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Lord grant me just enough that my peoples' needs are fulfilled;
that I do not remain hungry;
and no one returns empty handed from my door.

Kabir

contents

Overview	1
Executive Summary	2
Activities at a glance	4



Education	5	Aarohi Bal Sansar Scholarship for girls Bal Sansar Scholarship Ilya Scholarship Almora Scholarship Seema Nazareth Girls' Scholarship Other Educational Activities and Events Aarohi Youth Wing
Health	16	Community Health Curative Services

Livelihood	22	Livelihood Promotion Program Nature Shop Grameen Himalayan Haat
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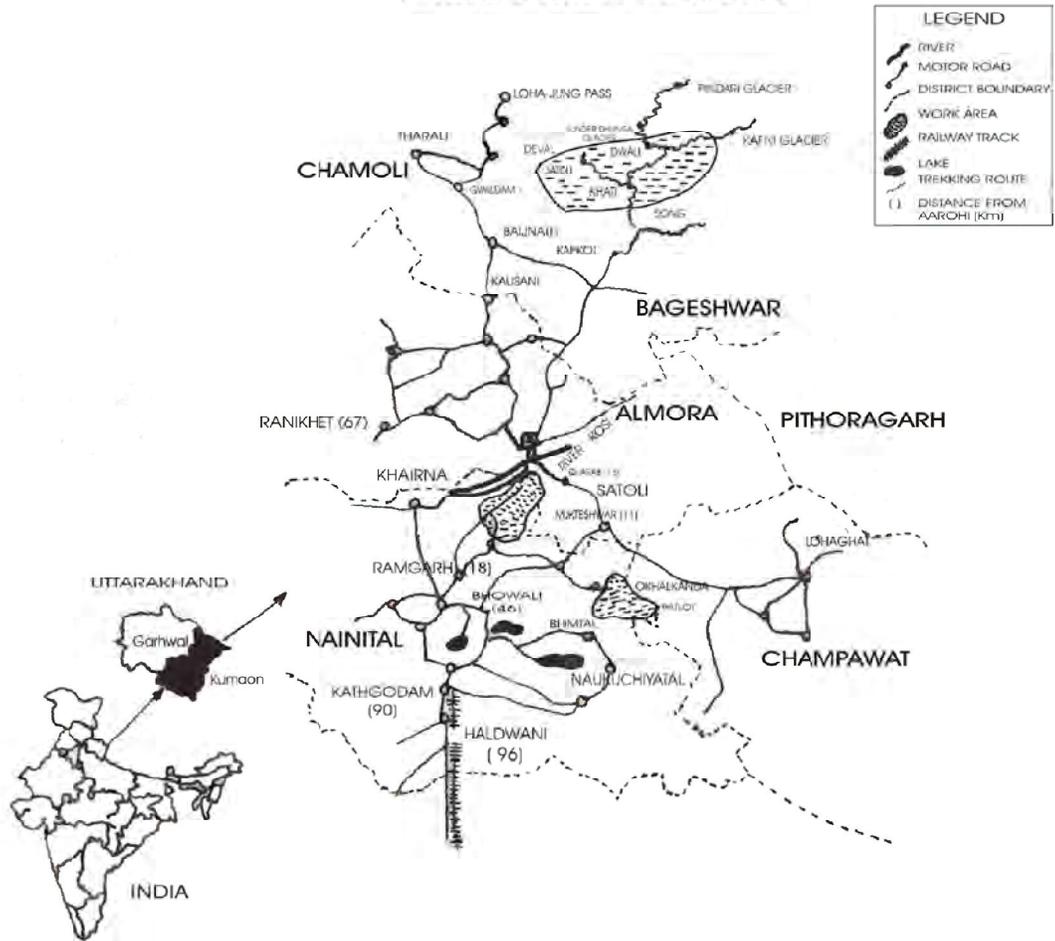
Natural Resource Management	29
Training and Exposure Visits	30
Accounts & Finances	33
From the Heart	35
Experiences and Letters	38



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

appendices	50
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AAROHI'S AREA OF WORK





AN OVERVIEW

The name Aarohi is a connotation from classical Hindustani music. It signifies ascendance or growth...the growth of thought, creativity and harmony. This was the inspiration that led its founders to establish the organization in 1992 with a vision to create a more equitable society. Oona, the founding spirit, left us barely four years after the birth of Aarohi and looking back, it is a wonder that the organization which was then at a nascent stage, not only survived but has continued its ascendant path.

Aarohi's mission is to create development opportunities for rural Himalayan communities through quality healthcare and education, enterprise promotion, women's empowerment, sustainable natural resource use, and the revival of traditional culture.

The organization has its headquarters in Satoli, a village 6,000 feet above sea level, in Uttarakhand's Nainital District. Its two-decade journey has been one of trials and tribulations, but also of much excitement and growth. Once-sleepy Satoli is today a buzzing node of grassroots action that has touched the lives of over 50,000 people in some 100 villages.

Today, Aarohi employs 68 full-time staff, and is supported by 295 members from all over the world. It operates actively in 57 villages, serving a population of some 35,000.

EXECUTIVE SUMMARY

The year 2010 has been one of consolidation, growth and the initiation of new ideas. We have systematized organizational and financial processes, articulated a new 'vision and mission' and are currently defining values to guide us and to refine our self-monitoring and evaluating systems.

Aarohi Bal Sansar (ABS) is now a State Government recognized middle school up to Class 8. Student strength has gone up from 134 to 163, while maintaining a healthy teacher student ratio of 1:11. Curriculum and pedagogy have been strengthened. Academic performance is better relative to government schools. Co-curricular activities in music and dance continue with gusto and ABS organized its first major sports event this year. It also added one more classroom and some land for future expansion.

The Room to Read girls' scholarship program supported 11 girl students from ABS and 48 from government schools. Aarohi's own Bal Sansar scholarships assisted 42 ABS students from economically underprivileged backgrounds. The Ilya scholarship promoted academic and co-curricular talent for 12 students from ABS. 12 Almora scholarships assisted ABS students to study in Almora's best schools, increasing their chances of joining the national mainstream. Seema Nazareth scholarships enabled 4 girls to pursue university and professional education.

This year, Aarohi also initiated a Youth Wing to nurture the potential of local youth. 81 youth keenly competed in its first cycling and running event. Other education related activities have been peppered with numerous workshops on art and craft, dance and music, theatre, cooking and baking, English, Mathematics and Science, treks, value education and personal hygiene for children from ABS and government schools.

Aarohi's Community Health program is building self-sustaining primary health care management systems within the rural Uttarakhand population, to promote good health and bring down maternal and child mortality. The program has a direct impact on 14,000 people

from 30 villages mostly in the remote Okhalkanada block of Nainital district. Aarohi's state-of-the-art hospital at Satoli supports these efforts. It provides outpatient, inpatient, diagnostic, emergency, surgical care and outreach services to some 4,000 people from 50 villages annually.

The Livelihood Promotion Program (LPP) provides supplementary income and employment to people of the region. Over a thousand farmers from Uttarakhand and Himachal Pradesh benefit from the business of apricot and peach based body care products and culinary herbs. This year, sales amounted to INR 2.89 million, earning INR 1.55 million for farmers and workers at the unit. Aarohi's association with Himjoli, a social venture marketing company was fruitful both in terms of sales and increased reach. Aarohi's annual Grameen Himalayan Haat, a five day event, drew some 20,000 people from 50 surrounding villages, resulting in local sales of INR 0.25 million. The Haat, held just after harvest, has emerged as a major platform, showcasing rural talent and traditional culture, promoting commerce and social interaction.

The General Gurbir Mansingh Van Panchayat award supports Van Panchayats or local forest committees to manage their forests in a scientific manner. The award underlines Aarohi's commitment to deepening the village dialogue on natural resource management. Three villages received cash prizes for best community practices and for good maintenance of their forests.

Aarohi secured INR 11.7 million from diverse sources and utilized INR 14.52 million. Our Swiss partners, Aarohi Schweiz, alone raised a sum of INR 2.43 million through friends and attendees at their annual presentation at Zurich's Reitberg Museum. Aarohi's fundraising event in Delhi raised INR 0.64 million through generous support of well-wishers in the city.

The Aarohi team underwent much training and attended workshops to enhance capacities in diverse fields. Institutions, young managers, volunteers and a growing bandwidth of individual resource persons have further strengthened our team. As we continue to grow, we are conscious of the need to plan for succession, and strengthen internal systems and structures that would take Aarohi into a new orbit.

Activities at a glance

PARTICULARS	2008 - 2009	2009 - 2010	2010 - 2011
No. of villages where Aarohi works	65	61	57
No. of meetings held	121	195	709
Total attendance	3,859	2,497	10,747
Women	2,183	1,391	6,733
Men	1,676	1,106	4,014
Women: Men ratio	1.3:1	1.3:1	1.7:1
No. of patients seen (Hospital + camps)	3,503	3,959	3,773
Sale of bodycare & herb products (INR lakhs*)	21.52	28.44	28.90
Children at Aarohi Bal Sansar	123	134	163
Aarohi members	225	278	295
Aarohi workers	54	61	68
Grants and Income (INR lakhs)	88.09	173.53	117
Expenditure (INR lakhs)	82.45	78.60	145.2
* Ten lakhs is equivalent to one million			



EDUCATION

Aarohi Bal Sansar

"Let the growth of the child's mind be under Nature's generous and joyful space and time. Today's education is sitting on the child's shoulders as a burden".
...Ravindranath Tagore

In keeping with its vision '*Holistic development of personality in a joyful environment*', Aarohi Bal Sansar (ABS) has followed a growth trajectory designed to bring meaningful and quality education to children from Kumaon's remote rural villages. The school firmly believes that joy and fulfillment in a child's formative years ensures development of a healthy and productive individual. ABS is an inclusive school where admissions are not based solely on academic achievement.



