |            |
|----|-------------------------|------------|
| 40 | Bhagwati Bisht          | Satkhol    |
| 41 | Deewan Chandra          | Satkhol    |
| 42 | Geeta Arya              | Satkhol    |
| 43 | Pradeep Gupta           | Satkhol    |
| 44 | Shubha Gupta            | Satkhol    |
| 45 | Janki Thapa             | Satkhol    |
| 46 | Neema Thapa             | Satkhol    |
| 47 | Neema Devi              | Satkhol    |
| 48 | Khimuli Devi            | Satkhol    |
| 49 | Savitri Bisht           | Satkhol    |
| 50 | Shubham Thapa           | Satkhol    |
| 51 | Naveen Chandra          | Satkhol    |
| 52 | Prakash Pandey          | Satkhol    |
| 53 | Yashpal Arya            | Satkhol    |
| 54 | Janki Devi              | Satkhol    |
| 55 | Puran Nayal             | Satkhol    |
| 56 | Dr. Sushil Sharma       | Satoli     |
| 57 | Seema Sharma            | Satoli     |
| 58 | Munni Kabadwal          | Satoli     |
| 59 | Taradutt Kabadwal       | Satoli     |
| 60 | Puran Kabadwal          | Satoli     |
| 61 | Devendra Sharma         | Simayal    |
| 62 | Deepa Bhandari          | Sirmoli    |
| 63 | Grameen Swasthya Samiti | Sirmoli    |
| 64 | Nandan Ram              | Sonarkhola |
| 65 | Geeta Suyal             | Sonarkhola |

|    |                 |           |
|----|-----------------|-----------|
| 66 | Chandra Negi    | Suralgaon |
| 67 | Janki Suyal     | Suyalgarh |
| 68 | Shanti Suyal    | Suyalgarh |
| 69 | Pat Far Brother | UK        |

#### Aarohi's Village Partners

| Sr | Village      | No. of households | Programs currently running        |
|----|--------------|-------------------|-----------------------------------|
| 1  | Bhayalgaon   | 92                | Health, Apricot, Herbs            |
| 2  | Chatola      | 119               | Health, Education, Apricot, Herbs |
| 3  | Deari        | 69                | Health, Education, Apricot        |
| 4  | Lueshal      | 61                | Health, Education, Apricot        |
| 5  | Matiali      | 42                | Health, Education                 |
| 6  | Paiyyakholi  | 17                | Health, Education, Apricot, Herbs |
| 7  | Peora        | 98                | Health, Education, Apricot, Herb  |
| 8  | Sangila      | 15                | Health, Education                 |
| 9  | Satkhol      | 130               | Health, Education, Apricot, Herbs |
| 10 | Sirmoli      | 24                | Health, Education                 |
| 11 | Sonarkhola   | 22                | Health, Education                 |
| 12 | Dankanya     | 48                | Education                         |
| 13 | Kaphura      | 68                | Education, Apricot                |
| 14 | Kumati       | 47                | Education                         |
| 15 | Chapar       | 45                | Education                         |
| 16 | Mona Malla   | 62                | Education, Apricot                |
| 17 | Mona Talla   | 52                | Education                         |
| 18 | Sinoli Malli | 28                | Education                         |

|    |                 |     |                            |
|----|-----------------|-----|----------------------------|
| 19 | Sinoli Talli    | 29  | Education                  |
| 20 | Satoli          | 51  | Education,, Apricot, Herbs |
| 21 | Simayil         | 47  | Education, Apricot         |
| 22 | Soon            | 48  | Education, Apricot         |
| 23 | Jajar           | 35  | Education                  |
| 24 | Deodar          | 21  | Education                  |
| 25 | Chopra          | 74  | Apricot                    |
| 26 | Kool            | 85  | Education                  |
| 27 | Harinagar       | 85  | Apricot                    |
| 28 | Kherda          | 80  | Apricot, Education         |
| 29 | Parvara         | 176 | Apricot                    |
| 30 | Quarab          | 93  | Education                  |
| 31 | Suyalgarh       | 25  | Apricot, Herbs             |
| 32 | Meora           | 78  | Apricot, Herbs             |
| 33 | Orakhan         | 35  | Apricot                    |
| 34 | Simayil Rekhhol | 115 | Apricot                    |
| 35 | Satbhunga       | 115 | Apricot, Herbs             |
| 36 | Budibana        | 45  | Apricot, Herbs             |
| 37 | Sundarkhal      | 90  | Apricot, Herbs             |
| 38 | Sunkhiya        | 65  | Apricot, Herbs             |
| 39 | Chaukhuta       | 84  | Apricot, Herbs             |
| 40 | Dhanachuli      | 43  | Apricot, Herbs             |
| 41 | Aksoda          | 34  | Apricot, Herbs             |
| 42 | Nathuakhan      | 247 | Apricot, Herbs             |
| 43 | Suralgaon       | 50  | Apricot                    |
| 44 | Birkhan         | 16  | Apricot                    |
| 45 | Nigrar          | 33  | Apricot                    |
| 46 | Dol             | 8   | Apricot                    |

