

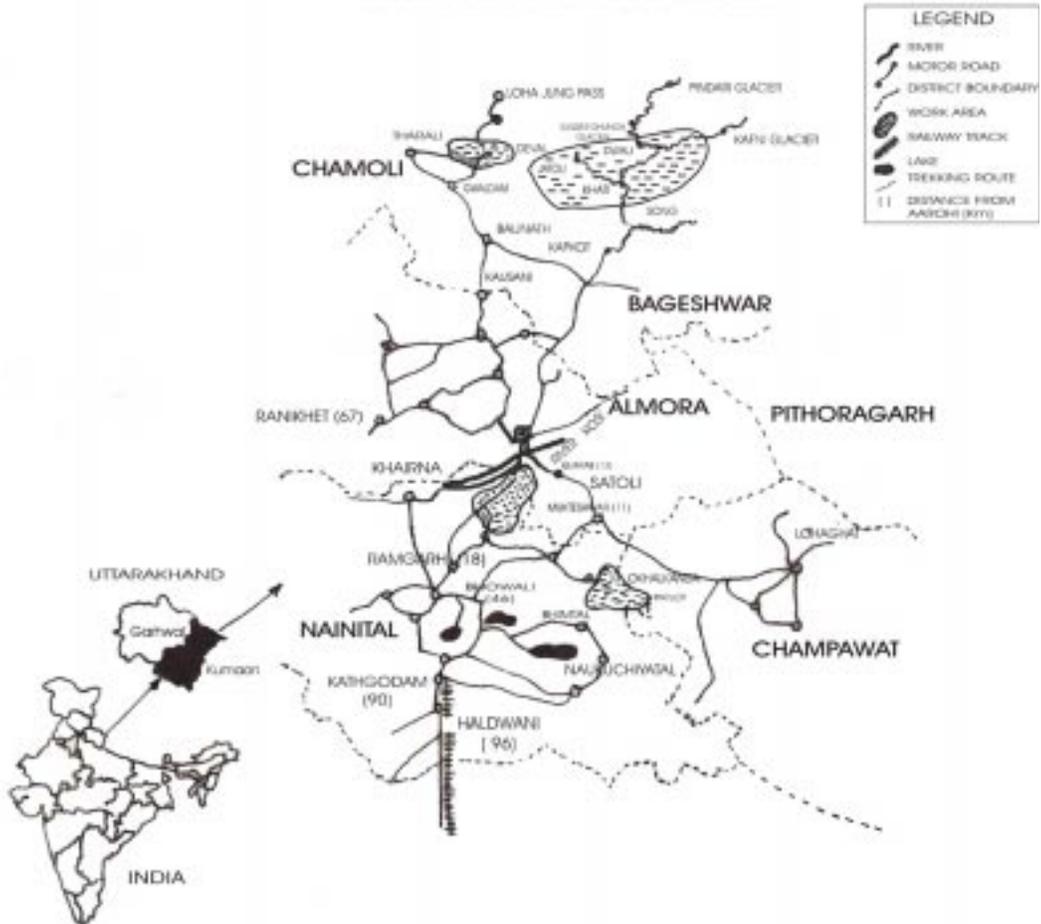
|                              |    |
|------------------------------|----|
| Natural Resource Management  | 26 |
| Training and Exposure Visits | 28 |
| Accounts & Finances          | 30 |
| From the Heart               | 33 |
| Experiences and Letters      | 36 |



|                            |
|----------------------------|
| Founder members            |
| Managing Committee         |
| Life members               |
| Institutional members      |
| Ordinary members           |
| Aarohi's village partners  |
| Contributions for the year |
| Join us                    |
| At a glance                |
| Aarohi products price list |

|            |    |
|------------|----|
| appendices | 41 |
|------------|----|

## AAROHI'S AREA OF WORK





## AN OVERVIEW

Aarohi is a not for profit Society established in the year 1992 in the small village of Satoli in District Nainital. The word Aarohi signifies ascendance or growth ... the growth of thought, creativity and harmony. The founding dream was to create a more equitable society, provide opportunities for rural people in the Himalayas to lead a self-dependent existence, reduce poverty, and live in harmony with their environment.

A significant change has been brought about in these eighteen years, and there is still much to be done. Satoli has become a node of positive thought and action which, to date, has touched the lives of some 50,000 people spread over 100 villages in four of the thirteen districts of Uttarakhand. Various issues of poverty have been addressed through inputs in Health Care, Education, Livelihood, Forest Management, Drinking Water and Sanitation, Watershed Management and Women's Development.

The organization has grown to a team of 69 full time staff and 279 members from all over the world.

Oona, the founding spirit of Aarohi, left behind core directive principles and a passion for work that continues to guide us even today.

Aarohi's path to ascendance saw a consolidation of processes last year. Global recession gave us opportunity to reflect internally, look at other areas of work, think out of the box and involve a larger number of people in our work in the Himalayas. Some 256 individuals have made personal contributions to the tune of INR 1.54 million to sustain health and education work. Total income for the year was INR 17.35 million while expenditure was INR 7.87 million. The gap between income and expenditure is due to a major grant coming through towards the end of the year.

The Aarohi Bal Sansar (ABS) expanded from class 7 to middle level (class 8) with a strength of 134 children. The school was started to bring quality education to rural children and to create a cadre of sensitive individuals that would act as positive change agents in their society.

The highpoint of academic achievement for the school this year was that all 10 children from class 8 secured first divisions in the state held board examination. This is a record for the area. Two children were selected on merit to the government sponsored Navodaya Vidyalayas for free education and board. The same senior children, who displayed academic brilliance, also had the distinction of performing in fund raising events. These performances of Kumaoni folk songs and dances were held in Delhi, Faizabad and Lucknow. The opportunity to be on stage professionally, appreciation by the audience and exposure to three cities, did wonders to their confidence. Workshops on art, craft, science, English, Mathematics, life-skills and astronomy, and interaction with many volunteers supplemented classroom teaching and contributed to holistic development of the children at school.

The Room to Grow scholarship supported 59 girls this year to continue their education and develop vocational and extra-curricular skills. In addition, Aarohi formulated a Scholarships Program to cater to the educational as well as special needs of some children. Within this program, the Ilya Scholarship, started in memory of a student of the school, gave 5 academic scholarships to the best performing students from ABS and 5 more for those excelling in extra curricular talents and attributes. The Bal Sansar Sponsorship program was initiated 2 years ago for students from economically needy families. It gave complete financial assistance to 30 children to study at the ABS.

This year a new program named the Koormanchal Scholarships was initiated. The program aims to bring support to academically bright children from ABS to get them to the Koormanchal Academy, a high quality, English medium school in the neighbouring town of Almora. This brings us nearer to our aim of providing equal access and opportunity for education to children of mountain villages, as some of their urban counterparts.

Interventions in the Health program were aimed at promoting positive health and improving access to ethically driven high quality services for people in the Himalayas. Towards this goal, Aarohi has been working to create a model community based health care delivery system with a focus on maternal and child care. We are happy to report that in 6 of the 10 intervention villages there have been no maternal deaths for the past 4 years. In addition a 100 percent primary immunisation rate was achieved.

With the start of the second phase of intervention in 24 more villages, the health coverage would reach close to 15,000 people. There would be intense concentration on enhancing capacities of village communities, increasing their sensitivity to gender issues impacting health of women and rights due to them by the public sector. The cottage hospital, with modern diagnostic equipment and services of top specialists from all over the country, has become a unique rural hospital in the region. A total of around 4,000 patients benefited through the hospital, camp and outreach services.

The Apricot and Herbs Initiatives, were merged to form the Livelihood Promotion Program. This program was initiated to bring supplementary income to farmers and produce high quality natural products from the Himalayas for urban consumers. Demand for natural apricot oil and allied body care products, as well as distinctive culinary herbs continued to grow. Sale of products increased from INR 2.16 million to INR 2.84 million. An estimated 945 producers and local people benefited to the tune of INR 1.15 million against procurement of herbs, nuts and kernels, processing job work and wages amounting to 40% of total sales. The Grameen Himalayan Haat, an annual autumnal event, was inaugurated by Mrs. Margaret Alva, Governor of Uttarakhand. This is a forum for local farmers, artisans, entrepreneurs and artists to sell their wares and produce and present folk cultural events. As usual, it was a crowd puller.

The General Gurbir Mansingh Van Panchayat award for the best managed forest was given to the village of Tanda as a first prize and the village of Bhayalgaon as a second prize this year. This incentive has perpetuated the debate on forests, and maintained some vital processes for independent community management of forests, which are vital for life in the Himalayas.

Members of Aarohi Schweiz, particularly, supported fund raising during a global financial crisis. Many organisational systems are being put into place. The year ahead will see the induction of new people at the management level along with expansion to newer and needier areas in the mountains.

## Activities at a glance

| <b>PARTICULARS</b>                            | <b>2007 - 2008</b> | <b>2008 - 2009</b> | <b>2009 - 2010</b> |
|---|--------------------|--------------------|--------------------|
| No. of villages where Aarohi works            | 74                 | 65                 | 61                 |
| No. of meetings held                          | 398                | 121                | 195                |
| Total attendance                              | 4,741              | 3,859              | 2,497              |
| Women   | 2,578              | 2,183              | 1,391              |
| Men   | 2,163              | 1,676              | 1,106              |
| Women: Men ratio                              | 1.2:1              | 1.3:1              | 1:1.2              |
| Money in samiti* a/cs (INR)                   | 3,78,299           | 1,30,554           | 2,99,690           |
| Total money utilized by samitis (INR)         | 2,02,417           | 50,828             | 24,694             |
| Total no. of patients seen (Hospital + camps) | 4,280              | 3,503              | 3,959              |
| Sale of bodycare products (INR lakhs **)      | 15.94              | 17.51              | 28.44              |
| Sale of herb products (INR lakhs)             | 3.40               | 4.10               |                    |
| Children at the Aarohi Bal Sansar             | 80                 | 123                | 134                |
| Aarohi members                                | 233                | 225                | 278                |
| Aarohi workers                                | 49                 | 54                 | 69                 |
| Grants and Income (INR lakhs)                 | 107.92             | 88.09              | 173.53             |
| Expenditure (INR lakhs)                       | 113.20             | 82.45              | 78.60              |

\* Samiti is a village committee

\*\* Ten lakhs is equivalent to one million



## EDUCATION

Aarohi Bal Sansar

'Why do we go through the struggle to be educated? Is it merely in order to pass some examinations and get a job? Or is it the function of education to prepare us while we are young to understand the whole process of life? Surely, life is not merely a job, an occupation; life is something extraordinarily wide and profound, it is a great mystery, a vast realm in which we function as human beings.'

J. Krishnamurti

Alternative schooling is now a major trend in India and efforts are on even in remote villages to explore possibilities for holistic and meaningful education for children raised in a rural environment. Set up as such a space in the mountain village of Peora, Aarohi Bal Sansar is a middle school which had 134 children (55 girls and 79 boys) on roll this year, coming from 10 villages in a radius of 7 kilometers from the school. Enrolment in the school continues to increase year after year (80 in 2007, 123 in 2008), a strong pointer to the fact that parents desire quality education for their children even though it comes at a cost, albeit subsidized.

Students are encouraged to experience life in all its aspects - the sensory and spatial, emotional and social, intellectual and spiritual. The endeavor is to develop them not only as individuals who would dare to dream and have the ability to face challenges thrown at them in the course of life, but also as sensitive and caring human beings who can add value to society.

Vision : 'Holistic development of personality in a joyful environment'

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 infrastructural resources'.



This year several steps were taken towards consolidating delivery of quality education and the results became visible in a variety of ways. An important ingredient in this regard is the teacher student ratio, which after taking on board 3 additional trained teachers, became 1 : 10. Systems for drawing up annual teaching and lesson plans, augmenting and using supplementary learning material, and explaining scientific concepts through experiments were strengthened.

Teachers were exposed to trainings, both in house and outside the region, leading to capacity enhancement in understanding child behavior and innovative teaching methodologies. Inputs from volunteers brought in a lot of excitement and new activities, adding zest as always to the whole process of interactive learning in the school.

Two students, Tanuja and Madhav, were successful this year in qualifying the test and gaining admission in the much sought after central and state government sponsored Navodaya Vidyalayas, which offer subsidized residential schooling till class 12.

The first batch of class 8 students passed out of Aarohi Bal Sansar after giving the state held board examination. All ten of them proved their merit by securing first division marks. These students, along with a few from class 7, presented mesmerizing folk songs and dances as an integral part of the fund raising shows taken to Delhi, Lucknow and Faizabad depicting life in rural Kumaon and how Aarohi engages with it. The funds collected through these events were to the tune of INR 1.28 million for the support of education activities for a year. Seeing the first batch of class 8 students graduate from the school gives us a sense of pride at the confidence these children have gained in facing the challenges that life will have to offer.

A program for providing nutritional supplement to children thrice a week is in place and regular medical checkups were carried out to monitor health and growth of the children with special emphasis on nutrition and dental care. Educational inputs for hygiene and health are also a regular feature.