Located in Peora, the village next to Satoli, Aarohi Bal Sansar began as a primary school in 1994. It is now a middle school catering to 12 surrounding villages in a 7 km radius. The environment-friendly school buildings, a large playground, a 1:11 teacher-student ratio, a healthy blend of academics and co-curricular activities, creative teaching, and inputs from volunteers combine to make the school a space where children can magically discover and explore their world, learn to appreciate life in all its hues, and grow up as sensitive, responsible, and dynamic individuals.

Teacher capacity is built through in-house and out-bound training and exposure. Volunteers provide teaching inputs on English, mathematics, science, history, environment education, health and nutrition, art and music. Additionally this year, English and science teachers interacted with "subject mentors", and subject specific

discussions have contributed to improvements in pedagogy, use of supplementary learning material, promotion of experiential learning, a clearer understanding of learning goals and teaching-testing methods.

An Education Steering Committee monitors and guides all aspects of school functioning and development. It comprises of Aarohi management, individuals with a practical interest in education, and all teachers. Meeting two times a year, it has been instrumental in introducing new ideas and people to the school, bringing resources, and building the confidence and spirit of the team at ABS.

Student strength rose to 163 (70 girls and 90 boys) in 2010, up from 134 (55 girls and 79 boys) in 2009. This year's 26 new Nursery admissions clearly indicate the confidence parents now place in the school. Teacher strength is up from 13 to 15, with the addition of a full-time music and a primary school teacher. 16 of the 17 students that appeared for the Class 8 State board examination this year were promoted, 9 scoring over 60%. Ravi, a slow learner but with special talent for music, could not clear the examination. This success rate contrasts well with relative performance in Uttarakhand government schools.

Two students were competitively selected for admission in Jawahar Navodaya Vidyalaya, a state sponsored school that provides free education to meritorious students.

This year, ABS obtained State recognition for the middle school - a major achievement. Procuring prescribed textbooks remained a challenge this year too and led to delays in starting curriculum-based teaching.

A "house" system was also introduced, dividing students from Class 3 onwards into three houses - Vasundhara or Earth (Green), Aakash or Sky (Blue) and Dinkar or Sun (Yellow). Fun-filled inter-house sports and quiz competitions showcased talent, created a sense of achievement, and promoted team spirit.

The school's nutritional supplement program was strengthened through better planning and new recipes. Regular medical checkups, with a special emphasis on nutrition, oversee student physical and dental health. Hygiene and health awareness is also a regular feature of teaching at ABS.



On the valley side a structure has been built alongside the playground wall incorporating an open stage with an activity room, store and toilets beneath it. Prime land adjoining the school premises has been acquired this year. This space would be developed in future to accommodate more learning centres and sport facilities.

Challenges ahead

- To continually improve teaching quality, and to attract and retain teacher talent by offering higher salaries.
- To develop training facilities for alternative vocations for otherwise talented children, unable to meet the rigorous standards of higher education.
- To continually raise funds to meet recurring annual expenses.
- To enhance school infrastructure, adding two classrooms, a multi-purpose hall, a larger computer room-cum-resource centre, and improvements to the playground.
- To work with youth of the region to create opportunities to improve their physical and mental well-being, self-confidence and prepare them for a fulfilling and profitable vocation.

Damage due to heavy rainfall

Unprecedented rains in September caused landslides, bringing down the retaining wall adjoining the playground and damaging the stadium steps. While the wall is being done up again by the District Board, repair of other damage would have to be carried out by Aarohi.

Scholarship Programs

Scholarship for girls

Aarohi successfully completed six years of association with Room to Read, a program encouraging girls to attend school till class 12.

Bhavna Bhandari

Bhavna Bhandari, an ABS alumna, has been in the Room to Read program since 2005. Since her father is the only earning member in a large joint family, Bhavna never thought she would study beyond class eight. Her five years as a Room to Read scholar has given her confidence to dream big. She says "Thanks to Room to Read, I have managed to study till class 11 and look forward to higher education."



Bhavna has been a bright student scoring high grades in most of her exams. She actively participates in Room to Read and Aarohi workshops. During the last Summer Development Camp, she was selected for the Adolescent Capacity Building Program, in which her performance was commendable. "I stood first amongst the 50 girls who were selected for this program and won the "best participant award", she beams.

She feels she can now face the world outside, having learnt many finer points of life. "Initially I would hesitate to talk to boys. My family would place many restrictions on me thinking that I might get spoilt, but I have learnt to interact with a wide range of people. I can openly discuss questions and doubts in my mind during the training sessions. This has given me a lot of clarity".

Bhavna takes keen interest in Mathematics and dreams of doing some path-breaking research in the field of Mathematics. She writes poetry, loves cricket, sings and enjoys watching television.

This year the program supported 59 girls (11 from Aarohi Bal Sansar and 48 from three government schools) by sponsoring school fee, uniform, books and stationery, medical check ups. The program aspires to build their capacities and widen possibilities for their future through vocational and life skills training, educational tours and skill development workshops. Life skills training has become a major focus under this program and is proving helpful in addressing social issues, adolescence-related problems and enhancing self-esteem and confidence. Entrepreneurial skill development was a new component introduced this year with the objective of developing an aptitude for self-reliance.

Bal Sansar Sponsorship

This scholarship program began in 2008 with 10 students, and now supports 42. The annual scholarship for each child is INR 8000 (approximately USD 190 or CHF 160). This covers tuition fee, cost of 2 sets of uniform and accessories, books and stationery, basic health care and supplementary nutrition. It also includes a 20% administrative cost for running the program that takes care of teacher salary. Criteria for selection are:

- Below poverty line
- Single parent
- Parent with disability
- No gender discrimination

Scholarships are reviewed annually, on the basis of student performance and availability of funds. Aarohi Schweiz supports 33 of the 42 students under this program.

Shobha

With a twinkle in her eye and innocent to the world around her, Shobha comes walking to ABS every day from her home in Peora. Shobha is in Class 2. Her parents are daily wage earners, with a large family to support. Despite this, Shobha's parents wanted their daughter to study in a school that "really educates". Shobha has been a Bal Sansar scholar since Class 1. Her parents now have a ray of hope and are optimistic about their daughter's future. She is a talented student with an aptitude for dance and music.



Ilya Scholarship

In memory of Ilya, a student of ABS, the Ilya Scholarship was started in 1997, with contributions from family and friends. This corpus, expanded over the years, has enabled children from the area to pursue academic and co-curricular talent.

This year, seven students from ABS received talent-based scholarships established to encourage extracurricular talent in music, art and craft, sport, language, leadership potential and other special abilities. The intent is to nurture all round personality development. Five more students were awarded scholarships for academic merit. The scholarship amounts were INR 1000 each and the awardees received science kits, puzzles and games, sports gear, a 'walkman', audio cassettes, art / crafts books and material and school bags.

Shubham



Academically average, Shubham went unnoticed in school until ABS teachers discovered his aptitude in sport and he is now a 2010 Ilya scholar. A problem child, known for his belligerent and indifferent attitude, Shubham has now evolved into a responsible child and a leader in sport.

Excelling in sports like *Kho-Kho*, *Kabaddi* and athletics, the scholarship enhanced his self-esteem. As Captain, he led Aakash (Blue) House to win the Best House Shield at the school's Annual Sports Event. He also takes interest in music and dance, and was part of the cultural team that participated in the fund raising event in Delhi. Additionally, he scored a First Division in this year's Class 8 board examination.

Almora Scholarship

Typically, ABS Class 8 graduates join government schools to complete Class 12. Aarohi is trying to create better education opportunity for these students so they succeed in joining the mainstream of our country. We thus helped three of our brightest Class 8 graduates obtain admission at Koormanchal Academy, Almora, an English medium school. Though they had to repeat Class 8 to strengthen their English, all three have been promoted with a good First Division.

The success of this initiative, has triggered a surge in the number of students wanting to study in Almora's English medium schools. With matching motivation from parents, Aarohi has been able to place 5 girls and 4 boys in 3 different schools for the next academic session (Koormanchal Academy, Beersheba School and Adams Girls' High School).

The annual cost per scholar ranges from INR 30,000 to INR 50,000, covering admission fee, tuition fee, hostel lodging and boarding expenses, extra coaching classes, uniform, books and stationery. Parents contribute as per their capacity.



Seema Nazareth Girls' Scholarship

Funded by Premila Satyanand, in memory of her sister Seema Nazareth, this scholarship supports local girls wanting to undertake University and/or professional training, thus bringing meaningful development in their lives and those of their families and communities. Studying beyond Class 12 implies leaving the village and most parents cannot afford it. Started this year, the scholarship supported 4 girls, with amounts ranging from INR 10,000 to INR 25,000 for tuition fees, books and hostel expenses.

Bimla Bisht

"So what if we are girls? We too can support our families and rise to our parent's expectations", says Bimla assertively, fully



confident of her own potential. She is one of this year's four Seema Nazareth scholars and receives INR 25,000 per year as scholarship to cover all her academic and living expense.

An ABS graduate, Bimla finished Class 12 with Science and Mathematics from the local Peora Government Inter College. She wants to specialize in Mathematics and the scholarship has enabled her to pursue Bachelor of Science (B.Sc) in Mathematics, at Kumaon University, Nainital.

"I consider myself fortunate to have been awarded this scholarship. Without it I could not have dreamt of pursuing studies after 12th class", says Bimla.

