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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

PARTICULARS	2007 - 2008	2008 - 2009	2009 - 2010
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.'

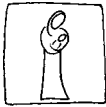
Such are the sentiments that Mamta carries in her heart for her alma mater, Aarohi Bal Sansar. Passing out from the school after finishing Class 8 (and topping the list in academic performance) she writes about the unique and enriching experience she had along with her peers during fund raising events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

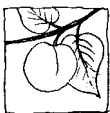
I haven't eaten solid food ever and have been given very little milk though I never make fuss for eating. I am particularly thankful to Dr Aunty who gives me so much love and made this special formula for me (it's really very tasty). I get tired while drinking so I have this tube that goes into my stomach 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 Robit 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

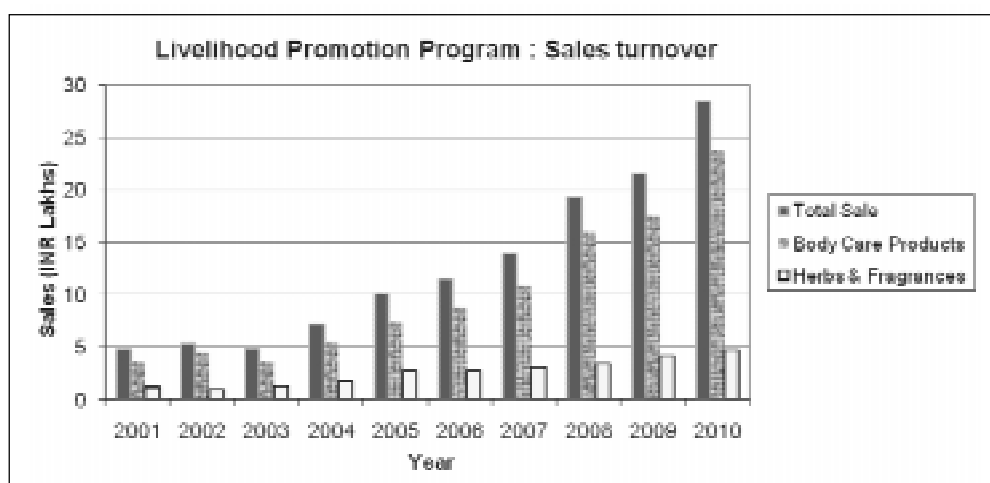


Champa & Prema

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
Production and processing			
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/ 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
Marketing			
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 Aeapan, 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
HEALTH			
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
EDUCATION			
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 & 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 28 Jan 2010 30 Jan 2010	India Islamic Cultural Centre, Delhi Jingle Bell Academy, Faizabad 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

PARTICULARS	2009 - 2010	2008-2009
Unutilised grant B/F	634,977.60	812,596.00
GRANT AND INCOMES FOR THE YEAR		
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
Total Income	17,352,608.07	8,809,338.21
TOTAL EXPENDITURE DURING THE YEAR		
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
Total Expenditure	7,860,070.11	8,243,688.47
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
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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
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... 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 Khatri 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 Morriston 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 is 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

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

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	Satkhoh	Mr. Subodh Kumar Saigal	Delhi
Mrs. Shubha Gupta	Satkhoh	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. Kenneth Robbie	U.K
Mr. Kurush Pavri	Mumbai	Ms. Jodie Giles	U.K
Dr. Amrish Vaidya	Mumbai	Ms. Lucy Lloyd Price	U.K
Mr. Mahesh Natekar	Mumbai	Mr. Barry Morley	U.K
Mr. V. Venkat Rao	Mumbai	Mr. Richard Chamberlin	U.K.
Ms. Priti Rao	Mumbai	Dr. Michael Priest	U.K.
Mr. Ram Vaidya	Mumbai	Mr. Russell Scott	U.K.
Mr. Suresh Bhapkar	Nagpur	Mr. Nigel Ried	U.K.
Ms. Rashmi Birmani	Nagpur	Dr. Thomas Breur	USA
Mr. Sanjay Deshpande	Nagpur	Ms. Nimmi Harisinghani	USA
Mr. Peter Furst	Shillong	Mr. Alope Mansingh	USA
Mrs. Maureen Furst	Shillong	Mrs. Yasmir Bisal	USA
Dr. Ravi Chandra	Nagpur	Ms. Maya Mansingh	USA
Mrs. Manorama Gupta	Noida	Dr. Sandeep Gupta	USA
Mrs. Manju Gupta	Noida	Ms. Fatima Gupta	USA
Mr. Aashish Chaudhary	Meerut	Mr. Romi Sahai	USA
Mr. Arun Kumar Gupta	Noida	Mr. Abhinav Saigal	USA
Ms. Nicole Kilborn	Australia	Dr. Seemin Qayum	USA
Mr. Tim Winton	Australia	Mr. Sinclair Thomson	USA
Ms. Marissa Howard	Australia	Dr. Sanjeev Arora	USA
Ms. Helen Peters	Australia	Dr. Madhu Arora	USA
Mr. Arjun M. Hiemsath	Australia	Ms. Anita Arora	USA
Mr. Kabir M. Hiemsath	Australia	Ms. Sarah Arora	USA
Ms. Aparajita Singh Breur	Australia	Ms. Siddhi Gupta	USA
Mr. David McMinn	Canada	Mr. Joshua Kearns	USA
Mr. Vijay Kumar	Germany	Dr. Anjali Niyogi	USA
Mrs. Margaret Kumar	Germany	Mr. Patrick Staiger	USA
Ms. Pilar Palacia	Italy		
Dr. Sarah Marti	Switzerland	Members joined this year	
Dr. Corina Wild	Switzerland	Mrs. Manjula Jhunjhunwala	Faizabad
Ms. Jaqueline Lane	U.K.	Dr. Kusum Jasuja	Faizabad
Ms. Robyn Davidson	U.K.	Dr. Rohit Radhakrishnan Nair	Goa
Mr. Leeds	U.K.	Mr. Gopal Negi	Kaphura
Mrs. Fiona Mohan	U.K.	Dr. Bharaj Lal	Maharajganj
Mr. Barrows	U.K.	Ms. Shweta Gopalachari	Mumbai
Mr. Charles Dobbin	U.K.	Dr. Vineeth	USA
Ms. Hazel Jackson	U.K.	Dr. Subhashini	USA
Ms. Gill Smith	U.K.	Ms. Medha	USA
Ms. Liz Roberts	U.K.		

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

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

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
OIL OF PEACH	100 ml	325	TARRAGON 15 g	85
PEACH SCRUB	100 g	175	CARAWAY 15 g	85
APRICOT SCRUB SOAP	70 g	45	MINT 15 g	75
	35 g	25	PARELEY 15 g	75
GIFT PACK		250	MIXED HERBS 15 g	105
			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
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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