Resources at the Aarohi Bal Sansar and the larger education program of Aarohi benefit an additional 1000 children from 30 government schools through health and environmental education, computer literacy, English language learning, sports, educational tours, Bal Mela (children's fair) and preservation of Kumaoni culture and heritage activities.

## Scholarship Programs

### Scholarships for girls

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

A total of 59 girls were supported by the program this year: 15 from Aarohi Bal Sansar and 44 from six government schools.

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

My name is Kanaklata and I study in class 10. I live in Diyari village with my mother and three sisters. My father had been ill for a long time and as he could not receive proper medical attention he died a few months ago.



My mother, Lalita Devi, works in other people's houses and farms to support us. The Room to Read scholarship has proved beneficial to me in many ways.

I have been able to pursue my studies because of the material support given through school fees, books and stationery and uniforms. This is something my mother could not afford. Through this scholarship I have been able to learn computers, art and craft, cooking and also step out of my village to visit many places with friends. I am really happy to be part of this program for the last four years and hope to build a good future for myself.

Life skills training has become a major focus under this program and is proving helpful in addressing social issues, resolving adolescence related problems and enhancing self esteem and confidence.

### Bal Sansar Sponsorship

The Bal Sansar Sponsorship program was able to add 20 more students this year, taking the total number of recipients to 30. The program aims to provide financial support to families desiring education for their children at Aarohi Bal Sansar, but lacking the means to do so. The sponsorship includes tuition fee, uniforms, books and stationery, basic medical care and nutritional supplement.

Selection of children is done every year through a committee with representation of teachers, members of the community and Aarohi management. Criteria for selection include economic hardship, child with single parent and child with parent having disability.

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

She was still learning to walk and had begun to tread outside the house when Pooja's mother passed away leaving her with her father and little brother. She lives with her uncle's family in Peora village as her father's job as a driver keeps him away most of the time. They all live in a house, which though small in size, is kept very neat and tidy.

Pooja was in class1 when she was awarded the sponsorship based on family circumstances and her father's desire to give her good education. She is very enthusiastic about coming to school and is a regular student. With talent and love for Kumaoni folk song and dance, and an extrovert nature, she has also done well in studies and moved on to Class 3.



Pooja with her aunt

### Ilya Scholarship

The Ilya Scholarship was started in memory of Ilya, a student of Aarohi Bal Sansar, through contributions from family and friends in 1997. Returns earned from the corpus built over the years have enabled children to pursue their interests as well as broaden their horizons by travelling to different parts of the country. Over the last three years a formal policy for utilization of funds has been developed. This gives ten scholarships to students from Aarohi Bal Sansar every year, five for academic and five for non academic talent. One scholarship is held in reserve for a deserving candidate from the region to give a special fillip to pursue higher studies.

This year, five students from classes 4 to 8 were awarded scholarships for academic merit. Five more students from the same classes were given extracurricular scholarships for special attributes like confidence, creative talent, curiosity, wit and talent for music to encourage a holistic development of personality. The scholarships amounted to INR 1000 each and children were given general awareness books, puzzles, games and art & crafts material.

### Koormanchal Scholarship

The academic year 2009-10 saw the first batch of class 8 students pass out from Aarohi Bal Sansar. Their future normally would be to join the government school system till class 12, where the quality of education is quite inadequate. If a few of these academically brighter students are given better schooling opportunity they may succeed in joining the mainstream of our country.

The Koormanchal Academy, Almora, has given admission to three students in this academic year, where they have switched to English as a medium of instruction and would hopefully be able to complete Class 12 from this school. The total cost for first year is approximately Rs.50,000/- per child and Rs.40,000/- per year per child for the following years. The parents are contributing their share as per capacity.

This will be a continuing program and the organization is building a fund to meet this need.



Koormanchal Scholars (from left to right) : Himanshu, Rohit & Mukesh

#### Other Educational Activities and Events

- Various workshops on art & craft, soft toy making, bead jewelry, dance and music, cooking, Science and English were held for children of the ABS and government schools.

During a 6 week volunteering stint, Henriette Moneger from France spent time with children across different ages building a higher level of comfort with English using poems and rhymes song and dance, drama and story telling, art and craft, as effective media for learning. Jayant Phalke from Vigyanvahini, Pune, and Samar Bagchi, previously associated with Birla Science & Industrial Museum,

- Kolkata, conducted sessions on Science teaching with students and teachers at ABS, imparting skills on how to simplify the understanding of concepts and make science interesting.
- Saleem, a talented young choreographer, nurtured at Salaam Balak Trust, Delhi, did a fortnight long dance workshop with students of class 7 and 8 at Aarohi Bal Sansar. The children learnt a lot from this training by way of creative movement, expression, presence and energy on stage, and above all the important lesson on how practice leads to perfection.
  - The Kumaon Chapter of Spic Macay, a society dedicated to promotion of Indian classical music and culture amongst youth, brought lecture cum demonstration programs on Kathak by Guru Shovana Narayan and Flute recital by Pandit Ronu Majumdar. It was a treat and a great learning for both students and adults to experience and understand the art practiced by these internationally renowned artists.
  - Educational Tours/Adventure Treks: Students of class 5 and Room to Read scholars went for an excursion to the ancient Jageshwar temples, known for their historical and cultural importance. The senior Room to Read scholars visited Avani, a grassroots organization working in Pithoragarh district, and learnt about natural yarns and dyes, hand spinning and weaving, solar energy applications and production of electricity from pine needles through a gasifier. Nine young boys and girls went for a week long adventure trek to Pindar Glacier in the month of June 2009. These excursions are an invaluable adjunct to learning and experiencing the world outside their framework.
  - Cluster level sports and cultural rally took place in the month of August 2009 at Aarohi Bal Sansar sports ground with participation of around 250 children from various schools. Events organized included track events, high jump, long jump, kabaddi, kho-kho, tug-o-war, and cultural competitions.

- Children's day was celebrated on 14th November (Nehru's birthday), with games and distribution of puzzles & toys donated by Toybank, Mumbai. The toys were presented to the children based on their interest and dreams.
- Computer classes continue to be held for students of classes 3 to 8 at Bal Sansar. The facility also benefits youth of the area and short computer literacy courses were attended by 31 girls, 17 boys and 3 women, where they learnt MS Office package, multimedia and internet. A few also picked up basic skills relating to desk top publication.



## Mamta

*'As long as I live, the name of Aarohi will remain on my lips and it will always be a special place for me.'*

Such are the sentiments that Mamta carries in her heart for her alma mater, Aarohi Bal Sansar. Passing out from the school after finishing Class 8 (and topping the list in academic performance) she writes about the unique and enriching experience she had along with her peers during fund raising events at Delhi, Lucknow and Faizabad.

'While studying in this school I also learnt Kumaoni folk song and dance. Our performances in school events and Grameen Himalayan Haat were appreciated and we felt encouraged. It was then decided to raise funds for running our school through events in big cities. A presentation was prepared showing life in our villages and the work of Aarohi, with song and dances in between. We all worked very hard as a team on this and the presentations were highly appreciated by the viewers. We felt proud and happy in presenting our culture to city people. In the beginning we were nervous but the success of one program increased our confidence and enthusiasm.

During the course of visits to these different places we got the opportunity to see many historical monuments, like Qutub Minar, Birla Mandir, India Gate, Humayun's Tomb, Lotus Temple in Delhi, Bara Imambara in Lucknow, the King's palace, temples and Guptar Ghat in Faizabad and Ayodhya. It was a lot of fun travelling on the Metro and taking those scary rides in World of Wonder... seeing a movie in a big hall and shopping in the mall.'

My friends and I had never had so much fun and being together was the best part. I can only say that we would always remember our school days and this experience of our life even when we get separated and live our lives in different places.'





## HEALTH

The program aims to increase access to ethically driven quality healthcare and promoting positive health seeking behaviour amongst the community. Within these, the reduction of maternal and child morbidity and mortality have been the primary focus. For the last eighteen years, the health program has worked to achieve these goals by training village level health workers and traditional birth attendants, raising levels of awareness of critical health issues with women's groups, adolescents and children, and providing hospital and outpatient care. With better communication and transport facilities, and a greater impetus by the government, health care in the region is steadily improving.

### Community Health

Aarohi's effort to create a model community based health care delivery system ended its first three year phase in late 2008. The village health workers, who have minimal formal education, have learnt first aid for common medical problems like fevers, diarrhea, cough and cold, injuries, burns and bites, as well as provision of essential mother and child care. Most now conduct antenatal care, ensure that the government ANM (Auxiliary Nurse Midwife) administers immunizations, and encourage pregnant mothers to seek ultrasonic investigation.

Achievements have been complete primary immunization for children between 12-23 months and no maternal deaths in ten intervention villages with a population of 3,000 people in the past four years. (The rate for complete immunization taken between the ages of 12-23 months in Uttarakhand in comparison is 62.9% according to the District Level Household Survey-3 of the Government of India 2007-2008). While it is difficult to evaluate the significance of intervention on Maternal Mortality Rate (MMR) because of the small sample population, it might be of interest to

mention that in India the figure taken by the Sample Registration System is at 254 maternal deaths per 100,000 live births and in Uttarakhand it is 440 deaths per 100,000 live births (2004-2006)).

The expanded second phase, begun early this year, involves 24 villages in the remote Okhalkanda block of Nainital district. Also, 6 villages from the first phase in Ramgarh block will be guided through a phasing out process. This second phase would impact some 15,000 people, and in the first two months of the project village and health worker selection and training of trainers has begun.

Despite the introduction of Janani Suraksha Yojna (JSY), a government scheme that offers financial incentive for hospital delivery, the trend of home deliveries continues, with 71% of deliveries conducted by TBAs (Traditional Birth Attendants). Training of the TBA continues to be an important initiative of the community health program.

Exploratory visits have been made to very remote mountain villages close to the greater Himalayas that are 20 - 30 km away from the road-head and still do not have electricity or access to telephonic communication. Four medical camps in these villages have brought out the enormity of health issues for the people of this region. Aarohi has a commitment to conduct six-monthly medical camps in the region and through the process, foster programs for sustained health care and other development interventions.



#### Curative Services

The upgraded facilities at this Himalayan cottage hospital have made this centre function in a better manner as a first referral point for some 40 villages in Ramgarh Block. Imaging, diagnostic and curative capabilities at the hospital continue to improve with the recent additions of a semi-auto analyzer, defibrillator,

and infusion pumps. Ultrasound examinations of pregnant mothers have also been conducted to provide better maternal care. In addition, regular diagnostic and surgical camps for Gynaecology, ENT, Eye, Reconstructive Surgery and Dentistry have gone a long way to decrease general morbidity and improve the quality of life for the local population. All services benefited around 4,000 people.

Since the opening of the Operation Theatre in September 2006 till March 2010, 44 specialist camps were held including Gynaecology, ENT, Ophthalmology, Plastic Surgery, Dentistry and Radiology. 2,786 patients have been screened and 207 surgeries have been conducted. A total of 934 dental screenings were done in 18 dental camps in the same period, with 282 dental extractions and 174 dental fillings provided. This utilisation of the newly constructed facilities has brought immense relief to the people of the region.

In the context of rural Himalayan villages, the hospital is providing high quality and modern care that is not to be found in the region, in the domain of the public or private sector health care providers.



The healing of Bhuwan (L to R) non healing wound of six months; skin grafting by Dr. Raju Usgaocar at Plastic Surgery Camp at Satoli; Bhuwan fully healed.

at a glance...

| PARTICULARS                                    | 07-08 | 08-09 | 09-10 |
|--|-------|-------|-------|
| No of outpatients                              | 2070  | 1903  | 2012  |
| Female   | 750   | 763   | 902   |
| Male   | 996   | 919   | 952   |
| Children < 5 years                             | 171   | 119   | 157   |
| Patients treated by Proxy                      | 154   | 88    | 1     |
| Inpatients treated                             | 65    | 102   | 51    |
| Home visits / Emergencies                      | 10    | 11    | 5     |
| Laboratory test done                           | 491   | 328   | 296   |
| X Ray done                                     | 91    | 101   | 113   |
| Total villages covered                         | 40    | 45    | 50    |
| School children screened for health problems   | 396   | 242   | 59*   |
| No of schools covered                          | 30    | 30    | 7     |
| No of dental camps held                        | 3     | 6     | 6     |
| Dental screenings for school children          | 105   | 240   | 126   |
| Total dental screenings                        | 160   | 353   | 300   |
| No of total dental extractions done            | 35    | 107   | 109   |
| No of dental fillings done                     | 7     | 110   | 53    |
| Other specialists camps                        | 9     | 15    | 17    |
| Total patients treated in the specialist camps | 1,089 | 940   | 709   |
| Total surgeries done in the camps              | 88    | 88    | 40**  |
| Mobile health camps                            | 9     | 3     | 7     |
| No of patients seen in mobile health camps     | 565   | 75    | 579   |

\* Formal intervention in 29 Govt. Schools was reduced due to financial constraints

\*\* The drop in surgery is largely due to achievement of completion of backlog of cataract operations



I am 18 months old now but don't have a voice of my own. Yesterday was the first day I cried and the first day I turned in bed on my own. My mother wasn't ready to have me as she was only 14 when I was born. She was married at thirteen and never had any formal education. My father is probably angry that God sent him a daughter. He wants mother to cook food, collect water and take care of the cows. I was very sick when I was brought to the Aarohi hospital 3 days ago. I have stayed here at Aarohi, thanks to

those at the hospital who keep fighting to keep me there against my father's and grandfather's wishes.