Other Educational Activities and Events

- Various workshops on art and craft, dance and music, theatre, cooking and baking, Science, Mathematics and English, environment and sanitation, food and nutrition, life skills, value education, personal hygiene and grooming were held for children of ABS and Room to Read scholars from government schools.
- Jayant Phalke from Vigyanvahini, Pune, conducted sessions on practical teaching and understanding of scientific concepts with students and teachers at ABS. At the age 76, he had the remarkable enthusiasm to travel all the way from Pune for this workshop.
- Anais Gallo from the University of Paris held sessions on health and hygiene, sensitivity for the environment, and Salsa dance with ABS students. She also organized a 'home to school' cleaning campaign, where Catherine, her co-volunteer, assisted her.
- Life Skills Training received much attention this year and different workshops were held for ABS students and teachers, Room to Read scholars and program teams. Issues related to adolescence were also addressed for relevant age groups. Grijesh Srivastava from Jingle Bells Academy, Faizabad, and Sunita and Rekha from Chirag provided inputs as resource persons. Ten students and one teacher from ABS attended the Summer Value Education Camp at Aurobindo Ashram, Nainital.
- The Kumaon Chapter of Spic Macay, a society dedicated to promotion of Indian classical music and culture amongst youth, brought a lecture cum demonstration program on Sufi Qawwali by Mohd. Ahmed Khan Warsi and party, from Rampur.
- A workshop on Kumaoni folk song and dance was conducted by teachers of ABS for students and teachers at Jingle Bells Academy, Faizabad. At the end of 6 days, the participants put up a grand show for all students and their parents.

- Twenty students of Class 7 and 8, presented folk songs and dances as an integral part of the fund raising show held at India International Centre, Delhi, in January this year, depicting life in rural Kumaon and how Aarohi engages with it. The funds collected through these events were to the tune of INR 6.4 lakhs and are the beginning of a corpus set up for education in rural Kumaon. Salim, a talented young choreographer, nurtured at Salaam Balak Trust, Delhi, assisted our dance teacher Chandrakala in training these children on creative movement and expression, presence and energy on stage, and above, all the important lesson on how practice leads to perfection.
- Educational Tours/Adventure Treks: Students of class 5 and Room to Read scholars went for an excursion to Kausani during Krishna Janamasthmi celebrations at Lakshmi Ashram and saw how a community of girl students and teachers lead a life of near self-sufficiency. They also went to a tea garden and saw processing of tea leaves. Students of ABS went on tour to gain a historical perspective on nearby 10th century Kapileshwar temples. The senior Room to Read scholars visited ATI, a grassroots organization based at Guptakashi in Rudraprayag District, Garhwal and learnt about silk and wool spinning and weaving, fruit preservation and their eco tourism initiative. They also visited Kedarnath Dham.
- Annual Sports Day at Aarohi Bal Sansar was held on 28th December for Classes 3 to 8 where students competed in various events like march past and drill, long jump, track events, tug a war, kho-kho, kabaddi, and fun races. All children in the pre-primary section enjoyed participating in races organized for them earlier on Christmas Day. These events successfully brought fun and energy for both students and teachers.
- Computer classes continue 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 47 youth (31 boys and 16 girls), where they learnt MS Office package, multimedia and Internet. A few picked up basic desktop publication skills.



Aarohi initiated a program this year to nurture the potential of local youth, to stimulate their creative and emotional energies, and harness them for productive purposes, and all activities are planned in close consultation with them. Local youth see computer literacy, fluency in English and career guidance as the most pressing priorities. Thus, the program aims to expand existing facilities for learning computers at the resource centre by adding more computers, broadband internet connectivity and a library; promote sports like cricket, volleyball and basketball; set up a gym; organize high altitude treks, promote traditional Kumaoni culture and introduce Indian classical art forms; conserve environment and develop alternative livelihood options, including village homestays and eco tourism.

In January 2011, the Aarohi Youth Wing organized a cycling and running event with considerable support from Dr. Renu Arora and Sridhar Pabbisetty of Ride a Cycle Foundation, Bangalore. The idea was to introduce mountain biking and long distance running for sport and healthy living. These events proved to be major attractions for youth from the region, and a total of 81 boys, young men and women registered to participate.



Nineteen year old Jeevan Bisht from Peora and fifteen year old Kamlesh Rana from Satkhol won mountain bikes as prizes. Chetna Negi of Aarohi's Livelihood Program stood first in the women's running event. The event has triggered much excitement and young boys and girls are practicing enthusiastically for next year.

The program hopes to improve the self-esteem and confidence of youth, develop team spirit, sensitize them to larger development concerns, and thereby motivate them to join hands in development and growth of their region.



HEALTH

The World Health Organization defines Health as 'a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity'. Towards this end, Aarohi has focused on the most marginalized sections of rural Uttarakhand, namely women and children. State level data shows that around 40% of both women and children are malnourished. 42 children out of every 1,000 live births die before they are one year old and 517 mothers out of every 100,000 live births die due to pregnancy or pregnancy related causes. It is women who have the grueling daily schedule of looking after family, home and farm activity but have little choice in restricting family size. With early marriage, repeated and frequent childbirth and innumerable dietary restrictions during lactation, women suffer from poor nutrition and the consequences are passed on to their children.

Community Health

Aarohi's community health program covers a population of around 14,000 people from 30 villages of Okhalkanda and Ramgarh blocks of Nainital district. This is the second year of the program, which aims at setting up community-based systems to reduce maternal and child morbidity and mortality.



A **baseline survey** was conducted at the beginning of the current health project. Data from Ramgarh block shows the impact of long-term Aarohi intervention and general economic development in the area, whereas Okhalkanda block is still underdeveloped. Highlights of the survey are as follows:

- 93% people in Ramgarh as against 38% in Okhalkanda owned a flush toilet.
- Rate of ante-natal check-up was higher in Ramgarh (79% as against 62% in Okhalkanda). Also, 54% women in Ramgarh had three ante-natal check-ups in their last pregnancy, as compared to 28% in Okhalkanda.
- 90% women in both the blocks still deliver their children in their homes. This fact re-emphasizes the need for training traditional midwives, which the government has completely stopped in its drive to promote institutional deliveries.
- 85% women in Okhalkanda are delivered by either untrained traditional midwives, or other women in the house, whereas in Ramgarh block 85% of women were delivered by trained traditional midwives.
- Health problems during last delivery was more common in Okhalkanda. 49% of women as compared to 26% in Ramgarh experience some difficulty or the other. Prolonged labour (more than 12 hours) was more in Okhalkanda (16% as compared to 4% in Ramgarh). In Okhalkanda, 16% women experienced premature labour.
- The outcome of pregnancy in 95% (of 717 pregnancies) in Okhalkanda and 96% (of 76 pregnancies) in Ramgarh was a live birth. Considering that majority of deliveries are conducted at home by semi-trained or untrained village women, this is very significant.
- 89% women in Ramgarh start breastfeeding their child within an hour of birth compared to 65% in Okhalkanda. A high 33% of women in Okhalkanda, start breastfeeding a few days after birth of the child. This is linked to the belief that colostrum is not good for the child. This practice was common in Ramgarh block and has taken many years of consistent effort for the community to realize the benefits of colostrum.
- 81% people in Ramgarh have sought treatment for respiratory illness for their children from a government facility, while in Okhalkanda 48% have taken recourse to shamanistic methods.
- Data for complete primary immunization for children needs to be cleaned since it shows significant error. However, complete primary immunization for children was achieved in 10 villages of Ramgarh in the first phase of the program.

Important intervention areas are to raise levels of awareness of community groups for healthy living; disease prevention and management of common illnesses; improvements in access to services provided by government and private sector health services through better linkages; promoting understanding of people's rights to services that the government is meant to provide. While the reach of the government is large for preventive health care (immunizations, distribution of Iron and Folic Acid tablets to children and mothers, Vit A distribution, prevention of blindness etc.), the private sector has taken on a major share of health care provision in the country. Aarohi's attempt is to link the rural community in Uttarakhand to the best of both these worlds for better health.



Curative Health

The hospital at Satoli continues to provide essential outpatient, in-patient, emergency and diagnostic services. Ultrasonography, conducted on a camp basis every month, has added to the repertoire of essential services that reach out to the population of some 40 surrounding villages. The presence of the 108 Ambulances run by the Government of Uttarakhand has provided immense relief to people and taken the load off some emergency situations from the Aarohi hospital. Surgical work is also continued on a camp basis for 6 to 7 months in the year, barring summer and monsoon when workload on women is high. With the backlog of cataract surgeries taken care of,



the surgical load has decreased and is restricted to reconstructive, gynaecological and other general surgical work. Abdominal surgeries were started this year with help from a local general surgeon and this promises to increase in the coming year.

Outreach mobile camps were conducted in five remote villages at the base of the great Himalayas in Bageshwar district. Aarohi has a current commitment to be in the region once every six months. The camps in September had to be cancelled due to torrential rains that washed away the primitive roads and caused a fair damage to life.

Relief operations: Aarohi was also involved in raising funds and providing immediate relief to 17 families from the villages of Ramela, Jhargaon, Okhalkanda Talla, Khansyu, Sunkhya, Buribana and Akshora. The relief was for the purchase of food, medicines, clothing and for construction of a water mill, shelter and basic housing following damage from a cloudburst. There were four deaths in Ramela, and damage to housing and land was fairly catastrophic. The village also lost 25 cows, buffaloes and horses in the deluge. This action offered the first point of relief to the population before government services were mobilized. The cash assistance went straight to the families, and was distributed through the village head (Gram Pradhan) in an open village meeting.