|    |                      |              |                      |
|----|----------------------|--------------|----------------------|
| 47 | Darima               | 275          | Apricot              |
| 48 | Jaurasi              | 58           | Apricot              |
| 49 | Bhatkot              | 21           | Apricot              |
| 50 | Ramgarh              | 23           | Apricot              |
| 51 | Suyya                | 117          | Health (Kasar Trust) |
| 52 | Dhura Suyya          | 61           | Health (Kasar Trust) |
| 53 | Mopata               | 65           | Health (Kasar Trust) |
| 54 | Lingadi              | 57           | Health (Kasar Trust) |
| 55 | Thali Patal Lingadi  | 35           | Health (Kasar Trust) |
| 56 | Chaud                | 111          | Health (Kasar Trust) |
| 57 | Sogarukhola<br>Chaud | 40           | Health (Kasar Trust) |
| 58 | Chotting             | 51           | Health (Kasar Trust) |
| 59 | Tajpur               | 68           | Health (Kasar Trust) |
| 60 | Lwani                | 70           | Health (Kasar Trust) |
| 61 | Magina Lwani         | 45           | Health (Kasar Trust) |
| 62 | Uniya                | 60           | Health (Kasar Trust) |
| 63 | Bhagar               | 115          | Health (Kasar Trust) |
| 64 | Talla Dana           | 100          | Health (Kasar Trust) |
| 65 | Jumrani Baghar       | 60           | Health (Kasar Trust) |
|    | <b>Total</b>         | <b>4,378</b> |                      |

#### INDIVIDUAL CONTRIBUTIONS FOR THE YEAR

|                    |           |        |           |
|--------------------|-----------|--------|-----------|
| Pradeep Gupta      | Satkhoh   | 23,600 | Education |
| Ram Vaidya         | Mumbai    | 19,000 | Education |
| Yoganand Sinha     | Allahabad | 18,000 | Education |
| Jatender Chaudhary | Hariyana  | 10,000 | Education |

|                       |             |        |                             |
|-----------------------|-------------|--------|-----------------------------|
| Nicole Thut           | Switzerland | 12,000 | Education                   |
| Rita Puri             | Haryana     | 5,000  | Education                   |
| B. L. Catyal          | Haryana     | 2,000  | Education                   |
| Niharika Puri         | Satoli      | 2,000  | Education                   |
| Chris Summerville     | Japan       | 1,500  | Education                   |
| Ankur Puri            | Haryana     | 1,000  | Education                   |
| Avadhoot Sumant       | Delhi       | 150    | Education                   |
| Akash Nath            | Delhi       | 5,000  | Ilya Scholarship            |
| Surjeet Bhattacharya  | Faridabad   | 2,001  | Ilya Scholarship            |
| Lucy Llyod Price, Ben | UK          | 81,600 | Bal Sansar Sponsorship      |
| Dr. S. K. Basu        | Delhi       | 12,000 | Bal Sansar Sponsorship      |
| Divya Basu            | Delhi       | 12,000 | Bal Sansar Sponsorship      |
| Dr. Vanmala Basu      | Delhi       | 6,055  | Bal Sansar Sponsorship      |
| Arindam Basu          | Delhi       | 6,000  | Bal Sansar Sponsorship      |
| Dr. Geeta Pant        | Delhi       | 10,000 | Bal Sansar Sponsorship      |
| Anita & Nicole        | Switzerland | 11,200 | Bal Sansar Sponsorship      |
| Andrea Lotze, M.D.    | USA         | 9,000  | Bal Sansar Sponsorship      |
| Neeta Puri            | Delhi       | 2,100  | Bal Sansar Sponsorship      |
| V. M. Thukral         | Delhi       | 1,100  | Bal Sansar Sponsorship      |
| Reena Barua           | Delhi       | 500    | Bal Sansar Sponsorship      |
| Dr. Anushree          | Delhi       | 500    | Bal Sansar Sponsorship      |
| Shammi Dhawan         | Haryana     | 100    | Bal Sansar Sponsorship      |
| Manisha Solanki       | Delhi       | 5,072  | Books For Aarohi Bal Sansar |
| Dr. R.P. Usgaonkar    | Goa         | 35,000 | Health Camps                |