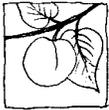
I haven't eaten solid food ever and have been given very little milk though I never make fuss for eating. I am particularly thankful to Dr Aunty who gives me so much love and made this special formula for me (it's really very tasty). I get tired while drinking so I have this tube that goes into my stomach and feeds me. I have sores all over my body which are now getting better. My mother has also begun looking after me better after she has been taught how to care for me. Now I don't have to sleep in dirty nappies and she bathes me every day.

I know I may not be able to stay in hospital for too long though Dr Aunty has said it will take 3 weeks or more of tender loving care to bring me back to health. I may not make it back to hospital after tomorrow when father takes me home. I pray that my mother and father do not do this to my brother or sister who will soon be born...and give her/ him a better chance at life!!



Doctor Aunty with Komal

*Written for Komal by Dr Rohit Nair*



## LIVELIHOOD PROMOTION PROGRAM

Activities under this program were earlier bifurcated as the Apricot Growers' Enterprise and the Herb Growers' Enterprise. It was decided to merge the activities, personnel and accounts involved with these different initiatives into one program, called the Livelihood Promotion Program, so as to leverage cross unit capabilities and experience, develop entrepreneurial spirit and broaden the horizons of people employed by this program.

Aarohi's efforts in these past 15 years, both in promoting cultivation of indigenous and European herbs and introducing apricot oil and allied body care products, have achieved commendable success in terms of commercial viability, quality and growth. The model has been replicated by civil society organizations, small businesses across Uttarakhand and Himachal Pradesh, bringing supplementary income to hundreds of marginalized rural families in these mountain states.

This year the program recorded combined sales of INR 28.44 lakhs, an increase of 32% over sales of previous year. While sales of body care products at INR 23.74 lakhs registered a growth of 36% over last year, those of herbs and fragrances were INR 4.70 lakhs showing an increase of 15%. The growth was assisted by endeavors of Himjoli Products Pvt. Ltd, a social venture marketing company launched this year by Pankaj Wadhwa and his team. Four exclusive 'Himjoli' stores were opened in Kumaon and products placed in several retail outlets across Delhi (NCR) and Mumbai, where natural, hand crafted products of different NGOs and artisans are showcased, bringing high quality produce of the Himalayas to discerning consumers. A concerted and continuing effort is on to drive producer groups to scale up and innovate, impacting enterprise and livelihoods promotion in the region.

Total benefits to farmers and local people against procurement of herbs, nuts and, kernels, processing job work and wages amounted to INR 11.46 lakhs or 40% of

total sales. Surpluses after meeting other costs of production and sales are built as reserves for ploughing back in the business and funding other welfare related programs of the organization.

The challenges that the program needs to address in the coming year are a) bringing on board a young management professional b) incorporating requirements for e-business transactions through the organization website and c) expanding existing range of products by introducing new products / variants.

#### Fifteen years with Aarohi...

"Although he never went to school, my father worked as an office peon with the Indian Veterinary Research Institute, Mukteshwar and believed in educating his children. I had the good fortune of studying for a graduation degree, but remained engaged with agriculture and horticulture with my elder brother. In the year 1993, when I was 37 years old, I joined Aarohi and was entrusted with the job of collecting apricot nuts, which was, at that time a product that had little value. It was a time when Aarohi was a new organisation and there were not many of us, but the spirit was that of pioneers. My colleague Gopi and I walked in the villages, over a radius of 15 kms and succeeded in procuring a good quantity of nuts. These were sent to Delhi for extraction of Apricot Oil. That year I took two bottles of the oil to Tara General Store, Almora for test marketing".

Pramod Singh Bisht, Manager - Livelihood Promotion Program

Pramod is happy with the turn his life had taken in 1993, and is satisfied to see his four children settled in their jobs and lives after completing their education. Work at Aarohi gave him opportunity to travel across the length and breadth of the country, and helped him develop as a mature person, which in turn influenced the atmosphere in his house bringing openness and the shedding of certain needless rituals that the family was bound to.

### Young farmer of Satoli

Neeraj Kabdwal, a nineteen year old lad, who got introduced to herb cultivation in 2006, is now one of the major suppliers of fresh and dried herbs. From a family engaged in fruit and vegetable farming, he has been successful in growing Basil, Oregano and Chamomile and was able to supplement his farm income by around INR 6000/- this year through sale of these herbs.

'I have been able to continue my education (reappeared for 10th board examination) with the help of this money and don't have to depend on my parents. And this makes me feel proud of myself. Learning from me, my cousins in the neighborhood are also taking up this activity. I wish this program more success in future!'



Neeraj in a field of Chamomile flowers

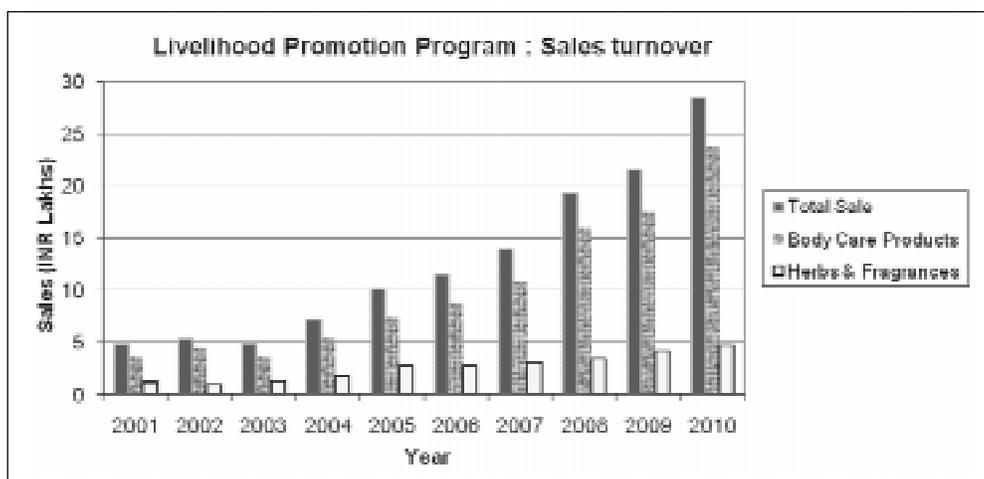


### Champa & Prema

Coming from nearby homesteads, these women help with processing activities at the production unit. Like many others, they did not have the privilege of going to school and were married at a very young age. Poverty and lack of education led to giving birth to many children and they now have large families to support. As daily wage earners their husbands are not able to guarantee either a steady income or a sufficient one. Sorting of apricot kernels this year was a source of income for these women, and this has made them happy as it supplements the family earning by around INR 5000 per annum and serves to meet some of their personal needs.

at a glance...

| PARTICULARS   | 2007- 2008 | 2008-09 | 2009-10 |
|---|------------|---------|---------|
| <b>Production and processing</b>                                    |            |         |         |
| Total producer beneficiaries  | 740        | 873     | 934     |
| No. of villages of procurement                                      | 61         | 142     | 151     |
| No. of village samitis involved in procurement                      | 2          | 2       | 2       |
| Apricot nuts purchased (quintals)                                   | 14         | 87      | 19      |
| Apricot kernels purchased (quintals)                                | 21         | 15      | 22      |
| Apricot kernels processed (quintals)                                | 30         | 28      | 74      |
| Total quantity of dry herbs purchased ( kg)                         | 115        | 191     | 230     |
| Benefit to farmers-purchase of apricot nuts/<br>kernels/herbs (INR) | 189,626    | 315,000 | 291,895 |
| No. of families benefited from processing activities                | 6          | 6       | 9       |
| Benefit to farmers through processing (INR)                         | 23,531     | 33,000  | 89,810  |
| <b>Marketing</b>  |            |         |         |
| No. of products   | 5          | 6       | 8       |
| Total sale of products (INR, lakhs)                                 | 19.35      | 21.61   | 28.44   |
| Sale of body care products (INR, lakhs)                             | 15.95      | 17.51   | 23.74   |
| Sale of herbs & fragrances (INR, lakhs)                             | 3.40       | 4.10    | 4.70    |
| Sale of products in Uttarakhand (INR, lakhs)                        | 8.38       | 10.13   | 16.44   |
| Sale of products outside Uttarakhand (INR, lakhs)                   | 10.97      | 11.48   | 12.00   |
| No. of outlets in India   | 55         | 60      | 75      |
| No. of cities/ towns through which marketed                         | 27         | 27      | 32      |
| No. of exhibitions attended   | 8          | 8       | 10      |



### Basil (*Ocimum basilicum*)

A medicinal herb as well as a sweet, pungent culinary seasoning, basil is native to India, but is now grown in temperate regions all over the world. Its common name comes from the Greek word 'basilikon', which means royal, perhaps because it was prized as a king among herbs. Widely used in Italian cuisine, particularly in tomato - based dishes, Basil also complements many other foods, including meat, poultry, salads and soups. This is fortunate because besides enhancing the flavor of foods, basil also aids digestion.

In past centuries, the plant was accorded wide respect for its healing potential and was used to purify the mind, open the heart and even cure malaria. Today, herbalists recommend basil as an antispasmodic, and use it to treat intestinal problems, motion sickness, flatulence and nausea. It also provides relief from respiratory diseases.

Basil is easy to grow, and not only does the sweet herb purify the air, it also drives away flies and mosquitoes, which shun its scent.

Source: The Complete Guide to Natural Healing, Reader's Digest

### Words of appreciation by fans of Aarohi products

Today is a very lucky day..... I found the best oil on earth again. I have used it for years and then lost track of Aarohi. This is the only real apricot oil!

Maud Hallin, San Francisco, USA, Dastkar Basant Bazaar, New Delhi

I am an ardent and devoted customer of Aarohi and love their products which are excellent.

Mumtaz Khan, Dastkar Basant Bazaar, New Delhi

Apricot oil is wonderful!

Brigitte Singh, Dastkar Basant Bazaar, New Delhi

We use apricot scrub soap regularly and skin has improved very much.

Purvi Yadav, Mumbai

I have been using these products for the last eight years and keep coming back again and again.

Atul John, Dastkar Nature Bazaar, Bangalore

We have used your apricot oil and have liked it a lot. Like the aroma and texture of the oil... feels very appropriate for massage.

Shashi & Kartikeyan Ramamurthy, Bangalore

Message : Requesting to update on the address to get your products in Mumbai...all the products used till date are just AMAZING!

jineshmehta2003@yahoo.co.in

### Nature Shop

A small outlet housed in Aarohi's production unit at Peora, very close to its headquarters, the Nature Shop brings high quality natural and handcrafted products made in Kumaon to tourists and visitors in the area. Organizations that partner in this venture include Panchachuli Women Weavers' Association, Almora; Mahila Umang Samiti, Ranikhet; Avani, Berinag; Aepan, Bhimtal; Fruitage, Bhowali; Vastra Kala Kendra, Satkhol, as well as produce of artisans in and around Dharchula.

Products displayed for sale include apricot and peach based body care products, culinary herbs and herb teas, silk and wool handspun and hand woven natural dyed shawls and scarves, thick all wool blankets (thulmas), mens' shawls (pankhis), hand knitted sweaters and booties, jams, jellies, pickles and honey, rhododendron flower squash, home made vinegar, paintings and articles with Aepan, the Kumaoni folk art, and books.



### Grameen Himalayan Haat

It was a privilege to have Her Excellency, Mrs. Margaret Alva, Governor of Uttarakhand inaugurate the ninth annual 'Grameen Himalayan Haat' held at Aarohi Bal Sansar sports ground at Naulikan on 8th October, 2009. An eagerly awaited yearly festival for the local farmers and their families, this event has been gaining popularity year after year.

In her address to the people, the Governor highlighted the importance of such fairs in providing a platform for commerce mixed with social and cultural exchange. She encouraged youth to use their knowledge and skills for taking up challenges of development in rural areas as an alternative to seeking jobs outside and migrating from their region. A state rich in natural heritage, the youth can strive to make Uttarakhand the number one state in the country. She appreciated the role of civil society organizations in making women more aware and independent, and was happy to see them leading their lives with confidence in spite of difficult circumstances prevailing in these hills.

Products on display were locally produced handmade shawls, stoles and scarves, hand knitted sweaters, caps and socks, pankhis, carpets and thulmas, quilts, honey, jams and pickles, apricot and peach based body care products, herbs and spices, candles, seeds and agricultural implements, iron ore cooking utensils, toys and electrical goods, and articles with Aepan, the Kumaoni folk art. The 'pheriwalas, had their corner selling old and new garments, bed linen, footwear, toys and cosmetics.