Challenges ahead

- To increase the participation of the Village Health and Sanitation Committee (VHSC) in the program and make them aware of their rights and responsibilities.
- To increase awareness for safe delivery.
- To eradicate social taboos and prejudices prevailing in society regarding pregnancy, delivery, lactation, immunization and eating habits.
- To establish a working linkage between the village and the health department under the NRHM.

- To reduce unscientific traditional practices affecting the health of women and children.
- To develop a positive attitude in the community towards personal, domestic and environmental hygiene.
- To decrease infant mortality in the project area.
- To achieve total immunization of children and complete antenatal care in the project area.

Child power

Khansyu village is different from many others in the project area because it has a market. It is also the major road head for transport of goods from the higher villages to Haldwani and vice versa. Since there is no planned solid waste management, it is littered with plastic waste and other garbage.



Following intervention by children's groups and their animators, the people of Khansyu village, including school teachers, parents and children were mobilized to think of environmental sanitation. Teams of children (organized as Bal Swasthya Prachar Teams or BSPT), organized garbage days and helped in the construction of garbage pits in various areas for proper waste disposal. The BSPT children spread awareness of environmental hygiene through rallying with slogans like:

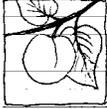
evacuate mosquitoes and flies to get rid of diseases)

(Use toilets to get rid of disease)

A major outcome of this project is that various shopkeepers and families are convinced about the importance of environmental hygiene and have agreed to participate responsibly in the maintenance of disposal containers and to increase the number of garbage pits in the village. As a result of BSPT activity, there are 98 garbage pits in Khansyu at present.

at a glance

PARTICULARS	2008-09	2009-10	2010-11
Patients treated at Aarohi Arogya Kendra	1,903	2,012	1,806
Female	763	902	769
Male	919	952	918
Children < 5 years	119	157	119
Patients treated by proxy	88	1	–
Inpatients treated	102	51	62
Home visits / Emergencies	11	5	2
Laboratory test	328	296	586
X Ray	101	113	174
Ultrasound	–	–	208
Total villages covered	45	50	50
School children screened for health problems	242	260	112
No. of dental camps	6	6	9
Dental screenings for school children	240	126	151
Total dental screenings	353	300	505
No. of total dental extractions	107	109	109
No. of dental fillings	110	53	79
Other specialists camps	15	17	33
Total patients treated in the specialist camps	940	709	1,071
Total surgeries done in the camps	88	40	46
Mobile health camps	3	7	11
No. of patients seen in mobile health camps	75	579	279
Total number of patients benefited	3,513	3,860	3,773



LIVELIHOOD PROMOTION PROGRAM

"A livelihood comprises the abilities, assets (stores, resources, claims and access) and activities required for a means of living and contributes net benefits to other livelihoods at the local and global levels in the long and the short term."

Chambers & Conwa, IDS discussion Paper No. 296 (1992)

Aarohi's Livelihood Promotion Program (LPP) creates an alternative source of livelihood for farmers and provides employment to people of the region. The program also generates funds for Aarohi's other projects, creating viable symbiotic relationships.



Nature Shop, Satoli

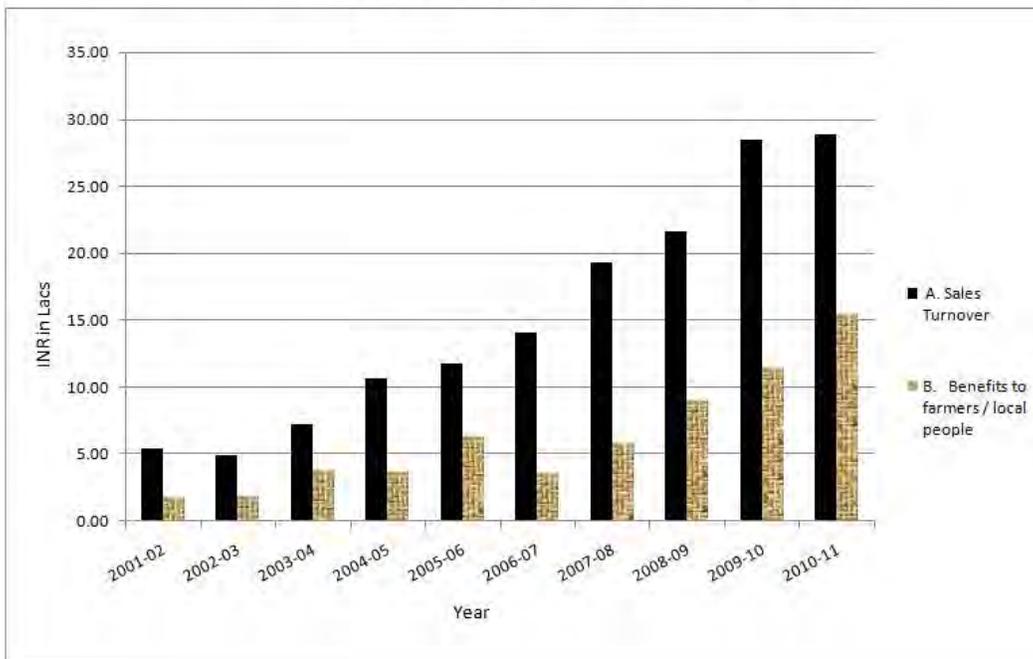
The program has a small-scale unit producing apricot & peach based body care natural products, culinary herbs, herb teas, and fragrant potpourris, the raw material for which is procured from farmers and processed and packaged at a centralized processing unit located in Satoli. Body care products include natural oils of apricot and peach, and derived from these, face & body scrubs and handmade soaps. The herbs range includes 18 varieties of indigenous and

European culinary herbs. Raw material for the products is largely procured locally, while some quantities of apricot kernels are sourced from Garhwal and Kullu

(Himachal) to meet the shortfall. These products are then marketed under the Aarohi brand and are available in major cities across the country.

This year sales increased marginally, from INR 28.44 to 28.90 lacs and the net surplus generated moved up from INR 4.00 to 4.47 Lacs. Farmers earned INR 15.48 lacs or 54% of total sale as against INR 11.46 lacs or 40% of sale of last year from procurement of herbs, nuts and kernels, processing activities and wages. Surpluses are built as reserves for ploughing back into business and meeting fund requirements under Aarohi health care and education programs.

Livelihood Promotion Program : Sales vs Benefits to the farmers/local people



Marketing and Innovation

The supply side situation was comfortable this year but increasing total sales turnover was a challenge. Association with the social venture marketing company, Himjoli Products Pvt. Ltd., bore good results, both in terms of sales achieved through this distributorship, amounting to INR 9.00 lacs, and reach to different geographical territories, such as Goa, Bangalore and Jaipur.

We also collaborated with Access Development Services, a non-profit company, which provides technical assistance to artisans, producer group companies and NGOs in product development and marketing.

We are also in the process of arranging online sales. There is a great need to increase our range of products and efforts are on to introduce value added products / variants in the coming year.

Aarohi won the prize for "Best Pricing" at a marketing event, "Ode to Earth" conducted by Access Development in Delhi. Pricing is always a challenge, given the need to balance carefully between production cost, competitor pricing, value for money and marketability.

Feedback from Consumers

Aarohi undertook an online survey this year to get consumer feedback. This is what we heard:

- Great work.... good quality products. Keep it up!
- All Aarohi products are excellent!
- Better marketing is needed
- Increase product variety
- I do not use anything but the soap....which is excellent!
- Customer should be able to buy online
- Package the soap so that I could use it again, especially while travelling.
- Apricot Oil is excellent and the Apricot cream is equally good but never conveniently available. Aarohi should increase outlets/distribution points.

at a glance

PARTICULARS	2008-09	2009-10	2010-11
Production and processing			
Total producer beneficiaries	873	934	1113
No. of procurement villages	142	151	163
No. of village samitis involved in procurement	2	2	3
Apricot nuts purchased (quintals)	87	19	54
Apricot kernels purchased (quintals)	15	22	34
Apricot kernels processed (quintals)	29	35	47
Total quantity of dry herbs purchased (kg)	191	230	250
Benefit to farmers - purchase of nuts/kernels/ herbs (INR)	315,000	291,895	492,920
No. of families benefited from processing activities	6	9	7
Benefit to farmers through processing (INR)	33,000	89810	82,812
Marketing			
No. of products	6	8	9
Total sale of products (INR, lakhs)	21.61	28.44	28.90
Sale of body care products (INR, lakhs)	17.51	23.74	24.50
Sale of herbs & fragrances (INR, lakhs)	4.10	4.70	4.40
Sale of products in Uttarakhand (INR, lakhs)	10.13	16.44	20.67
Sale of products outside Uttarakhand (INR, lakhs)	11.48	12.00	8.23
No. of outlets in India	60	75	65
No. of cities/ towns through which marketed	27	32	31
No. of exhibitions attended	8	10	4

Harish, the soap maker

I came to Aarohi when I was 19, after completing class12 from the local Inter College. I live in Diyari. My grandfather and father had worked for Aarohi as carpenters and stone masons in construction work. Unlike my cousin brothers who were taking up the family trade, I wanted to learn computers and other kind of work. I got an opportunity to work with Aarohi on a trial basis for 2 months and did some work with the health and livelihood teams. Then there was a need for someone to pick up the art of soap making and I was selected.



It has now been 6 years since I joined Aarohi and my main work is to make handmade soaps which I enjoy doing. I have also developed computer skills and have the job of maintaining the MIS for the unit. Along with work I have continued my studies and I am currently doing my MA in Education as a private student.