|                             |             |          |                   |
|-----------------------------|-------------|----------|-------------------|
| Dr. K.P. Jayaraman          | Goa         | 35,000   | Health Camps      |
| Anita & Nicole              | Switzerland | 16,500   | Health Camps      |
| Dr. Col. C. S. Pant         | Delhi       | 10,000   | Health Camps      |
| Christoffersen - Deb family | Canada      | 7,856    | Health Camps      |
| Anamika Niyogi              | USA         | 5,001    | Health Camps      |
| Raj Arora                   | Pune        | 500      | Health Camps      |
| Vineet Chhatwal             | Delhi       | 1,50,000 | Medical Equipment |
| Dr Anjali Niyogi            | USA         | 97,000   | Medical Equipment |
| Afsha Talwar                | Delhi       | 25,000   | Medical Equipment |
| Dr. Bharati Minocha         | Delhi       | 10,000   | Medical Equipment |
| Gurmeet Bakshi              | Delhi       | 5,100    | Medical Equipment |
| Kavita Uppal                | Delhi       | 1,000    | Medical Equipment |
| Harsha Ablowitz             | Delhi       | 1,000    | Medical Equipment |
| Kusum Berry                 | Delhi       | 1,000    | Medical Equipment |
| Maj. Gen. R. K. Dhawan      | Delhi       | 1,000    | Medical Equipment |
| K. K. Ahuja                 | Delhi       | 1,000    | Medical Equipment |
| Anjali Shukla               | Delhi       | 500      | Medical Equipment |
| Anju Yadav                  | Delhi       | 500      | Medical Equipment |
| Dr. P. Chhibber             | Delhi       | 500      | Medical Equipment |
| D. R. Bajaj                 | Delhi       | 500      | Medical Equipment |
| Padma Vasudevan Sen         | Delhi       | 500      | Medical Equipment |
| Major R. C. Rana            | Delhi       | 500      | Medical Equipment |
| Inderjit Singh              | Delhi       | 500      | Medical Equipment |

|                        |                      |                   |                        |
|------------------------|----------------------|-------------------|------------------------|
| Dr. K.C. Pyarelal      | Trichur              | 500               | Medical Equipment      |
| Namita Gupta           | Delhi                | 500               | Medical Equipment      |
| Ranjana Seth           | Delhi                | 500               | Medical Equipment      |
| Angie Mccarrer         | Delhi                | 500               | Medical Equipment      |
| Nalini Khullar         | Delhi                | 500               | Medical Equipment      |
| B. L. Jain             | Delhi                | 500               | Medical Equipment      |
| Prem Kochhar           | Delhi                | 300               | Medical Equipment      |
| Padmini Nair           | Delhi                | 200               | Medical Equipment      |
| Deepak Dawar           | Delhi                | 200               | Medical Equipment      |
| Ashima Mohan           | Delhi                | 100               | Medical Equipment      |
| Rachna                 | Delhi                | 100               | Medical Equipment      |
| Sonia Chugh            | Delhi                | 100               | Medical Equipment      |
| Sharda & Bahuguna      | Haldwani             | 3,000             | Grameen Himalayan Haat |
| Neema Arya             | Ghorakhal            | 1,100             | Grameen Himalayan Haat |
| Padma Arya             | Diyari               | 710               | Grameen Himalayan Haat |
| Tikam Singh            | Satkhoh              | 500               | Grameen Himalayan Haat |
| Community Contribution | -                    | 37,962            | Grameen Himalayan Haat |
|                        |                      |                   |                        |
| Mariteres Stadelmann   | Switzerland          | Hospital Material | AAK                    |
| Dr. Shubham Pant       | Delhi                | Dell Leptop       | Office                 |
| Dr. Chatterjee         | Mumbai               |                   | Books for ABS          |
| Ashish Arora           | Sonapani ( Chhatola) |                   | Books for ABS          |



## JOIN HANDS

In seventeen years since inception, Aarohi has reached out to thousands of people in the remote mountains of Uttarakhand, to see that children and mothers don't die needlessly; that they are not subjected to diseases of poverty and ignorance; that people, especially children and women are not denied the opportunity of keeping pace with developments in the country and the world.