Cultural programs in the evening were crowd pullers as always, and professional teams from different parts of Kumaon that presented their shows included Suyalghati Choliya Dal, Bamanswal (Almora), Ma Barahi Sanskritik Dal (Haldwani), Naini Mahila Vikas Sanskritik Manch (Nainital), Ujjwal Sanskritik Manch (Almora) and Himalayan Jan Seva Samiti (Udham Singh Nagar). Children from Aarohi Bal Sansar

and surrounding government schools were the star attractions during daytime entertainment.

#### 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
- Painting and Aepan art competitions
- Soft toys making & mehndi application workshops by Jan Shikshan Sansthan
- Interactive session on animal husbandry by experts from IVRI, Mukteshwar
- A power point presentation on work carried out by Aarohi interspersed with song and dances by children of Aarohi Bal Sansar

| Particulars                   | 07-08  | 08-09  | 09-10  |
|-------------------------------|--------|--------|--------|
| Total no. of Stalls           | 35     | 41     | 45     |
| No. of Organizations          | 6      | 7      | 10     |
| No. of Entrepreneurs          | 26     | 34     | 22     |
| No. of SHGs                   | 3      | 0      | 15     |
| Total Attendance (approx)     | 10,000 | 15,000 | 16,000 |
| Total Sales (INR, lakhs)      | 2.08   | 2.46   | 2.30   |
| Community Contributions (INR) | 27,637 | 40,962 | 53,908 |

## NATURAL RESOURCE MANAGEMENT

### General Gurbir Mansingh Van Panchayat Award

The agriculture based economy of the mountains is heavily dependent on forests for its energy in the form of fuel wood, fodder and also soil fertility by way of leaf litter. People are dependent on timber from forests too.

The Van Panchayat (community forest) Award was started three years ago by Dr Surjit Mansingh in memory of her brother General Gurbir Mansingh, to perpetuate the debate on forest management within the mountain community and provide inspiration towards developing good, community managed forests.

The award this year for the best managed forest was given to the village of Tanda. Tanda Van Panchayat won the prize for good management practices, that have shown results by way of creating an increase in vegetative cover and fauna in their forest.

The process of participatory evaluation, the manner in which the award winner is selected, was a good exercise, as usual. The main criteria for evaluation were best practices of community forest management. Of a total ten villages eligible for the award, eight responded for the competition. The village of Tanda was selected as the winner (to get a cash award of INR 6,000) and Bhayalgoan as runner-up (to get a cash award of INR 4,000).

#### Tanda village

Tanda village is situated at a height of 1500 metres above sea level. The village community comprises mainly of subsistence farmers. Tanda was assisted by Aarohi with technical, managerial and financial support for a period of ten years (1995 - 2005) for managing a 5 hectare community forest land. The community laid down rules of protecting the forest that included social fencing and a complete ban on grazing. This along with plantation measures has resulted in an increase in vegetative cover as well as wild life such as bear, monkeys, barking deer and many species of birds that were not seen before. The community also has a prescribed and organised system by which village people are able to collect dry wood and leaf litter. The people of Tanda village have shown that once aware, it is possible for village communities to realise their self interest and that they are best suited to protect and use their forests.

## TRAININGS AND EXPOSURE VISITS

Regular trainings and exposure visits have helped the Aarohi team to build proficiency in their 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.

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

| TRAINING / EXPOSURE  | DURATION                     | INSTITUTION / PLACE / CONSULTANTS                           | PEOPLE  |
|--|------------------------------|---|---|
| <b>HEALTH</b>  |                              |   |   |
| Rural Surgical Conference  | Nov 09                       | Rajasthan/ A.R.S.I., Piplia Kalaan                          | Dr Sushil Sharma  |
| Prevention of domestic violence and women's rights   | 2-4 Feb 10                   | NIPCCID, Delhi  | Anandi Arya   |
| Clinical Training of Trainers  | 20 Feb - 7 Mar 10            | Rural Medical Centre Mehrauli Delhi                         | Anandi Arya, Pat Farbrother, Neema Kabdwal  |
| Exposure Visit   | 16-19 Mar 10                 | Foundation for Research in Community Health/ Parinche, Pune | Dr. Rohit Nair  |
| Women's rights   | 11-12 Mar 10                 | Nainital/ Vimarsh   | Nain Singh, Munni Suyal   |
| Making of a wood fired heating oven  | 11-23 Mar 10                 | Vrads, Denmark  | Dr. Sushil Sharma   |
| General health and well being, safe delivery, and childhood illnesses to advocacy trainings, "Know Your Rights". | 12 sessions through the year | Aarohi office   | Health workers, Traditional Birth Attendants and Village Health and Sanitation Committees |
| <b>EDUCATION</b>   |                              |   |   |
| Art and Craft Workshop   | 3-5 May 2009                 | ABS Resource Centre   | Room to Read scholars and team  |

| TRAINING / EXPOSURE                          | DURATION                                  | INSTITUTION / PLACE / CONSULTANTS  | PEOPLE  |
|--|---|--|---|
| Science Workshops                            | 6 - 11 Apr, 2009<br>& 15 Oct 2009         | ABS, Jayant Phalke and Samar Bagchi  | Students of class 6-8 and teachers                          |
| Adventure Trek & Exposure Visit              | 6-12 Jun 2009                             | Pindari Glacier  | Yashpal, Sanjay, Pravendra, Anand, Chandrakala and 4 youth  |
| Counseling Workshop                          | 22-23 Jun 2009                            | ABS, Shobha Bhowalkar  | ABS teachers  |
| Educational Tour                             | 12-14 Sep 2009                            | Jageshwar  | Students of class 5, ABS, 25 Room to Read scholars and team |
| Educational Tour                             | 25 Oct 2009                               | Koormanchal Academy Almora   | Students of class 6-7, Pushpa, Bhuwan, Jaya, Pradeep        |
| Music Workshop                               | 21 Oct - 11 Nov 2009                      | ABS, Salim   | Students of class 7 & 8                                     |
| English Refresher Workshop                   | 9 Nov 2009                                | Learning Inq, Delhi  | Deep Chand  |
| Resurgent Kumaoni Culture-Fundraising Events | 21 Nov 2009<br>28 Jan 2010<br>30 Jan 2010 | India Islamic Cultural Centre, Delhi<br>Jingle Bell Academy, Faizabad<br>Sahkarita Bhavan, Lucknow | Event team and ABS Children                                 |
| Life Skills Workshop                         | 25- 26 Nov 2009                           | Room to Read, Delhi  | Pravendra & Chandrakala                                     |
| Life Skills Workshop                         | 7-8 Jan 2010                              | ABS Jaya Swaroop & Girijesh  | 40 Room to Read scholars, Pravendra, Chandrakala, Hema      |
| Educational Tour                             | 19-21 Jan 2010                            | Avani, Berinag, Pithoragarh  | 28 Room to Read scholars and team                           |
| Teacher Training                             | 26-29 Jan 2010                            | Jingle Bell School, Faizabad   | Deep Chand, Pushpa, Govind Negi, Jyoti, Poonam              |
| Computer Training                            | Mar 2010                                  | ABS Resource Centre  | 14 Room to Read scholars                                    |
| State Level Workshop                         | 15 Mar 2010                               | Room to Read, Dehradun   | Pravendra, Chandrakala, Hema                                |

## ACCOUNTS & FINANCES

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

| Partner Funding Organizations                      | Sector of Support      |
|--|------------------------|
| Sir Dorabji Tata Trust, Mumbai                     | Health                 |
| Aarohi Schweiz, Switzerland                        | Health & Education     |
| Sisi Savita Charitable Trust, UK                   | Health                 |
| Montreal Westward Rotary Club, Canada              | Health                 |
| Room to Read, New Delhi                            | Girls Scholarship      |
| Kuesnacht, Switzerland                             | Education              |
| Government Social Welfare Department, Nainital     | Education              |
| LIC of India, Faizabad                             | Education              |
| SBI, Faizabad                                      | Education              |
| ICICI Bank, Faizabad                               | Education              |
| Bank of Baroda, Faizabad                           | Education              |
| Wild Venture, Delhi                                | Education              |
| SBI, Almora  | Grameen Himalayan Haat |
| Sharda & Bahuguna, Chartered Accountants, Haldwani | Grameen Himalayan Haat |



mountain men absorbed in livelihood activity, as depicted by writing on the wall

Summarised Financial Results for the year 2009-2010

| <b>PARTICULARS</b>                                | <b>2009 - 2010</b>   | <b>2008-2009</b>    |
|---|----------------------|---------------------|
| Unutilised grant B/F                              | 634,977.60           | 812,596.00          |
| <b>GRANT AND INCOMES FOR THE YEAR</b>             |                      |                     |
| Foreign & International Organizations             | 2,251,239.50         | 2,253,071.00        |
| Government - Central & State                      | 35,721.00            | 180,884.04          |
| Indian Institutions                               | 7,850,150.00         | 2,088,000.00        |
| Production Program                                | 3,693,351.96         | 2,861,099.14        |
| Donation, Interest, Misc, A A K, ABS & Aarohi (L) | 3,522,145.61         | 1,426,284.03        |
| <b>Total Income</b>                               | <b>17,352,608.07</b> | <b>8,809,338.21</b> |
| <b>TOTAL EXPENDITURE DURING THE YEAR</b>          |                      |                     |
| Salary and Stipend                                | 1,622,755.00         | 1,355,097.00        |
| Travel  | 314,864.00           | 281,734.50          |
| Administrative                                    | 559,700.00           | 432,531.22          |
| Health Program                                    | 1,427,729.00         | 1,129,369.00        |
| Livelihood Promotion Program                      | 2,301,989.44         | 2,023,667.25        |
| Community Organization Program                    | 174,111.00           | 163,620.44          |
| Education Program                                 | 1,458,921.67         | 2,857,669.06        |
| <b>Total Expenditure</b>                          | <b>7,860,070.11</b>  | <b>8,243,688.47</b> |
| Unutilised Grant Carried Over                     | 7,537,053.10         | 634,977.60          |
| Excess Income over Expenditure                    | 2,590,462.46         | 743,268.14          |

ABSTRACT OF BALANCE SHEET

LIABILITIES

|                                  |               |               |
|----------------------------------|---------------|---------------|
| Capital Fund                     | 6,656,456.33  | 5,445,517.29  |
| Reserve & Surplus                | 18,247,238.38 | 17,043,208.76 |
| Unutilized Grant                 | 7,537,053.10  | 634,977.60    |
| Current Liabilities & Provisions | 634,458.54    | 310,541.84    |

|       |               |               |
|-------|---------------|---------------|
| Total | 33,075,006.35 | 23,434,245.49 |
|-------|---------------|---------------|

ASSETS

|                                   |               |               |
|-----------------------------------|---------------|---------------|
| Fixed Assets                      | 14,590,979.16 | 14,407,711.96 |
| Fixed Deposits                    | 7,100,041.00  | 1,926,866.00  |
| Mutual Fund (SBI)                 | 4,815,000.00  | 3,685,000.00  |
| Current Assests, Loans & Advances | 6,568,986.19  | 3,414,667.53  |

|       |               |               |
|-------|---------------|---------------|
| Total | 33,075,006.35 | 23,434,245.49 |
|-------|---------------|---------------|



... 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.

Thanks are due to Drs Raju & Smita Usgaocar, Dr S. K. Basu and the Rural Medicare Centre team, Dr S.C. Pant, Dr Akhila Prasad, Drs. Sanjay & Pratibha Juyal, Rotary Club Haldwani, Drs R.C. & Priti Pant and Dr R.V. Singh, Dr (Col) C. S. Pant, Dr Asif Kamal, Dr Purnima Dhar, Dr Faisal Mumtaz, Dr Deepak and Dr Anita Rastogi, Dr Prachi, Dr Satyendra, Dr Manoj Joshi, Dr Ruchikar Tripathi, Dr H.C. Pant for taking out time for various surgical, eye, dental and diagnostic camps at the Aarohi hospital.

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 (Retd), for his untiring effort at raising finances through his patients and associates. Col Pant has been nominated as the fundraiser for the year. His consistent effort has paid rich dividends on a regular basis.

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

Our thanks to the commitment of all the Aarohi Schweiz members (Sarah, Corina, Philip, Rahel, Panco, Bernadette and Reinhard, Robert 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 hosting the Aarohi

presentation at the Reitberg Museum. Aarohi is now listed on the official website of '60 years of Swiss - Indian friendship'.

Thanks are due to Meena Harisinghani for her guidance in teaching and development of English language learning; Mohan Chandra Kabadwal, Manjula, Ram, Meeta, Meena, Maya, Smriti for their guidance of the education program as active members of the Steering Committee. Doris Shivpuri and Asha Sharma of Spic Macay, Kumaon Chapter, for bringing a delightful kathak performance and flute recital to children of our region; to Jaya Swaroop & Girijesh Srivastava from Faizabad for conducting life skills training for girls at Satoli; Shweta Gopalachari for bringing the joy of toys to ABS children; Maya & Raghoo Sinha for their continued association in guiding organizational processes; to Madhu Khati for giving opportunity to children from ABS for further education at Koormanchal. Our thanks to Vivek Shirali for giving an inspirational talk on life experiences and positive attitude to Aarohi staff and Shraddha Shirali for conducting a soft toys making workshop.