My association with Aarohi has given me immense self-confidence, to think, speak and act independently. I have the interest and courage to take up issues concerning the village. I feel happy for my sister, Hema, who also works with the education program of Aarohi, and her experience has made me realize that women should also get a chance to step out and work outside their homes. I see my future linked with that of Aarohi and I have all good wishes for the organization and my colleagues.

Collaboration with Masons' Guild

Shram Evam Nirman Samiti Limited or Mason's Guild is a small NGO with 23 members and a team of 13 workers. Based in the Kaseyalekh area of Ramgarh Block, the organization has been engaged in rural development of Kumaon hills for the past 15 years. Their main area of work includes carpentry, infrastructure, biogas production, hand-pumps and smokeless *chulahs*.

The organization also works with 25 farmers in marketing of agriculture produce like *Rajma, Gahat, Bhatt, etc.* They collect apricot and peach nuts/kernels from surrounding villages for various NGOs, including Aarohi. This year Aarohi procured 3,285 kg of apricot nuts from 180 women and 300 men from 25 villages, through Mason's Guild, bringing them an income of INR 68,985/- .

Nature Shop

The Nature Shop is a small outlet located at the Aarohi's oil and herbs processing facility. It brings premium natural and handcrafted products of voluntary organizations, artisans and local entrepreneurs for tourists and visitors.

Organizations such as, Mahila Umang Samiti, Ranikhet; Avani in Berinag; Panchachuli Women Weavers' Association, Almora; Aeapan, Bhimtal; Fruitage, Bhowali, Vastra Kala Kendra, Satkhol and Lakshmi Ashram, Kausani, are partners in this endeavor. The shop retails hand-woven shawls and scarves in silk-wool fibers and dyed with natural pigments, jackets and ponchos, thick all wool blankets (*thulmas*), men's shawls (*pankhis*), hand-knitted sweaters and booties, articles depicting 'Aeapan"- the Kumaoni folk art, books, candles, baskets made with pine needles, cotton garments and bags, quilts, jams, jellies, honey, pickles, home made fruit vinegar, rhododendron flower squash, and products of Aarohi.



Grameen Himalayan Haat

Under its Livelihoods Promotion Program, Aarohi has organized the 'Grameen Himalayan Haat in Satoli together with the local community for the past 9 years. An annual event usually held in the month of October after the harvest season, the *Haat* is aimed at promoting local artisans and entrepreneurs, NGOs and self-help groups (SHGs), as well as talented rural performing artists to move in the direction of self-reliance & self-sufficiency.

This village fair or '*haat*', is a festive occasion, during which all kind of local produce is sold and bought, traditional performers present folk songs and dances, local cuisine is served, and there is social interaction amongst people from neighboring villages.

The 10th *Haat* was inaugurated by Shri Pankaj Pandit, Chief General Manager, National Bank for Agriculture and Rural Development (NABARD). The cultural shows were performed by nine teams from the `Zila Suchna aur Lok Sampark Vibhag, Nainital `Sanskriti Vibhag', Dehradun and `Geet aur Natya Prabhaq', Lucknow. Other than that, 30 professional local artists also displayed their creativity in the *Haat*. The five day event was held in November his year and was well attended with a footfall of around twenty thousand people.

at a glance

PARTICULARS	2008-09	2009-10	2010-11
Total no. of Stalls	41	45	33
No. of Organizations	7	10	12
No. of Entrepreneurs	34	22	21
Total Attendance (approx)	15,000	16,000	20,000
Total Sales (INR, lakhs)	2.46	2.30	2.48
Community Contributions (INR)	40,962	53,908	43,194



NATURAL RESOURCE MANAGEMENT

General Gurbir Mansingh Van Panchayat Award

Aarohi had worked in ecological restoration in ten villages in Ramgarh block, encouraging active participation of Van Panchayats or village forest committees in forest management, till the 90s. Empowering this people's institution to manage their natural resources, leading to its sustainable use, is what Aarohi had striven for, until it finally withdrew its support in later years. Aarohi resumed association with Van Panchayats of these villages with the institution of the Lt. General Gurbir Mansingh Van Panchayat award in 2007.

The award was instituted to promote sustainable forest management practices in the region, by identifying model Van Panchayats with respect to effective natural resource conservation, regeneration and management.

This year Aarohi received applications from the seven villages of Suyalgarh, Talla Tanda, Bhayalgaon, Simayil, Meora, Satoli and Quarab. A team from Aarohi evaluated these villages.

Evaluation was done by assessing the state of protected village forest land on various criteria and through focused group discussions with the members of the Van Panchayat and the village community. The protected land was assessed by observing natural regeneration, status of plantation that was done in the past through Aarohi support, and state of biomass and the bio-diversity found in the forest. The team walked through the stretch of protected area to find out if the community followed sustainable harvesting practices to harvest forest produce, specifically fodder and fuel; if open grazing was being checked and if the system of social fencing was in place. These were assessed empirically through field observation and by cross-questioning community members who accompanied the team through the visit. Evaluation stressed on the community's attitude and its participation in natural resource conservation.

This year village Meora bagged the first prize with a cash award of INR 5,000. Bhayalgaon received the second award of INR 3,000 and Suyalgarh the third of INR 2,000.

The Van Panchayat award is clearly an inspiration for village communities to manage their forests with principles practiced for nearly two decades. However, the incentives are too small perhaps, that others may emulate this example of well managed Van Panchayats.

TRAINING AND EXPOSURE VISITS

Regular trainings and exposure visits have helped the Aarohi team 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
EDUCATION			
Theatre Workshop	4-7 & 21-27 May, 10	ABS, Arka Mukhopadhyay	Students & teachers of ABS
Classical Music	8 May, 10	ABS, Dr. Sanjay Jain	Class 6,7,8 students of ABS
Food and Nutrition Workshop	19 May-17 June,10	ABS, Surbhi Bhalla	Students of ABS
Udaan Adolescent Development Workshop	26-29 May,10	Room to Read, Dehradun	27 scholars, Hema, Chandrakala
Mathematics Workshop	29 May,10	ABS, Minal, Jodo Gyan	Students & teachers of ABS
Life Skills Workshop	6-12 June,10	Sidh, Mussouri	Govind, Deep & Jyoti
Science Workshop	7-12 June,10	ABS, Jayant Phalke	ABS teachers, class 6, 7, 8 Students

TRAINING / EXPOSURE	DURATION	INSTITUTION / PLACE / CONSULTANTS	PEOPLE
Value Education Camp	17 to 24 June,10	Aurobindo Ashram,Nainital	10 Students of ABS & Jaya
History Educational Tour	19 June,10	Kapileshwar Temple/ Aarti, Maninder	Class 6,7,8 students of ABS & teachers
Educational tour	25-29 June,10	ATI, Guptakashi and Kedarnath Dham	40 Room to Read scholars, 3 guardians & team
English Essay Writing	9 July,10	ABS, Anil Dhawan	Class 8 Students of ABS
Kumaoni Folk Music Worskhop	11-16 July,10	JBA, Faizabad	Neema, Bijendra, Chandrakala
Drawing/Painting Workshop	19-20 July,10	ABS, Maya Sinha	Class 6-8 students of ABS
Training on English teaching & testing	20-24 July, 10	ABS, Meena	Teachers of ABS
Organizational Values Workshop	3, August,10	ABS, Lopa & Ruchika	Teachers of ABS
Educational Tour	1-2 Sept,10	Lakshmi Ashram, Kausani	Class 5 students of ABS, RtR Girls
Counselling Sessions	13-15 Sept,10	ABS, Duhita	Class 7 & 8 students of ABS
Entrepreneurship Development Workshop	26 to 29 October,10	Room to Read, Delhi	Chandrakala
Environment Workshop & Campaign	22-30 Nov,10	ABS, Anais & Catherine	Students of ABS
Life Skills Workshop	25-29 Dec,10	Room to Read, Dehradun	Pravendra, Hema, Chandrakala
Life Skills Workshop	7- 8 Jan, 2011	Blue Magpie, Grijesh Shrivastava	Teachers of ABS, Room to Read team
Life Skills Workshop	9-11 Jan, 11	ABS, Grijesh Shrivastava	40 RtR scholars, Pravendra, Hema, Chandrakala
Teacher's Training	28 Jan- 4 Feb,11	Madhuban, Aurobindo Ashram,	Ramgarh Principal & 6 Teachers of ABS
Room to Read State Level Workshop	3-4 March,11	Room to Read, Dehradun	Pravendra, Chandrakala
Cookery & Baking Workshop	16-18 March,11	Dak Bungalow, Satkhol, Shubha Gupta	12 RtR scholars, Chandrakala, Hema