All this would not have been possible without hundreds of people from the region and all over the world contributing their time, skills, ideas, physical labour and finances.

Join this family of concerned people...

### **give us your time**

Volunteer professionally. We need doctors (general physicians and specialists), community health managers, nurses, physiotherapists, teachers, art & craft and theatre persons, sports people, musicians, rural development professionals, administrators, managers and marketing persons.

### **work with us**

All rural areas need dedicated, professional individuals to bring about change. We welcome you to take up this challenge to work towards greater equity in society.

Aarohi promises to give you an opportunity to experience a different way of being, working and living.

### **contribute financially**

to create world class health and education facilities in remote villages.

### **spread the word around**

Help us get in touch with concerned individuals and build a larger family of people committed to the development of mountain folk.

*'You give but little when you give of your possessions. It is when you give of yourself that you truly give...therefore give now, that the season of giving may be yours and not your inheritors.'*

at a glance

|  |        |
|--|--------|
| .Life members                              | 136    |
| Institutional members                      | 15     |
| Ordinary members                           | 71     |
| Villages covered                           | 65     |
| Households covered                         | 4,378  |
| Population benefited                       | 26,268 |
| Individual contributions<br>(INR millions) | 0.53   |

Aarohi is a not for profit Society registered under the Societies Registration Act, 1860, under Section 6(1) of the Foreign Contribution (Regulation) Act, 1976, and under Section 80G and 12A of the Income Tax Act, 1961

All contributions to Aarohi are exempt from Income Tax under Section 80 G of the IT Act. Contributions may be made in the name of Aarohi, as a Demand Draft or Cheque. For out of country contributions please use the Swift Transfer facility.



**aarohi**  
**natural products**

| Natural Cosmetics   | Pack Size | Price (INR) | Herbs                           | Price (INR) |
|---|-----------|-------------|---------------------------------|-------------|
| Oil of Apricot  | 50 ml     | 105         | Rosemary 15g                    | 85          |
|   | 100 ml    | 185         | Oregano 15g                     | 85          |
|   | 200 ml    | 315         | Thyme 15g                       | 85          |
|   | 500 ml    | 700         | Jumboo (Wild Garlic Chives) 15g | 85          |
| Apricot Scrub   | 50 gm     | 60          | Basil 15g                       | 85          |
|   | 100 gm    | 100         | Sage 15g                        | 85          |
| Oil of Peach  | 100ml     | 325         | Tarragon 15g                    | 85          |
| Peach Scrub   | 100g      | 175         | Caraway 15g                     | 85          |
| Apricot Scrub Soap  | 70g       | 45          | Mint 15g                        | 75          |
|   | 35g       | 25          | Parsley 15g                     | 75          |
| Gift Pack   |           | 250         | Mixed herbs 15g                 | 105         |
| For bulk as well retail orders<br>Email: <a href="mailto:aarohibiz@gmail.com">aarohibiz@gmail.com</a><br>or call<br>+91 9758625455 Office<br>+91 9412991916 Deepak<br>+91 9412927862 Basant |           |             | Gift set of 3 herbs             | 240         |
|   |           |             | Gift set of 5 herbs             | 375         |
|   |           |             | Peppermint Tea (10 bags)        | 85          |
|   |           |             | Chamomile Tea (10 bags)         | 85          |
|   |           |             | Fragrance of Root Potpourri     | 75          |
|   |           |             | Geranium Sachet                 | 20          |



apricot blossom in Satoli

Pastel drawing by  
Ram Vaidya



Village Satoli, P.O. Peora, via Mukteswar, District Nainital, Uttarakhand 263138, India  
[www.aarohi.org](http://www.aarohi.org), [aarohi2000@gmail.com](mailto:aarohi2000@gmail.com), +91 97586 25455