Special thanks to Mrs. Margaret Alva, Governor of Uttarakhand for inaugurating the Gramin Himalayan Haat; to Mr. P.D.Pandey, District Information Officer, Nainital and Balraj Negi, Culture Department, Dehradun for cooperation in organizing cultural teams for the Haat; to Mr. D.S. Negi, Administrative Officer, IVRI Mukteshwar for deputing veterinary doctors for animal husbandry camps at Satoli; to Mr. M. C. Kandpal, SBI, Almora, Mr. S.S. Chauhan and staff of Canara Bank, Almora, Mr. Mukul Chowdhary and staff of SBI, Mukteshwar for their immense cooperation with all our banking needs.

For the fundraising events: thanks are due to Manjula, Anjali, Beena, A.K.Tiwari and their entire team for the amazing organization and success at Faizabad; to Ashwani Kumar Gupta and Umesh Shukla for successful organization at Lucknow; to Pradeep and Praveen Tripathi, and Nishi and Praveen Tripathi for logistical and entertainment support, Joseph of Udipiwalla, Kathgodam and Dr. S.K. Basu, Delhi for sponsoring meals, Pankaj Wadhwa for organizing transport for the children and Aarohi team and raising funds at Delhi; to Premila and Purnima for being active fundraisers at Delhi and to Mohit for help from the Salaam Balak Trust and Salim. A very special thanks to Prajakta who was associated with Aarohi as a teacher and coordinator for all the processes she has helped to put in place in the school, and for her joie de vivre that helped to get our students to perform to perfection during the events.

**Thanks are due to our volunteers and interns for the year:**

Henriette Moneger for the enthusiasm she brought to English teaching at Aarohi Bal Sansar; Jayant Phalke from Pune and Samar Bagchi from Kolkata for their inspiring ways in teaching difficult scientific concepts.

Dr Anjali Niyogi from Tulane University, USA for conducting a nutrition survey as well as developing protocols for managing malnutrition and other medical ailments; Priya Bhattacharji, from Ahmedabad, for assisting with the evaluation of our education project; Simon and Sheena from Australia who worked on wood stove design as well as nutrition monitoring systems; Janhavi and Akhila from Pune for demonstrating Oddisi dance and teaching us to have fun with beads; Sameer from IUCAA, Pune, who showed children the wonders of Astronomy; Dr. Jeevan and Dr. Manika from TISS Mumbai, who refined training manuals for health workers and TBAs, evaluated the health management information system and designed a baseline survey questionnaire as well as sourced current government health schemes; Waqas Kidwai from G B Pant Institute of Social Sciences, Allahabad for his inputs in the livelihoods promotion program; Meenakshi Banerjee and Priyanka Singh, graduate students from Delhi sponsored by iVolunteer, who investigated happiness in village women; Mihika Mirchandani and Divya Bijlani, students of Mass Media, KC College Mumbai, for their inputs in film making, photography, design and advertisement and Divya specially for designing the cover of the Annual Review for two years in succession; Shilpi Gupta, engineering graduate through I-Volunteer, for her study of wood stove design; to Anjali and Priti for their critical editing of this issue.

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*  
*Chairman, Aarohi*

*18 May, 2010*

## Experiences and Letters

Laura Hermione Bolton nee Lockwood.

in memorium

12.02.1963 - 30.05.2009

Dear All

Once again, many apologies for using dreaded email to pass on such bad news, but I am sorry to say that at 1pm yesterday, Saturday 30th May, Laura quietly passed away in the ICU unit at Morrision Hospital, Swansea.

The end was rather unexpected, but painless and quick. After a month in a deep coma, having suffered major cerebral damage as a result of the original illness, she was at least able to pass away in a quiet and dignified manner.

If you want to call, email, visit - then please do. Please also feel free to pass on the news to anyone who you feel needs to know. Details of remembrance activities will follow.

Her life was short, and you may feel angry that it has been ended far too early, but I prefer to think that I was lucky to have known her for the short time I did. She died a happy woman, and left good memories to a huge number of people across the world.

All my love

Keith

3 June 2009

Dear Keith,

We are all saddened to hear of Laura's passing away. I suppose that was what the Good Lord willed. Laura was a dear friend of Oona from her days at Sussex. Laura kept in touch with me even after Oona's untimely demise in 1996, and had made two visits to our village headquarters in Satoli since then. She followed the developments of Aarohi with keen interest and had been an active fundraiser for the organization in its early years. I particularly miss her detailed and humorous handwritten letters from Japan. Laura also was the godmother of our son Vairag, who is now almost ten. Seema, my wife and I, and all members of Aarohi join me in sending prayers for the departed soul and wish her peace and love, and by our belief system, happy beginnings, where ever she may be. May she forever spread happiness and strength. Our prayers for you too Keith for strength and understanding at this difficult hour of bereavement.

God Bless

Sushil

10 June 2009

Smt. Margaret Alva  
Governor, Uttarakhand



RAJ BHAWAN  
Dehradun-248 003

October 27, 2009

*Dear Shri Gupta,*  
*Visiting Satoli and meeting all of you, though briefly, was a rewarding experience. I enjoyed the day out and was most impressed with the work you are doing in the rural and remote areas of Kumaon region. I have handed over your papers to the concerned authority for follow-up.*

*I wish you all success in your plans and projects for the future.*

*With all good wishes,*

*Yours sincerely,*

*Margaret Alva*  
*(Margaret Alva)*

*Shri Pradeep Gupta*  
*Secretary – Aarohi*  
*Village Satoli, P.O. Peora,*  
*Via Mukteshwar, Distt. Nainital*

I have a passion for teaching Science

In the summer of 2009 I had the opportunity to visit the Kumaon hills and spend a week at Aarohi. My business here was to conduct a five day Science teaching workshop involving the children of classes 6 to 8 and teachers at Aarohi Bal Sansar. The topics covered were from the text books but an attempt was made to induce the students to bring their thinking process to bear upon subjects like matter and its transformation, laws of mechanics, forms of energy, light, electricity and magnetism, atomic structure and chemical reactions. While these topics were covered in morning sessions with students, an afternoon session with the teachers was devoted to answering their questions on concepts, methodology and demonstration. On the whole the workshop was very satisfactory.

Aarohi School with its attitude to promote excellence in education is a boon to local school children. I am happy that I could help in this in my modest way.

While I was at Satoli I observed that Aarohi staff and volunteers are a very busy and active group. At the community kitchen you have an opportunity to learn from and exchange ideas with people engaged in diversified activities. I visited the production unit and learnt about cold press oil extraction, and found that quality control, packing and marketing were excellent. I was impressed to see how this activity was promoting local produce and providing employment to people.

I enjoyed my stay at the Dak Bungalow with Shubha and Pradeep. A visitor is an outsider. This visit gave me a chance to mix with local children and people as one of them. I am grateful to Ram Vaidya of Johnson & Johnson for sending me here and also sponsoring the cost of this trip.

Jayant Phalke, Educator, Vigyanvahini, Pune

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### Experience with Aarohi

I worked with Aarohi as a student intern during Sep-Oct 2009. It was at Aarohi that I came across the practical nuances of community health for the first time. The things I have learned from Aarohi go beyond the purview of any book. I was pleasantly surprised to see the way the organization has managed to connect with the community that they serve. The respect and trust the workers get from the community was unparalleled. My experience with Aarohi has taught me the importance of the community, it has made me realize the essence of community participation and the power it

has. It was an enriching experience to see how the organization has integrated various services to help people in the underserved area of Nainital.

I am grateful to Dr. Sushil Sharma to give us such an opportunity to learn. The internship exposed me to various on field situations and difficulties that are faced in such great endeavors and has provided me with hands on experience in dealing with them.

I cannot thank Anandiji, Champaji and Munniji enough for the community visits that they organized for us in the villages of Sonarkhola and Bhayalgaon. In the end I would just like to mention the support and guidance provided by Dr. Rohit Nair which was instrumental in making the internship one of the most enriching experiences in my life. I am also very thankful to Prajakta for being so helpful. For me Aarohi brings to life the following words by Robert Frost:

*"I shall be telling this with a sigh  
Somewhere ages and ages hence  
Two roads diverged in a wood,  
and I- I took the one less traveled by,  
And that has made all the difference."*

Dr Manika Sharma  
School of Health System Studies  
TISS, Mumbai

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#### Fund raising for Aarohi Bal Sansar

...It was out of sheer coincidence that each performer got their moment of glory when the spotlight was on them alone, capturing the audiences. The dancers' charming and innocent movements strung together by contagious tunes and the soul shaking story of Gopuli entranced the crowd.

The children showed their heritage proudly in a head to toe made over persona...from the simple village child to a glamorous superstar. The music and pictures stirred emotions wildly as the spectators traveled a lifetime besides Gopuli.

The chaos of the preparation, the trance like state after the deafening applause and appreciation will echo in the heads and hearts of all those who witnessed the euphoria on-stage.

There was a change visible to those who had seen the children before. Confident, yet soft spoken, there was a vibrancy that ran through all of them, a string that made them a troop.

Neema, inherently shy, was composed and sang freely... becoming a new woman altogether. Chandrakala, a choreographer, gave grace and an element of fun and frankness to the children. Anand was the sole support back stage, calm and promptly there to spark up the kids. Sushil and Rohit had the sequence of the presentation and dialogue so well rehearsed, it seemed to be knit together.

The planning and coordination team made the travel, the stay and the show like a fast paced, super hit dance number as well. Leaves me breathless just thinking about it!

These series of events and the exposures have changed these individuals' lives. Hope the experience provides an all encompassing platform for them to set out ahead and upwards..!

Prajakta, teacher, singer and coordinator of programs at ABS



until the load gets of her back...

## appendices

### Founder members

|  |                        |
|--|------------------------|
| Pratap Bhaiya (Advocate)                             | Chief Patron           |
| Late Ms. Oona Sharma                                 | Secretary till 28.8.96 |
| Dr. Sushil Sharma                                    | 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)                          | Chief Patron      |
| Dr. Sushil Sharma (Anesthesiologist)              | Chairman          |
| Pradeep Gupta (Secretary, Aarohi)                 | Ex-officio member |
| Jagdish Nayal (Lab Technician, Chatola)           | Treasurer         |
| Mr. Vivekanand Dhondiyal, IAS (Retd)              | Member            |
| Dr. J.S.Mehta (Ex Silviculturist, Nainital)       | Member            |
| Sri B D Kharkwal, IPS (Retd), Formerly DGP, Assam | Member            |
| Mr. Peter Chowfin (Director, SOTEC, Bareilly)     | Member            |
| Manjula Jhunjunwala, Educationist                 | Member            |

## Life Members

|                                    |            |                               |            |
|------------------------------------|------------|-------------------------------|------------|
| Dr. Sushil Sharma                  | Satoli     | Mr. Aditya Ahuja              | Delhi      |
| Ms. Munni Kabdal                   | Satoli     | Mr. Rajesh Thadani            | Delhi      |
| Ms. Niharika Puri                  | Satoli     | Ms. Anuradha Sharma           | Delhi      |
| Mr. Vikram Maira                   | Sitla      | Mr. Peter Laughton            | Delhi      |
| Mr. Pradeep Gupta                  | Satkhol    | Mr. Subodh Kumar Saigal       | Delhi      |
| Mrs. Shubha Gupta                  | Satkhol    | Mrs. Purnima Saigal           | Delhi      |
| Ms. Anandi Arya                    | Mukteshwar | Ms. Aishwarya Saigal          | Delhi      |
| Mr. Kunwar Singh Negi              | Nathuakhan | Ms. Aparajita Saigal          | Delhi      |
| Ms. Kiran Singh                    | Nathuakhan | Mrs. Smiriti Sharma           | Delhi      |
| Ms. Julia Singh                    | Nathuakhan | Dr. Puneet Singh              | Delhi      |
| Dr. J.S. Mehta                     | Almora     | Mr. Vishal Bhandari           | Delhi      |
| Mr. V.S. Dhondiyal                 | Nainital   | Mrs. Shanta Devi Sharma       | Pune       |
| Mr. Jagdish Bhandari               | Nainital   | Ms. Juhi Harisinghani         | Pune       |
| Mr. Diwan Singh Bisht              | Nainital   | Mrs. Meena Harisinghani       | Pune       |
| Mr. Praveen Sharma                 | Nainital   | Mr. Ajit Harisinghani         | Pune       |
| Mr. Kalyan Paul                    | Ranikhet   | Mr. Anand Vinze               | Pune       |
| Mrs. Anita Paul                    | Ranikhet   | Mrs. Jayashree Vinze          | Pune       |
| Mr. B.D. Kharkwal                  | Haldwani   | Mrs. Pilloo Framjee           | Pune       |
| Mr. Peter Chowfin                  | Bareilly   | Mrs. Geeta Billimoria         | Pune       |
| Mr. Iqbal Husain Khan              | Faizabad   | Mr. Shirish Kulkarni          | Pune       |
| Mr. Arjan Brijnath                 | USA        | Mrs. Raj Arora                | Pune       |
| Mrs. Diljit Brijnath               | Dehradun   | Dr. Kumar Vishwanath          | Pune       |
| Mr. Sanjeev Kumar Bohra            | Dehradun   | Mrs. Radha Vishwanath         | Pune       |
| Mr. V.B. Eswaran                   | Delhi      | Mrs. Usha Deo                 | Pune       |
| Dr. Surjit Mansingh                | Delhi      | Mr. Vikas Deo                 | Pune       |
| Mrs. Jasleen Dhamija               | Delhi      | Mr. Deepak Deo                | Pune       |
| Mrs. Sukhada Gupta                 | Delhi      | Brig. Vivek Sapatnekar (Retd) | Pune       |
| Air Vice Marshal V.B. Batra (Retd) | Delhi      | Mrs. Neela Sapatnekar         | Pune       |
| Lt. Col. Rajat Chatterjee (Retd)   | Delhi      | Dr. Ashok Agarwal             | Jaipur     |
| Mrs. Neelakshi Chatterjee          | Delhi      | Mrs. Kalpana Ghai             | Chandigarh |
| Col. Sudhir Tripathi               | Delhi      | Mr. Subhash Puri              | Chandigarh |
| Mrs. Vijaylakshmi Baig             | Delhi      | Mrs. Meera Gurubaxani         | Mumbai     |
| Mr. Ranjit Dhillon                 | Delhi      | Mrs. Arti Gurbaxani           | Mumbai     |
| Mr. Ibadat Singh Dhillon           | Delhi      | Mr. H. Gurbaxani              | Mumbai     |
| Mr. Sanjeev Saith                  | Delhi      | Mr. Avinash Gurbaxani         | Mumbai     |
| Mrs. Laxmi Ahuja                   | Delhi      | Mr. Kaushik Chatterjee        | Mumbai     |