TRAINING / EXPOSURE	DURATION	INSTITUTION / PLACE / CONSULTANTS	PEOPLE
Computer Literacy Training	16-26 March,11	ABS, Sanjay Bisht	10 Room to Read scholars.
Recycling / Reuse of Waste Workshop	23-24 March,11	Dak Bungalow, Satkhol, Shubha Gupta	12 RtR scholars, Chandrakala, Hema
Personal Hygiene & Beautician Course	23 - 24 March,11	Bhagwati Guest House, Mukta, JSS, Bhimtal	20 RtR scholars, Chandrakala, Hema
Life Skills & Adolescent Issues Workshop	30 - 31 March, 11	ABS, Sunita & Rekha, Chirag	Class 7 & 8 students of ABS, Chandrakala
HEALTH			
Training of Trainers	28 Apr - 12 May 10	Foundation for Research in Community Health, Pune	Nain Singh, Jagdish Nayal, Ganga Singh, Tularam, Anandi Arya, Munni Suyal, Bhagwati Arya, Chandra Negi, Neema Kabdal, Chandrakala
People's Rights Forum	20 - 22 Aug 10	Dehradun	Sunita Arya, Nain Singh
Orientation training for Survey of Janani Suraksha Yojana	8 - 21 Oct 10	Bageshwar	Dr Praveen, Nain Singh, Ganga Singh, Munni Suyal, Bhuwan, Nardi, Sonu Pargain
People's Rights Forum	24 - 26 Mar 11	Dehradun	Nain Singh
General health, safe delivery, Planning, Training of Supervisor and Health Workers (SK)	10 Jun 10 - 31 Mar 11	Aarohi Office, Khansyu	Health workers, 20 sessions
General health and well being, safe delivery, and childhood illnesses to advocacy training	17Feb 10 - 14 Mar 11	Aarohi Office, Satoli and Khansyu	Health workers, 19 sessions
Health Management Information System, Planning	12 Jun10 - 13 Feb11	Aarohi Office, Satoli and Khansyu	Health workers, 7 sessions
Training of Supervisors			
Yearly evaluation meeting of Health Team	21-22 Jan11	Aarohi Office, Satoli	Health workers, 1 session
Base Line Survey orientation training	22-26 Jun 10, 12-13 July10	Aarohi Office, Satoli and Khansyu	Health workers, 2 sessions
Base Line Survey report Feedback	22-Feb-11	Aarohi Office, Satoli	Health workers, 1 session

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
Room to Read, New Delhi	Girls' Scholarship
Ride A Cycle Foundation (RACF), Bangalore	Health & Education
Kishinchand Chellaram Education Trust, Mumbai	Education
Jamsethji Tata Trust, Mumbai	Flood Relief
NABARD, Dehradun	Grameen Himalayan Haat
GTZ-RED, Dehradun	Grameen Himalayan Haat
SBI, Almora & Mukteshwar Branches	Grameen Himalayan Haat
Canara Bank, Almora	Grameen Himalayan Haat
Sharda & Bahuguna Chartered Accountants, Haldwani	Grameen Himalayan Haat

Summarised Financial Results for the year 2010-2011 (INR)

PARTICULARS	2010 - 2011	2009-2010
Unutilised grant B/F	7,537,053.10	634,977.60
GRANT AND INCOMES FOR THE YEAR		
Foreign & International Organizations	3,411,119.73	2,251,239.50
Government - Central & State	62,334.00	35,721.00
Indian Institutions	741,050.00	7,850,150.00
Livelihood Promotion Program	4,070,168.44	3,693,351.96
Donation, Interest, Misc, A A K, ABS & Aarohi (L)	3,415,808.35	3,522,145.61
Total Income	11,700,480.52	17,352,608.00
TOTAL EXPENDITURE DURING THE YEAR		
Salary and Stipend	3,293,242.00	1,622,755.00
Travel	321,636.50	314,864.00
Administrative	695,382.00	559,700.00
Health Program	3,576,397.15	1,427,729.00
Livelihood Promotion Program	3,623,072.60	2,301,989.44
Community Organization Program	303,330.00	174,111.00
Education Program	2,703,950.00	1,458,921.67
Total Expenditure	14,517,010.25	7,860,070.11
Unutilised Grant Carried Over	1,359,649.60	7,537,053.10
Excess Income over Expenditure	1,360,873.77	2,590,462.46
ABSTRACT OF BALANCE SHEET		
LIABILITIES		
Capital Fund	6,749,705.96	6,656,256.33
Corpus Fund	2,000,000.00	0.00
Reserve & Surplus	20,052,015.52	18,247,238.38
Unutilized Grant	1,359,649.60	7,537,053.10
Current Liabilities & Provisions	514,767.85	634,458.54
Total	30,676,138.93	33,075,006.35
ASSETS		
Fixed Assets	15,746,615.16	14,590,979.16
Fixed Deposits	2,579,004.00	7,100,041.00
Mutual Fund (SBI)	5,638,000.00	4,815,000.00
Current Assests, Loans & Advances	6,712,519.77	6,568,986.19
Total	30,676,138.93	33,075,006.35



... from the heart

We extend our sincere thanks to all funders, institutional and government associates, well wishers and friends, members and people of the region, members of our Managing Committee, 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 to be 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 R.V. Singh, Dr (Col) C. S. Pant, Dr. Geeta Pant, Dr Asif Kamal, Dr Purnima Dhar, Dr Prachi Renjhen, Dr Satyendra Singh, Dr Tanupriya, Dr Manoj Joshi, Dr H.C. Pant, Dr Prashant Natu, Dr Neeraj Dwivedi, Drs Anita and Deepak Rastogi, Dr Vijay Pant, Dr Rajesh Gupta, Dr Vandana, Dr Imran Zainvi, Dr Nalin Pandey, Dr Puran Lal, Dr Husain Poonawala 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. His consistent effort has paid rich dividends on a regular basis.

Special thanks to Pankaj Wadhwa too, for organizing medical camps and treks to villages in the Pindar region which have brought insights and opened new challenges for work for the organization; also for getting Shilpa Memani to help with development and diversification of our natural cosmetics product range.

Our thanks to the commitment of all the Aarohi Schweiz members (Sarah Marti, Corina Wild, Philip Loskant, Rahel Marti, Panco Giorgiev, Bernadette and Reinhard Sigg, Robert Graf, David Bresch, Silvia Muheim and Noemi Hopf) and Anita, Patrick, Nicole and Urs in

actively spreading awareness about the work of Aarohi, raising funds 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.

Thanks are due to Mohan Chandra Kabadwal, Manjula, Ram, Meeta, Meena, Maya, Smriti for their guidance of the education program as active members of the Steering Committee; Meena Harisinghani for her guidance in teaching and development of English language learning; Jayant Phalke from Pune for giving his inputs on teaching of scientific concepts; Grijesh Srivastava from Faizabad, Sunita & Rekha from Chirag for conducting life skills training for students and teachers at Satoli; Maya, Shubha and Mukta Khandka (from JSS, Bhimtal) for conducting art and craft workshops; Taradidi and Dara Lorenzen of Aurobindo Ashram for their enthusiasm on value education for children and teacher capacity building camps and workshops; Doris Shivpuri and Asha Sharma of Spic Macay, Kumaon Chapter, for bringing a soulful Sufi qawwali rendition to students of our region; Madhu Khati for giving opportunity to three more students from ABS for further education at Koormanchal. Our thanks to Lopa and Ruchika from Mumbai for their association in guiding processes for organizational development.

Special thanks to Dr. Renu D. Arora and Sridhar from Bangalore for helping with holding biking and running sport events for youth in our area through support raised by them from Ride A Cycle Foundation and friends.

For the fundraising event at Delhi thanks are due to Mr. Sandeep Dikshit, MP Lok Sabha and Mrs. Jasjit Mansingh for their gracious presence and encouragement; Dr (Col) C.S. Pant and Neeraja Joshi for helping with booking of the IIC auditorium; to Pradeep and Praveen Tripathi, and Nishi and Praveen Tripathi for logistics and entertainment support; Aurobindo Ashram, Delhi for hosting our team; Joseph of Udipiwalla, Kathgodam and Dr. S.K. Basu, Delhi for sponsoring meals; Kailash Pandey of Blind School for use of auditorium and a meal for children; Salim from Salaam Balak Trust, for training the performers; Prajakta for grooming the kids, back stage help and lending her sonorous voice to live singing at the show. Dr (Col) C.S. Pant, Purnima and Pankaj and Premila for being active fundraisers.

Special thanks to Mr. Pankaj Pundit, Mr. P.K.Tiwari and Mr. G.S.Chaudhary of NABARD for gracing the inauguration ceremony of Grameen Himalayan Haat and meeting its fund requirement; Mr. Subroto Roy and Dr. Indraneel Ghosh of GTZ-RED, Dehradun for financial support for the Haat; Mr. P.D.Pandey, District Information Officer, Nainital, Ms. Veena Bhatt and Balraj Negi, Culture Department, Dehradun for cooperation in organizing cultural teams, and Dr. Hira Lal and team from IVRI Mukteshwar for conducting animal husbandry informative session at the Haat; Mr. M.C. Kandpal, SBI, Almora, Mr. S.S. Chauhan and staff of Canara Bank, Almora, Mr. M.R. Arya and staff of SBI, Mukteshwar for their immense cooperation with all our banking needs.

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

Surbhi Bhalla, a Grassroutes fellow, for her indepth study and valuable suggestions on the nutrition supplement program at Bal Sansar; Arka Mukhopadhyay for his creative theatre sessions with students and teachers of ABS; Anais Gallo, from the University of Paris, for her work related to health, hygiene and environment at ABS; Catherine Goudouneix, also from the same university, for her work with the livelihood promotion program; Minal from Jodo Gyan, for her suggestions on teaching of Mathematics; Duhita from Hyderabad, for her interactive counselling sessions with senior children at ABS; Aarti, Maninder and Satyan from Delhi for their critical appraisal and suggestions on teaching practices at ABS; Tejaswi and Sushant, students from G B Pant Institute of Social Sciences, Allahabad, for survey and drawing up of initial development plans for villages in the Pindar region; Lachu Man Mishra, Purna Prasad Chapagai, Saumitra Neupane, students of TERI University who carried out a community needs assessment concerning access to basic services and opportunities for livelihood and income generation; Silvia & Noemi from Switzerland for a very successful month long clinic treating aches and pains through Chinese medicine practices; Drs. Manan, Santosh from TISS, Mumbai and Dr. Kankshi, USA for assisting with the health project; Janki Shah from Singapore, who came through Joining Hands, and gave inputs on testing and standardization of Aarohi's products; Alexander Holm from Denmark for his remarkable film on Aarohi; Monika Budniak from Poland for her very creative inputs on building design.