|                            |             |
|----------------------------|-------------|
| Mrs. Suchishree Chatterjee | Mumbai      |
| Mr. Kurush Pavri           | Mumbai      |
| Dr. Amrish Vaidya          | Mumbai      |
| Mr. Mahesh Natekar         | Mumbai      |
| Mr. V. Venkat Rao          | Mumbai      |
| Ms. Priti Rao              | Mumbai      |
| Mr. Ram Vaidya             | Mumbai      |
| Mr. Suresh Bhapkar         | Nagpur      |
| Ms. Rashmi Birmani         | Nagpur      |
| Mr. Sanjay Deshpande       | Nagpur      |
| Mr. Peter Furst            | Shillong    |
| Mrs. Maureen Furst         | Shillong    |
| Dr. Ravi Chandra           | Nagpur      |
| Mrs. Manorama Gupta        | Noida       |
| Mrs. Manju Gupta           | Noida       |
| Mr. Aashish Chaudhary      | Meerut      |
| Mr. Arun Kumar Gupta       | Noida       |
| Ms. Nicole Kilborn         | Australia   |
| Mr. Tim Winton             | Australia   |
| Ms. Marissa Howard         | Australia   |
| Ms. Helen Peters           | Australia   |
| Mr. Arjun M. Hiemsath      | Australia   |
| Mr. Kabir M. Hiemsath      | Australia   |
| Ms. Aparajita Singh Breur  | Australia   |
| Mr. David McMinn           | Canada      |
| Mr. Vijay Kumar            | Germany     |
| Mrs. Margaret Kumar        | Germany     |
| Ms. Pilar Palacia          | Italy       |
| Dr. Sarah Marti            | Switzerland |
| Dr. Corina Wild            | Switzerland |
| Ms. Jaqueline Lane         | U.K.        |
| Ms. Robyn Davidson         | U.K.        |
| Mr. Leeds                  | U.K.        |
| Mrs. Fiona Mohan           | U.K.        |
| Mr. Barrows                | U.K.        |
| Mr. Charles Dobbin         | U.K.        |
| Ms. Hazel Jackson          | U.K.        |
| Ms. Gill Smith             | U.K.        |
| Ms. Liz Roberts            | U.K.        |

|                        |      |
|------------------------|------|
| Mr. Kenneth Robbie     | U.K  |
| Ms. Jodie Giles        | U.K  |
| Ms. Lucy Lloyd Price   | U.K  |
| Mr. Barry Morley       | U.K  |
| Mr. Richard Chamberlin | U.K. |
| Dr. Michael Priest     | U.K. |
| Mr. Russell Scott      | U.K. |
| Mr. Nigel Ried         | U.K. |
| Dr. Thomas Breur       | USA  |
| Ms. Nimmi Harisinghani | USA  |
| Mr. Aloke Mansingh     | USA  |
| Mrs. Yasmir Bisal      | USA  |
| Ms. Maya Mansingh      | USA  |
| Dr. Sandeep Gupta      | USA  |
| Ms. Fatima Gupta       | USA  |
| Mr. Romi Sahai         | USA  |
| Mr. Abhinav Saigal     | USA  |
| Dr. Seemin Qayum       | USA  |
| Mr. Sinclair Thomson   | USA  |
| Dr. Sanjeev Arora      | USA  |
| Dr. Madhu Arora        | USA  |
| Ms. Anita Arora        | USA  |
| Ms. Sarah Arora        | USA  |
| Ms. Siddhi Gupta       | USA  |
| Mr. Joshua Kearns      | USA  |
| Dr. Anjali Niyogi      | USA  |
| Mr. Patrick Staiger    | USA  |

#### **Members joined this year**

|                             |             |
|-----------------------------|-------------|
| Mrs. Manjula Jhunjhunwala   | Faizabad    |
| Dr. Kusum Jasuja            | Faizabad    |
| Dr. Rohit Radhakrishan Nair | Goa         |
| Mr. Gopal Negi              | Kaphura     |
| Dr. Bharaj Lal              | Maharajganj |
| Ms. Shweta Gopalachari      | Mumbai      |
| Dr. Vineeth                 | USA         |
| Dr. Subhashini              | USA         |
| Ms. Medha                   | USA         |

## Institutional Members

|                       |             |                                      |               |
|-----------------------|-------------|--------------------------------------|---------------|
| Aarohi Arogya Kendra  | Satoli      | Oona Mahila Bachat Yojna             | Suralgaon     |
| Gram Vikas Samiti     | Satoli      | Ambedkar Vikas Samiti                | Harinagar     |
| Gram Vikas Samiti     | Kool        | Karigari Samiti                      | Chopra        |
| Gram Vikas Samiti     | Talla Mona  | Adarsh Vikas Samiti                  | Chopra        |
| Gram Vikas Samiti     | Malla Mona  | Pragati Vikas Samiti                 | Quarab        |
| Navjyoti Vikas Samiti | Birkhan     | Village Water & Sanitation Committee | Parvara       |
| Gram Vikas Samiti     | Dhatwalgaon | Van Panchayat                        | Gargari Malli |
| Gram Vikas Samiti     | Suyalgarh   |                                      |               |

## Ordinary Members

|                    |            |                   |                   |
|--------------------|------------|-------------------|-------------------|
| Munni Suyal        | Satoli     | Anand Singh Bisht | Peora             |
| Sunder Lal         | Chatola    | Sanjay Bisht      | Satkhol           |
| Anandi Arya        | Mukteshwar | Sunder Negi       | Nigrar            |
| Jagdish Nayal      | Chatola    | Mohini Bisht      | Meora             |
| Basant Thapa       | Satkhol    | Meena Dani        | Matiali           |
| Janki Thapa        | Satkhol    | Chandra Bisht     | Nathuwakhan Tanda |
| Deepak Nayal       | Chatola    | Laxmikant         | Chatola           |
| Prakash Pandey     | Satkhol    | Diwan Singh Bisht | Nainital          |
| Chandrakala Bisht  | Nainital   | Divya             | Mumbai            |
| Yashpal Arya       | Satkhol    | Meenakshi         | Delhi             |
| Tara Dutt Kabdwal  | Satoli     | Priyanka          | Delhi             |
| Bhuwan Suneri      | Deari      | Indu              | Bhowali           |
| Chandra Negi       | Suralgaon  | Sushila Bisht     | Nainital          |
| Puran Nayal        | Satkhol    | Jaya Bisht        | Peora             |
| Pramod Bisht       | Chatola    | Pushpa Bisht      | Peora             |
| Devendra Sharma    | Simayal    | Janki Suyal       | Suyalgarh         |
| Pat Farbrother     | England    | Pushpa Devi       | Matiali           |
| Ravindra Kabdwal   | Satoli     | Gangotri Negi     | Kaphura           |
| Harish Chandra     | Deari      | Gopal Negi        | Kaphura           |
| Bishan Singh Bisht | Peora      | Hema Devi         | Chatola           |
| Meenakshi          | Orakhan    | Radhika Devi      | Chatola           |

|                      |          |                          |              |
|----------------------|----------|--------------------------|--------------|
| Govind Ram           | Chatola  | Mohan Kabdwal            | Satoli       |
| Devendra Bisht       | Peora    | Devi Dutt Kabdwal        | Satoli       |
| Tikam Singh Bisht    | Satkhol  | Kuber Singh              | Peora        |
| Pankaj Bisht         | Kaphura  | Hema Ghutholia           | Chatola      |
| Prakash Kabdwal      | Satoli   | Puran Singh              | Deari        |
| Ghanshyam Suyal      | Satoli   | Meena Devi               | Lueshal      |
| Kailash Ram          | Chatola  | Dan Singh                | Gaj          |
| Brijmohan            | Satoli   | Dhana Devi               | Satkhol      |
| Henriette Moneger    | France   | Janki Phartiyal          | Malli Sinoli |
| Mihika Mirchandani   | Mumbai   | Santosh Phartiyal        | Malli Sinoli |
| Bhagwati Bisht       | Satkhol  | Govindi Bisht            | Peora        |
| Kamla Leishali       | Haldwani | Tulsi Devi               | Bhayalgaon   |
| Bimla Bisht          | Peora    | Krishan Chandra Bhandari | Kaphura      |
| Chandra Kabdwal      | Satoli   | Trilok Chandra Dumka     | DoI          |
| Khashti Devi         | Peora    | Puran Chandra Kabdwal    | Satkhol      |
| Harendra Singh Negi  | Kaphura  | Bishan Singh             | Peora        |
| Jagat Singh Bisht    | Peora    | Dr. Amarjit              | Satkhol      |
| Trilok Singh Bisht   | Peora    | Vandana                  | Satkhol      |
| Neema Devi           | Satkhol  | Anand Singh Mehra        | Quarab       |
| Janki Devi           | Satkhol  | Puran Singh Bisht        | Peora        |
| Durga Devi           | Satkhol  | Khim Singh               | Peora        |
| Leela Devi           | Satkhol  | Sunanda                  | Peora        |
| Dikar Singh Negi     | Kaphura  | Pranav                   | Peora        |
| Godhan Singh Bisht   | Kaphura  | Parth                    | Peora        |
| Puran Chandra        | Satkhol  | Shubham Mehra            | Delhi        |
| Pushpa Devi          | Satkhol  | Anjali Mehra             | Delhi        |
| Geeta Devi           | Satkhol  | Bhim Singh Negi          | Jajar        |
| Deepa Devi           | Satkhol  | Singh Bahadur            | Sitla        |
| Anita Bisht          | Satkhol  | Yogesh Kabdwal           | Satoli       |
| Bhagwati Bisht       | Satkhol  | Chandra Prakash          | Satoli       |
| Parul                | Satkhol  | Devki Bisht              | Peora        |
| Diwan                | Satkhol  | Laxman Singh             | Satoli       |
| Nandan Singh         | Peora    | Mamta Dumka              | DoI          |
| Jeevan Singh         | Peora    | Kanika Satyanand         | Delhi        |
| Vidhya Bhushan Batra | Bhowali  | Pratap Bhaiya            | Nainital     |
| Sharda Devi          | Satkhol  | Vivekanand Dhondiyal     | Nainital     |
| Krishan Chandra      | Peora    | Dr. J. S. Mehta          | Almora       |

## Aarohi's Village Partners

| Village                 | No. of households | Programs currently running    |
|-------------------------|-------------------|-------------------------------|
| Bhayalgaon              | 92                | Health, Livelihood            |
| Chatola                 | 119               | Health, Education, Livelihood |
| Deari                   | 69                | Health, Education, Livelihood |
| Lueshal                 | 61                | Health, Education, Livelihood |
| Matiali                 | 42                | Health, Education             |
| Paiyyakholi             | 17                | Health, Education, Livelihood |
| Peora                   | 98                | Health, Education, Livelihood |
| Sangila                 | 15                | Health, Education             |
| Satkhol                 | 130               | Health, Education, Livelihood |
| Sirmoli                 | 24                | Health, Education             |
| Sonarkhola              | 22                | Health, Education             |
| Supi                    | 1000              | Health                        |
| Jhuni                   | 150               | Health                        |
| Khaljhuni               | 54                | Health                        |
| Gwara                   | 50                | Health                        |
| Wachham                 | 1200              | Health                        |
| Khati                   | 62                | Health                        |
| Jatoli                  | 18                | Health                        |
| Karoyal                 | 40                | Health                        |
| Bhadrkot                | 89                | Health                        |
| Hairakhan, Aezer        | 84                | Health                        |
| Okhalkanda Talla        | 114               | Health                        |
| Tanda                   | 87                | Health                        |
| Rekhakot                | 69                | Health                        |
| Khansyu Bazaar, Village | 98                | Health                        |
| Galni, Galni Jamni      | 140               | Health                        |
| Chamoli, Chamoli Kitora | 165               | Health                        |
| Kalaagar                | 218               | Health                        |
| Querala Talla, Malla    | 160               | Health                        |
| Gargari Malli           | 68                | Health                        |
| Gargari Talli           | 189               | Health                        |
| Sirayal                 |                   | Health                        |
| Saal                    | 97                | Health                        |
| Jhargaon Talla          | 89                | Health                        |
| Jhargaon Malla          | 68                | Health                        |
| Dankanya                | 48                | Education                     |

| Village       | No. of households | Programs currently running |
|---------------|-------------------|----------------------------|
| Kaphura       | 68                | Education, Livelihood      |
| Kumati        | 47                | Education                  |
| Chapar        | 45                | Education                  |
| Mona Malla    | 62                | Education, Livelihood      |
| Mona Talla    | 52                | Education                  |
| Sinoli Malli  | 28                | Education                  |
| Sinoli Talli  | 29                | Education                  |
| Satoli        | 51                | Education, Livelihood      |
| Simayil       | 47                | Education, Livelihood      |
| Soon          | 48                | Education, Livelihood      |
| Jajar         | 35                | Education                  |
| Deodar        | 21                | Education                  |
| Chopra        | 74                | Livelihood                 |
| Kool          | 85                | Education                  |
| Harinagar     | 85                | Livelihood                 |
| Kherda        | 80                | Livelihood, Education      |
| Parvara       | 176               | Livelihood                 |
| Quarab        | 93                | Education                  |
| Suyalgarh     | 25                | Livelihood                 |
| Meora         | 78                | Livelihood                 |
| Orakhan       | 35                | Livelihood                 |
| Simayil Rehol | 115               | Livelihood                 |
| Satbhunga     | 115               | Livelihood                 |
| Budibana      | 45                | Livelihood                 |
| Sundarkhal    | 90                | Livelihood                 |
| Sunkhiya      | 65                | Livelihood                 |
| Chaukhuta     | 84                | Livelihood                 |
| Dhanachuli    | 43                | Livelihood                 |
| Aksoda        | 34                | Livelihood                 |
| Nathuakhan    | 247               | Livelihood                 |
| Suralgaon     | 50                | Livelihood                 |
| Birkhan       | 16                | Livelihood                 |
| Nigrar        | 33                | Livelihood                 |
| Dol           | 8                 | Livelihood                 |
| Darima        | 275               | Livelihood                 |
| Jaurasi       | 58                | Livelihood                 |
| Bhatkot       | 21                | Livelihood                 |
| Ramgarh       | 23                | Livelihood                 |

| Contributions for the Year         |           |         |           |
|------------------------------------|-----------|---------|-----------|
| Maya & Raghoob Sinha               | Allahabad | 100,000 | Education |
| Sunil & Amrita Sawhney             | Allahabad | 5,000   | Education |
| P. K. Bansal                       | Ahmedabad | 1,000   | Education |
| Doris & P. N. Shivpuri             | Bhimtal   | 1,001   | Education |
| Achla Sawhney                      | Delhi     | 10,000  | Education |
| Ajit Kanitkar                      | Delhi     | 10,000  | Education |
| Akash Nath                         | Delhi     | 4,000   | Education |
| Annie Thomas                       | Delhi     | 8,000   | Education |
| Arindam Basu                       | Delhi     | 6,000   | Education |
| B.P. Singh                         | Delhi     | 2,500   | Education |
| Bala Devan Rangraju                | Delhi     | 2,500   | Education |
| Baljit K. Jain                     | Delhi     | 1,000   | Education |
| CJI Porcelain Pvt. Ltd             | Delhi     | 25,000  | Education |
| Dhun A. Seth                       | Delhi     | 5,000   | Education |
| Divya Basu                         | Delhi     | 6,000   | Education |
| Dr. (Col.) C. S. Pant              | Delhi     | 23,600  | Education |
| Dr. Akhila Prasad                  | Delhi     | 5,000   | Education |
| Dr. Arvind Kishore                 | Delhi     | 5,000   | Education |
| Dr. Bharminder Kaur                | Delhi     | 5,000   | Education |
| Dr. Geeta Pant                     | Delhi     | 50,000  | Education |
| Dr. Gopal                          | Delhi     | 2,000   | Education |
| Dr. Madhu Grover                   | Delhi     | 1,100   | Education |
| Dr. Meera Kharbanda                | Delhi     | 5,000   | Education |
| Dr. P. S. Toor                     | Delhi     | 3,000   | Education |
| Dr. Pant C/o Dr. (Col.) C. S. Pant | Delhi     | 5,000   | Education |
| Dr. Purnima Dhar                   | Delhi     | 25,000  | Education |
| Dr. S. K. Basu                     | Delhi     | 6,000   | Education |
| Dr. Shubhash Chawla                | Delhi     | 5,000   | Education |
| Dr. Sonia Sofia                    | Delhi     | 12,000  | Education |
| Dr. V. Bhatnagar                   | Delhi     | 5,000   | Education |
| Dr. Vanmala Basu                   | Delhi     | 6,000   | Education |
| Dr. Vineet & Dr. Subhashini        | Delhi     | 3,500   | Education |
| Gautam & Harshita Gupta            | Delhi     | 11,000  | Education |
| Harvard India Society              | Delhi     | 11,000  | Education |
| Jaya Bajaj                         | Delhi     | 10,000  | Education |
| Jaya Jaitley                       | Delhi     | 10,000  | Education |
| K. Mohan                           | Delhi     | 5,100   | Education |
| Kanika Satyanand                   | Delhi     | 3,000   | Education |

| Contributions for the Year | Delhi                      |          | Faizabad |        |
|----------------------------|----------------------------|----------|----------|--------|
|                            | Name                       | Amount   | Name     | Amount |
|                            | Kunaal F. Mullick          | 1,000    |          |        |
|                            | M. L. Dewan                | 1,000    |          |        |
|                            | Mala Krishna               | 11,000   |          |        |
|                            | Maya Dehran                | 3,000    |          |        |
|                            | Meera M. Menezes           | 5,000    |          |        |
|                            | Nayantara Nair             | 200      |          |        |
|                            | Niharika Puri              | 551      |          |        |
|                            | Niraja Pant                | 1,100    |          |        |
|                            | Om Wadhwa                  | 20,000   |          |        |
|                            | Pankaj Wadhwa              | 9,000    |          |        |
|                            | Parth Shah                 | 5,000    |          |        |
|                            | Premila Nazareth Satyanand | 25,000   |          |        |
|                            | Pushpa Paul                | 10,000   |          |        |
|                            | Rahul Kapoor               | 4,000    |          |        |
|                            | Reshma Bakshi              | 1,000    |          |        |
|                            | Salman Haidar              | 10,000   |          |        |
|                            | Saral S. Tandon            | 200,000  |          |        |
|                            | Shagun Chaudhary           | 1,00,000 |          |        |
|                            | Shweta Agarwal             | 500      |          |        |
|                            | Smriti Sharma              | 5,000    |          |        |
|                            | Sushila Gupta              | 1,000    |          |        |
|                            | Swati Kapoor               | 10,000   |          |        |
|                            | Swati Ray                  | 100      |          |        |
|                            | T. R. Ramakrishna          | 5,000    |          |        |
|                            | V.B. Eswaran               | 1,000    |          |        |
|                            | Vasu Padmnabhan            | 10,001   |          |        |
|                            | Viti Bhandari              | 10,000   |          |        |
|                            | Eliene                     | 300      |          |        |
|                            | Elizabeth                  | 150      |          |        |
|                            | A.K. Tiwari                | 1,000    |          |        |
|                            | A.K.Singh                  | 1,000    |          |        |
|                            | A.P. Kalra                 | 1,000    |          |        |
|                            | Ajay Dhawan                | 2,000    |          |        |
|                            | Alka Pandey                | 1,100    |          |        |
|                            | Alka Shekhar               | 500      |          |        |
|                            | Alka Varma                 | 5,000    |          |        |
|                            | Alok Agarwal               | 2,500    |          |        |
|                            | lok Bansal                 | 2,000    |          |        |

| Contributions for the Year  |          |       |           |
|-----------------------------|----------|-------|-----------|
| Alp Softech                 | Faizabad | 1,000 | Education |
| Amit Kedia                  | Faizabad | 2,100 | Education |
| Anil Agarwal                | Faizabad | 1,000 | Education |
| Anil Makheja                | Faizabad | 1,000 | Education |
| Anjali                      | Faizabad | 1,000 | Education |
| Ankit Arora                 | Faizabad | 1,100 | Education |
| Annu Agarwal                | Faizabad | 5,000 | Education |
| Anuja Srivastava            | Faizabad | 1,000 | Education |
| Anurag Tandon               | Faizabad | 2,000 | Education |
| Anurag Vaish                | Faizabad | 1,000 | Education |
| Arvind Kumar Agarwal        | Faizabad | 1,100 | Education |
| Arvind Kumar Mishra         | Faizabad | 1,000 | Education |
| Ashish Agarwal              | Faizabad | 2,100 | Education |
| Atul Chaurasia              | Faizabad | 500   | Education |
| Babita Sawhney              | Faizabad | 1,000 | Education |
| Beena Agarwal               | Faizabad | 1,000 | Education |
| Bharat Bhushan              | Faizabad | 5,000 | Education |
| Chandra Shekhar Verma       | Faizabad | 500   | Education |
| Deepak Sawlani              | Faizabad | 2,000 | Education |
| Deepak Sharma               | Faizabad | 1,000 | Education |
| Deepali Gambhir             | Faizabad | 1,100 | Education |
| Dheeraj Rawlani             | Faizabad | 1,000 | Education |
| Dhruv Balai Paul            | Faizabad | 5,000 | Education |
| Dr. Alka Mishra             | Faizabad | 500   | Education |
| Dr. Mahesh Surtani          | Faizabad | 2,000 | Education |
| Dr. Virendra Singh          | Faizabad | 1,100 | Education |
| Feroz Akhtar                | Faizabad | 500   | Education |
| Gaurav Chopra               | Faizabad | 500   | Education |
| Girdhari Chawla             | Faizabad | 1,000 | Education |
| Gulzar Sahitya Society      | Faizabad | 2,000 | Education |
| Guru Saran Kaur             | Faizabad | 1,000 | Education |
| JBNTT Students              | Faizabad | 3,200 | Education |
| Jingle Bell School Teachers | Faizabad | 1,800 | Education |
| Kavita Singh                | Faizabad | 1,000 | Education |
| Kumud Srivastava            | Faizabad | 1,000 | Education |
| Laxman Das                  | Faizabad | 1,000 | Education |
| M.M.Pandey                  | Faizabad | 1,000 | Education |
| Madhav Maurya               | Faizabad | 1,000 | Education |

| Contributions for the Year | Contributions for the Year |          |        |
|----------------------------|----------------------------|----------|--------|
|                            | Name                       | Location | Amount |
|                            | Mahima Poddar              | Faizabad | 500    |
|                            | Manjula Jhunjhunwala       | Faizabad | 10,000 |
|                            | Manoj Kumar Singh          | Faizabad | 1,000  |
|                            | Meera Chandra              | Faizabad | 2,500  |
|                            | Mitali Sood                | Faizabad | 5,000  |
|                            | Mukesh Tolani              | Faizabad | 500    |
|                            | Narendra Kapoor            | Faizabad | 5,000  |
|                            | Nirankar Singh             | Faizabad | 5,000  |
|                            | P. K. Saxena               | Faizabad | 1,000  |
|                            | Parul Agarwal              | Faizabad | 1,000  |
|                            | Pawan Jeevani              | Faizabad | 7,000  |
|                            | Pratipal Singh             | Faizabad | 1,000  |
|                            | Praveen Singh              | Faizabad | 1,100  |
|                            | Priya Battery              | Faizabad | 1,001  |
|                            | Priyanka Agarwal           | Faizabad | 2,000  |
|                            | Priyanshi Singh            | Faizabad | 1,000  |
|                            | R.B. Thakur                | Faizabad | 1,000  |
|                            | Raj Kumar Khattry          | Faizabad | 1,000  |
|                            | Rajesh Makheja             | Faizabad | 2,100  |
|                            | Rajesh Rastogi             | Faizabad | 1,000  |
|                            | Rajnish Agarwal            | Faizabad | 1,000  |
|                            | Rakesh Ladhani             | Faizabad | 10,000 |
|                            | Ram Avtar                  | Faizabad | 500    |
|                            | Ramesh Kumar Gupta         | Faizabad | 501    |
|                            | Rekha Singh                | Faizabad | 2,000  |
|                            | Rita Banerjee              | Faizabad | 3,500  |
|                            | Romi Kapoor                | Faizabad | 1,100  |
|                            | Saket Polly Pipes          | Faizabad | 1,100  |
|                            | Sanjai Rastogi             | Faizabad | 2,100  |
|                            | Sanjay Madan               | Faizabad | 1,500  |
|                            | Sanjay Sawlani             | Faizabad | 2,500  |
|                            | Santosh Kumar Dwivedi      | Faizabad | 1,000  |
|                            | Sarveswar Uppal            | Faizabad | 1,000  |
|                            | Saumya Agarwal             | Faizabad | 2,000  |
|                            | Seema Kalra                | Faizabad | 1,000  |
|                            | Shankar Ahuja              | Faizabad | 1,000  |
|                            | Shivangi Pathak            | Faizabad | 500    |
|                            | Shrichand Rastogi          | Faizabad | 1,000  |