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
8 May, 2011

Experiences and Letters

in memorium



Pratap Bhaiya

Aarohi was fortunate to have Pratap Bhaiya as its founder Chairperson of the Managing Committee. His loving guidance and interest in Aarohi's initiatives gave Aarohi a strong ideological foundation. Following a cerebral stroke, two years prior to his demise, he continued to attend the Aarohi Managing Committee meetings and had to be carried piggy back from the road head to the meeting hall.

Dreaming of change, Pratap Bhaiya, breathed his last on 23 August 2010, leaving behind a strong legacy of social work in the region.

Born on 12th of December 1932 in the village Churigad of Nainital district, Uttarakhand Uttarakhand, Pratap Bhaiya was always empathetic towards people facing injustice and inequality within the society he was growing up in. His life is a story of struggle to bring about a more egalitarian society.

Fondly addressed as 'Bhaiya', Pratap Bhaiya is known to be a social reformer committed to the cause of human emancipation.

Pratap Bhaiya dropped his surname to adopt the name of 'Bhaiya' or brother... a brother to all, in an attempt to abolish caste distinction. His constant refrain was 'cut off your tails' (surnames), and it will bring you great freedom. He was quick on the uptake, took decisions with lightning speed and was an extremely keen judge of people. His meetings and functions always started on time and no chief guest was big enough to delay a gathering.

He considered education as a catalyst for social and political reform and strove to create opportunity and space for quality education. From the grant money he received through the Acharya Narendra Dev Education Fund, instituted in the memory of Vice Chancellor of Lucknow University, Pratap Bhaiya initiated 128 schools in the remote villages of Uttarakhand.

It's probably his undeterred conviction and unshakable faith in human potential for positive change that made him the youngest Member of the Legislative Assembly

(MLA), in the state Uttar Pradesh. Later, he became State Minister for Health for Uttar Pradesh. He used political power as a means to bring social reform. That he was a "people's leader" is evident from the fact that he campaigned for his first assembly elections from the Tanakpur constituency on a bicycle and won!

He actively participated in various conferences and meetings, travelled on foot from village to village creating awareness. His dynamic vision, charismatic personality and eloquent expression attracted people to him and his thoughts.

Reminiscences

Shri B. D. Kharkwal, IPS (Retd), Formerly DGP, Assam

Pratap Bhaiya

I first met Bhaiya in 1953, when I joined Lucknow University. He was in his final year of M.A. LLB, an active member of Samajwadi Yuva Van Sabha and an ardent follower of Acharya Narendra Dev, erstwhile Vice Chancellor. We interacted frequently and there grew an affectionate bond, which continued till his passing away.

Even before I finished studying at Lucknow, Bhaiya was elected to the Uttar Pradesh Vidhan Sabha, its youngest M.L.A., and already making a mark as a promising politician. Bhaiya offered me his Burlington Hotel suite, since he moved to Nainital and my university hostel was closed from mid-May to mid-July.

Once I joined service, I was allotted the Assam Cadre, so there was a temporary gap of communication between us, which ended when I got married. In the meantime, Bhaiya had become Cabinet Minister in the Uttar Pradesh Government. Active as always, he toured extensively, and when in Pithoragarh he made it a point to visit my mother. I was then posted to Nainital and Ranikhet, which gave me the opportunity to meet Bhaiya and Bina Bhabhi.

When, post retirement, I decided to settle in Haldwani, Bhaiya insisted I associate myself with Shahid Sainik Vidyalayas and 'Aarohi'. I was keen on a quiet retired life, but Bhaiya did not permit me to say 'no'. Some years later, I requested him to relieve me for health reasons, but once again he did not agree.

Bhaiya was the Founder-Chairperson of 'Aarohi'. Under his guidance, 'Aarohi' made big strides and has become an 'ideal' organisation, which counterparts might wish to emulate. Bhaiya's other contribution is the opening and running of a chain of Shahid Sainik Vidyalayas, which are rendering a great educational service to Kumaon.

When he retired from an active political career, Bhaiya carried on with his social work and legal practice. His schedule was so tight he took not a single day of holiday. The demise of Bina Bhabhi came as a big blow. Gradually, he had to slow his gruelling routine, yet failing health did not deter him from devoting his time to 'Aarohi' and Shahid Sainik Vidyalaya's activities.

Unlike the common run of politicians, Bhaiya was always punctual. Wish more people follow in his footsteps! Our best tribute to him is to follow the ideals that were dear to him.

V.N. Dhondiyal

I first met Dhondiyal Bhai Sahab in 1959, when he was posted to Rampur, Uttar Pradesh as S.D.M. Sadar. I had just joined service and was staying in the Inspection Bungalow as a trainee officer. Treating me like a younger brother, he offered me a part of his bungalow. We lost touch when I was posted to Assam, due to poor communication facilities. Our contact resumed in 1964, when I went to Delhi and he was serving in the Government of India. He also married in the meantime, and his wife, Kusum Bhabhi, had been my wife, Nirmala's, classmate in DSB Degree College, Nainital.

Bhai Sahab served in various capacities in Rajasthan and in the Government of India, in addition to two foreign postings. He rose to the position of Advisor to the Planning Commission and Secretary to the Government of India.

After retirement, we met frequently in Delhi, and he fortunately also spent a lot of time in Nainital - a place he liked immensely due to his old association with it. Soon, I found myself along with him on the Managing Committee of "Aarohi", thanks to Pratap Bhaiya, and the organisation benefitted significantly from his vast experience and guidance.

He sold one of his two Delhi houses and booked into an 'Old Age Home'. But, he did not get the opportunity to check in since the sudden deterioration in his health snatched him from the legion of his admirers.

Three cheers Aarohi

Premila Satyanand

The 'Harela' weekend - July 1996. My first contact with Aarohi, my first meeting with Oona, Sushil, Ilya and the others that are my mountain family today. Early morning, incessant drizzle. Still, Oona marched us up determinedly to 'Pokhri' (Satoli's pine-forested summit) to plant oaks. "We need to revive the forest," she explained, feet planted firmly on the steep slope, face and hands muddy, bending forward to slip another seedling into its new home. "The pine is too acidic, permitting no other vegetation, causing deforestation and erosion." Drawn by her commitment, about fifty villagers had gathered, and we planted together in companionable purpose, battling the leeches.

Five weeks later, Oona and Ilya left us. But the ensuing fifteen years have seen Aarohi become increasingly central to my life. Initially, Aarohi was my window to this fascinating new world in which I had settled, as day after day I walked with the health team through surrounding villages, ascertaining the health of mothers and children, training mid-wives, and explaining the pressing need to protect forests. Then, I got my lessons in first aid, medicines, and minor surgery, as clinic volunteer, when I worked alongside Sushil and his team in coping with a variety of ailments and emergencies. Most importantly, Aarohi gave me a vital sense of purpose and of belonging. Thus, it is with deep pride that I look back on what Aarohi's team has built, and it is with great ambition that I look ahead.

Aarohi's innovative and committed community health programme is truly a model for others, for it relies completely on the carefully nurtured capacity of bright young village women and men. Its rural hospital built brick-by-brick and with great love by Sushil, brings modern surgical and diagnostic equipment to southeastern Kumaon's poor families. The Aarohi Bal Sansar, which started as a one-room remedial class is now one of the finest and most inspiring, rural schools in this area.

Aarohi's untiring twenty-year effort has built a discernible self-confidence amongst rural communities of this area. Their children now undertake 'exposure' visits throughout India, perform to audiences in Delhi, and aspire to occupations previously unimagined. Local women now have the comfort of a trusted institution they can turn to for advice and support. Local farmers now have an assured source of income from their herbs and waste fruit.

Rest assured, Aarohi, that we will be shoulder-to-shoulder with you on the next twenty years of your journey!

Sunset and Solitude

Surbhi Bhalla

My journey to Satoli, started with a six hour train journey from my hometown Delhi, the capital of India, to Lal Kuan, a small rustic town in Ultrakhand. The car drive from Lal Kuan to Satoli, was a trip around innumerable hair pin bends and beautiful mountain views. I passed many children, on their way back home from school. Their smiles and waves welcomed me to Satoli, where I was to stay in for the next one month. The heavens above greeted me with rain and a light hailstorm. It was a great respite for me from the dreaded Delhi heat. After a brief introduction with the staff in the evening and a short tête-à-tête with my coordinator over tea, I was directed to my room, which was inside the Aarohi campus. I was going to share my room with the lady dentist, who was away for a few days, to a nearby town to take an exam. After settling in my room, I stepped out for a walk, just then all the people in the office bid me good-bye, and then the dreaded reality doomed on me! I was going to stay all alone in the huge Aarohi campus, on the night of my arrival. To understand the essence of what I felt at that time, I must share that the campus is surrounded by a huge forest inhabited by wild boars, leopards and other wild animals and to top it up, the roads nearby have no streetlights!

I went inside my room and sat there for a while. Soon after sunset, tired by the long journey, I lay down to relax. All that I could see from the window in my room, were mountains, which looked like canopies in shades of grey and black. Pine trees nearby were swaying in harmony with the cool breeze.



Few of them looked like huge black monsters, with their countless twisted serpentine branches trying to reach something.

As the night grew darker the sound of silence started to engulf me. Many night insects started to make weird sounds and the more I tried to sleep the less I actually could. I just lay on my bed, and slid into my favorite activity, introspecting my fear of the unknown and dark and how it took over me every time I was going to do something new. It could be a new experience, a new place or even a new step of life or anything new for that matter. I felt exactly the same, as I used to feel, when my family went away for a wedding, and I used to burn the midnight oil, trying to study for my board exams in high school. I thought for a while, how certainty and uncertainty are two sides of the same coin, and how one has to face these as a part and parcel of life. I thought about, how I quit my job to be a part of the Grassroutes fellowship and stepped out of my cocoon of security. I did not know what lay ahead of me in the days to come. But the good part about it was, I embraced it with peace.