| Contributions for the Year           |           |        |           |  |
|--------------------------------------|-----------|--------|-----------|--|
| Staff & Students - Yash Vidya Mandir | Faizabad  | 1,700  | Education |  |
| Staff & Students Jingle Bell Academy | Faizabad  | 11,470 | Education |  |
| Sudha Mishra                         | Faizabad  | 100    | Education |  |
| Sudha Singh                          | Faizabad  | 2,100  | Education |  |
| Sushma Dhir                          | Faizabad  | 1,000  | Education |  |
| Swati Mohan                          | Faizabad  | 2,500  | Education |  |
| Udyachal Dwivedi                     | Faizabad  | 1,500  | Education |  |
| Umesh Sharma                         | Faizabad  | 1,100  | Education |  |
| V. D. Sibbal                         | Faizabad  | 1,000  | Education |  |
| V.K. Joshi                           | Faizabad  | 1,000  | Education |  |
| Ved Krishna                          | Faizabad  | 21,000 | Education |  |
| Veena Khattri                        | Faizabad  | 1,000  | Education |  |
| Vikki Mansani                        | Faizabad  | 2,000  | Education |  |
| Nirmesh Bagadwal                     | Ghaziabad | 1,500  | Education |  |
| B. Jaishankar                        | Gurgaon   | 5,000  | Education |  |
| Gita Garg                            | Hapur     | 1,000  | Education |  |
| Neeraja Joshi                        | Gurgaon   | 20,000 | Education |  |
| Max & Suzanne Singer                 | Israel    | 7,766  | Education |  |
| Ashwani Kumar Gupta                  | Lucknow   | 11,000 | Education |  |
| Aditya Kumar & Dr. Sangeeta Kumar    | Lucknow   | 5,000  | Education |  |
| AKG Consultants Ltd.                 | Lucknow   | 25,000 | Education |  |
| Anuja Kumari                         | Lucknow   | 1,000  | Education |  |
| Ashok Bansal                         | Lucknow   | 5,100  | Education |  |
| Ashok Kumar                          | Lucknow   | 5,000  | Education |  |
| AVM Dr. Ashok Chaturvedi (Retd)      | Lucknow   | 1,000  | Education |  |
| Basant Chaudhary                     | Lucknow   | 10,000 | Education |  |
| Dr. Sandeep Kumar                    | Lucknow   | 11,000 | Education |  |
| Fazal Ahmed Khan                     | Lucknow   | 500    | Education |  |
| K. S. Luthra                         | Lucknow   | 500    | Education |  |
| Kushagra and Dev Bajpai              | Lucknow   | 2,000  | Education |  |
| Kusum Seth                           | Lucknow   | 1,001  | Education |  |
| Mani Awasthi                         | Lucknow   | 1,000  | Education |  |
| Mani Capitals Ltd.                   | Lucknow   | 25,000 | Education |  |
| N. R. Srinivasan                     | Lucknow   | 1,050  | Education |  |
| Rabab & Meena                        | Lucknow   | 300    | Education |  |
| Radha Raman Agarwal                  | Lucknow   | 2,100  | Education |  |
| Rajeev Tingal                        | Lucknow   | 1,000  | Education |  |
| Rajesh Kumar Seth                    | Lucknow   | 1,000  | Education |  |

| Contributions for the Year           |                |         |           |
|--------------------------------------|----------------|---------|-----------|
| Rashid Ahmed Khan                    | Lucknow        | 2,100   | Education |
| Srawan Kumar Shukla                  | Lucknow        | 5,000   | Education |
| Sudhir Jain                          | Lucknow        | 1,100   | Education |
| Tanuj Kohli                          | Lucknow        | 5,000   | Education |
| Umesh Shukla                         | Lucknow        | 1,100   | Education |
| Vibha Awasthi                        | Lucknow        | 1,000   | Education |
| Yashastilak                          | Lucknow        | 1,000   | Education |
| Girija Rao                           | Mumbai         | 5,000   | Education |
| Manju Gupta                          | NOIDA (UP)     | 250     | Education |
| Manorama Gupta                       | NOIDA (UP)     | 6,000   | Education |
| Pramod Jain                          | NOIDA (UP)     | 10,000  | Education |
| Rajeev & Sumita Singh                | NOIDA (UP)     | 10,000  | Education |
| Sujata & Ratandeep Gupta             | NOIDA (UP)     | 10,000  | Education |
| Nimmi Harisinghani                   | Pune           | 100,000 | Education |
| Meena Harisinghani                   | Pune           | 22,500  | Education |
| Shanta Devi Sharma                   | Pune           | 5,000   | Education |
| Pradeep & Shubha Gupta               | Satkhoh        | 10,000  | Education |
| Veronika                             | (SRCM) Satkhoh | 100     | Education |
| Dr. Sushil & Seema Sharma            | Satoli         | 5,000   | Education |
| Dr. Corina Wild                      | Switzerland    | 2,500   | Education |
| Urs - In. Gold                       | Switzerland    | 30,922  | Education |
| Students of University of Washington | USA            | 7,200   | Education |
| Michael & Fiona Cardillo             | Australia      | 4,000   | Health    |
| Rajesh Arora                         | Australia      | 5,000   | Health    |
| Simon, Sheena & Friends              | Australia      | 6,000   | Health    |
| Sharda Ayyerswamy                    | Delhi          | 1,000   | Health    |
| Sukanya Badhwar                      | Delhi          | 5,000   | Health    |
| Anju Yadav                           | Delhi          | 10,000  | Health    |
| Dr. Neena Bajaj                      | Delhi          | 1,000   | Health    |
| Dr. Rajesh Tope                      | Delhi          | 10,000  | Health    |
| Dr. V. Muralidhar                    | Delhi          | 5,000   | Health    |
| Dr. Vikram Mahajan                   | Delhi          | 5,000   | Health    |
| Dr. Yatinder Kharbanda               | Delhi          | 5,000   | Health    |
| Col. G. P. Shrivastava (Retd)        | Delhi          | 1,000   | Health    |
| J.L.B. Fund                          | Delhi          | 20,000  | Health    |
| N.R. Shrinivasan                     | Delhi          | 100     | Health    |
| Neelam Kundra                        | Delhi          | 2,000   | Health    |
| Radhika Singh                        | Delhi          | 2,000   | Health    |

|                            |                              |  |                                    |                   |
|----------------------------|------------------------------|--|------------------------------------|-------------------|
| Contributions for the Year | Rahul Joshi                  | Delhi  | 3,000                              | Health            |
|                            | Sandeep Singh Sandhar        | Delhi  | 3,000                              | Health            |
|                            | Saral S. Tandon              | Delhi  | 1,000                              | Health            |
|                            | Sonali Agarwal               | Delhi  | 5,000                              | Health            |
|                            | Swati Roy                    | Delhi  | 100                                | Health            |
|                            | Ashwani Usgaocar             | Goa  | 10,000                             | Health            |
|                            | Dr. Smita Usgaocar           | Goa  | 15,000                             | Health            |
|                            | B. Jaishankar                | Gurgaon  | 5,000                              | Health            |
|                            | Dr. Bharti Minocha           | Gurgaon  | 5,000                              | Health            |
|                            | Nirmala Kapadia              | Pune   | 3,000                              | Health            |
|                            | Raj Arora                    | Pune   | 500                                | Health            |
|                            | D. S. Negi                   | IVRI Mukteshwar  | 250                                | Haat              |
|                            | Harendra Singh Negi          | Kaphura  | 100                                | Haat              |
|                            | Padma Arya                   | Deari  | 1,001                              | Haat              |
|                            | Pramod Sharma                | Mona   | 551                                | Haat              |
|                            | Rajendra Singh Mehra         | Mona   | 551                                | Haat              |
|                            | V.N. Dhondiyal               | Nainital   | 1,000                              | Haat              |
|                            | Mahendra Singh Bisht         | Ranikhet   | 100                                | Haat              |
|                            | Tikam Singh Bisht            | Satkhol  | 1,001                              | Haat              |
|                            | Chandra Devi Kabadwal        | Satoli   | 101                                | Haat              |
|                            | Devi Dutt Kabadwal           | Satoli   | 125                                | Haat              |
|                            | Dan Singh Bhandari           | Sirmoli  | 5,000                              | Haat              |
|                            | Ravi Rawat                   | Uttarakashi  | 1,000                              | Haat              |
|                            | Kishan Singh Negi            | Nigrar   | 105                                | Haat              |
|                            | Akbar Mirza Khaleeli         | Bangalore  | 20,000                             | Forest Management |
|                            | B.P. Singh                   | Delhi  | 25,000                             | Forest Management |
|                            | Arjan M. Hiemsath            | USA  | 4,120                              | Forest Management |
|                            | Shantarani & Kamalnath Monga | Delhi  | 1,500                              | Development       |
|                            | Dr. Anjali Niyogi            | U.S.A. Defibrillator, Syringe pump, Hospital materials and equipments, ENT Head lamp and Instruments |                                    |                   |
|                            | Col (Dr) C. S. Pant (Retd)   | Delhi  | Developer                          | Processor         |
|                            | Dr. Anil Kohli               | Delhi  | Dental X-Ray Machine, Dental chair |                   |
|                            | Johnson & Johnson            | Mumbai   | Infusion Pumps, Deep freeze        |                   |



Join us...

In eighteen years, since its 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, and that people are not denied the opportunity to keep pace with development in the country.

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 caring 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. Take up this challenge. You will be working towards greater equity in society while experiencing a different way of being and living.

**contribute financially**

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

**spread the word**

Help connect with like-minded individuals and build a larger community of people committed to development of rural 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.'*

Kahlil Gibran

at a glance

|   | 2008   | 2009   |
|---|--------|--------|
| Life members                            | 136    | 147    |
| Institutional members                   | 15     | 15     |
| Ordinary members                        | 71     | 116    |
| Villages covered                        | 65     | 79     |
| Households covered                      | 4,378  | 7,632  |
| Population benefited                    | 26,268 | 46,000 |
| Individual contributions (INR millions) | 0.7    | 1.54   |

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, through direct bank transfer (NEFT), a Demand Draft or Cheque. For out of country contributions please use the Swift Transfer facility.



## aaro natural products

| NATURAL COSMETICS  | PACK SIZE | PRICE (INR) | HERBS                        | PRICE (INR) |
|--------------------|-----------|-------------|------------------------------|-------------|
| OIL OF APRICOT     | 50 ml     | 105         | ROSEMARY 15 g                | 85          |
|                    | 100 ml    | 185         | OREGANO 15g                  | 85          |
|                    | 200 ml    | 315         | THYME 15 g                   | 85          |
|                    | 500 ml    | 700         | JUMBOO 15 g                  | 85          |
| APRICOT SCRUB      | 50 g      | 60          | BASIL 15 g                   | 85          |
|                    | 100 g     | 100         | SAGE 15 g                    | 85          |
|                    |           |             | TARRAGON 15 g                | 85          |
| OIL OF PEACH       | 100 ml    | 325         | CARAWAY 15 g                 | 85          |
| PEACH SCRUB        | 100 g     | 175         | MINT 15 g                    | 75          |
| APRICOT SCRUB SOAP | 70 g      | 45          | PARELEY 15 g                 | 75          |
|                    | 35 g      | 25          | MIXED HERBS 15 g             | 105         |
| GIFT PACK          |           | 250         | 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 POT-POURRI | 75          |
|                    |           |             | GERANIUM SATCHET             | 20          |

For bulk as well as retail orders  
 e-mail : aarohibiz@gmail.com  
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 +91 94129 91916 Deepak  
 +91 94111 94604 Basant

**Front Cover**

Sunrise on Maiktoli (6804 m) taken from Sunderdhunga

**Back cover**

Young girl from village Supi

**Back inside cover** (from top left, clockwise)

Independence day celebration at Aarohi Bal Sansar

Smt. Margaret Alva, Governor, Uttarakhand inaugurating the Haat

A woman at village Jatoli coming home with load of dry leaves

Outreach mobile camp at the village of Waccham