I accepted my own decision and thought of this experience like a journey, where I would fill myself with knowledge and experience. I kept building castles of thought one after the other, with few of them being like some ghost standing outside my door, right after I heard some unusual sound.

Soon, without being aware, I slid into deep slumber.

I woke up the next morning to witness a beautiful sunrise.

My first night, alone in the Aarohi campus,
had passed, and I felt like a winner.

I smiled while looking at myself in the mirror,
and set off with a light mind and open heart
to reach and learn.

Of scopes and hope

Dr Raju Usgaocar

The month of January is named after the two-headed god Janus. The symbolism is that as the first month of the year, out of his two heads, one can look back on the year gone by and the other can look ahead to the year to come. We have recently completed four years of the highly aesthetically designed OT complex with hospital facility at Aarohi - Dec 2010 to be precise. Like Janus that gives us an opportunity to look back at the four years gone by and also look forward to what the

future is likely to hold. Two excellent devices for doing this are the "Retrospectoscope " and the "Prospectoscope" !

First the retrospectoscope - what has happened so far. Aarohi has had a number of surgical camps and diagnostic activities, which have largely been 'successful'. These include General surgery, ENT, Gynaec, Ophtalmology and Plastic surgery...On the diagnostic side we have had Paediatrics and Ultrasound clinics (now a regular and popular feature).On the surgical side Dr Dwivedi's proximity and keen interest are promising to make surgical camps possibly a monthly occurrence. Plastic surgery has been going on at six monthly intervals. However Gynaecology seems to be slow on the takeoff. This is indeed surprising since outreach camps have always detected substantial numbers of females needing surgery. When the camp is on, they seem to disappear into thin air. Maybe the skewed gender responsibilities are to blame, in that women cannot be spared their daily chores even to have much needed surgery.

All sorts of other social commitments seem to have affected our camp turnouts - ranging from festivals, marriages, school exams and cropping seasons including 'ghas katai'. There is also the perennial problem of lack of information - 'maloom nahi tha'. One cannot avoid the feeling that despite a successful string of camps and even after Aarohi has garnered a name for safely performed difficult surgeries at minimal costs (in comparison to cities nearby), a certain spark is lacking. The difference between taxiing along and being airborne!

So much for the retrospectoscope, summed up I would call it a success story but not spectacularly so.

Now to turn to the prospectoscope. The years ahead should see a consolidation of surgical services at Aarohi. There is no reason why this should not happen. The excellent OT and hospital, the location of the hospital in relation to villages, which need facilities and the reputation for integrity and quality, coupled with very subsidized costs will all help. We have performed difficult surgeries for which patients have come after doing the rounds of the big city hospitals and all this at a fraction of the costs they expected to incur. Dr Neeraj Dwivedi with his surgical skills and frequent availability will definitely add lustre and continuity, which will establish the name of this centre. Hard work needs to be done in the short term to bridge and overcome the earlier allude 'slip betwixt the cup and the lip'. With the hordes of deserving patients screened at out reach camps and the much smaller turnouts for surgery reminds one of the FCI fiasco, food rotting in godowns but people in the BPL category going hungry. Advertising as by corporate hospitals should not be followed but certainly motivation is needed.

One group or species that has impressed me in my contacts with the villages of Uttarakhand are the ASHAs. These girls to me represent the new Indian or the demographic dividend that Nandan Nilekani talks fondly of in his book "Imagining India". They are not tentative in their dealings but self-assured, confident and articulate. Having them on our side would be an asset. Maybe some of them could be encouraged to attend and even help out with surgical camps.

Modern technology needs to be exploited - sending out bulk SMSes to all related personnel who can influence the locals. This can be done at zero cost through web portals like way2SMS or fullonSMS. I do not know the reach of FM radio in these areas but press can be put to good use through press releases with friendly reporters, press advertisements are expensive but releases are free!

Let me wish Aarohi all the very best for the future. Optimism is the way forward and I am certain it will translate into reality.

The Pahadi Experience

Hussain Poonawala

It took two years to materialize, but I finally arrived at Aarohi in time for the surgical camp from the 24th to the 29th of March, 2011. My responsibility was to see patients with medical problems, and help with the post-operative care of surgical patients. The camp went off smoothly, with more than the expected number of volunteer doctors! There was a decline in the expected number of patients, and it was refreshing to see a frank discussion aimed at determining what was possibly wrong, and what needed to be done.

My next destination was the Khansyu village, in Okhlakhanda block, where the monthly training session for the Swasthya Karmis (SKs or village health workers) and their supervisors of 24 villages was in progress. I had the opportunity to try and answer some of their doubts, and was impressed with their questions. The SKs, by and large, are enthusiastic, and eager to learn.

The best was saved for the end, the health camps in the Khati area and the unforgettable trek to the Kafni glacier. We walked a total of a hundred kilometers on the trip, seeing patients in five different villages situated in stunningly beautiful surroundings. It was interesting to see how healthcare needs are perceived differently by villagers and doctors from outside, as well as how the economics of healthcare work in a rural area.

The biggest challenge, I learnt, is changing people's attitudes. Traditions and parampara are hard to challenge, even when there is evidence that they are wrong. Decisions about women and children's health are often made by their mothers-in-law and husbands, making it difficult to help those who need it most. There is a strong belief in traditional healers and jhaadphoonk or shamanistic healing (three of us got to attend a session in the middle of the night), even among the literate. Over the span of a month, I got to see and hear about many seriously ill patients who had been kept at home despite knowing about availability of better care at Aarohi or elsewhere.

What struck me the most was the fact that there has been only one maternal death over the last 5 years in the villages that Aarohi has been working. It is a statistic to be proud of; maternal mortality is a complex problem, which is not easy to address. There is obviously much more to be done, as Sushil would be the first to admit. The Arogya project addressing maternal and child health is only the first of many urgent interventions needed in the Kumaon.

My month long stint at Aarohi was both enjoyable and eye-opening. I had the opportunity to see what rural community health issues are, and more importantly, the need for a holistic approach in solving their problems. It was a pleasure to work and interact with everyone at Aarohi, and to quote General Douglas MacArthur, I shall return!

Catherine Goudouneix
Studying for a Master's Degree in International Territorial Management and Humanitarian Action for NGOs

As a part of my Masters Degree in International Humanitarian Affairs, I spent two months in rural India, working for Aarohi between November 2010 and January 2011

It was an extremely interesting and challenging experience at the same time: working in India is something completely different of what I had previously experienced in Europe.

I was mainly working on two topics: Livelihoods and helping to organize a sports day.

Working for the expansion of the Livelihoods project, I got to see how much was already done by Aarohi to improve the lives of the farmers by increasing their income and encouraging the culture of organic herbs and plants. It was very interesting to learn about the production and processing techniques, which were totally new to me. The production, marketing and management of the Livelihoods project by Aarohi staff are remarkable and provide employment to local staff, which I consider a key factor to the success of this project. I hope it's expansion in the years to come will

enable more farmers to provide Aarohi with raw materials and that Aarohi's quality products might be exported to France one day!

Organizing the Sports Day, I got to teach the Youth of the area to cycle. On the D-Day or rather said the Sports Day, all the Aarohi staff and the local community got involved to make the running and cycling races a success. It was wonderful to see the very fit youth doing their best to win the competition while always keeping a very fair play spirit in mind, something I think too many have forgotten about.



Overall, this experience was enriching, professionally but also personally, as living with different cultures and different customs makes one think about oneself and our own scale of values and conception of life.

I am grateful for this opportunity that was given to me, to experience everything I have in Satoli, and with so open minded and helpful people.

Anais Gallo

French International law studies, student in a postgrade of Humanitarian Action and NGO management.

Two months with Aarohi: A great experience in a wonderful place...

A first intership which feeds me a lot. Working with Aarohi was really interesting for my studies, because I could see how work a local NGO in a foreign country. I enjoyed a lot the assignments I had and the independence I could have in my work.

A wonderful human experience. I met great people who do a very good job to develop Kumaon region. It's nice to share a philosophy of life working together in development projects.

Really a nice experience also concerning the intercultural experperience. I learned a lot concerning Indian culture. I always was very interesting concerning Indian culture, and these two months was the best way to know more about it. People shared a lot with me about their culture and traditions and I am really grateful to everyone for this. Kumaon dances, Indian music and movies, way of dressing, food... I just love everything!

Obiously I am really grateful to Sushil and Pradeep who gave me the opportunity to come to Satoli. I also thank everyone from Aarohi staff to welcome us as they have done. To finish I can't forget my Aarohi Bal Sansar students I miss a lot.

Himalayan region is just amazing. One of the most beautiful places I've ever seen. It was great to work and live in such a nice and peaceful place.

I will be back...

Mentoring Teachers of English

Meena Harishinghani

During the July 2010 Steering Committee Meeting for the Aarohi Education Programme, it was suggested that people with expertise in particular subjects should be appointed to "mentor" various subject teachers. Mostly this would be long distance mentoring. Since I was already involved with the teaching of English at Aarohi Bal Sansar (ABS), I slipped into being the mentor for English.

So let me tell you of what happened and what did not during this period:

- Teachers of English from Pre-Primary to the 8th sent their Question Papers (mid-term and final exams) for me to take a final look at. I cannot say that we have arrived but we have

come a long way! The ABS English Question Papers are now more closely linked to the Learning Goals that the Teachers have listed out.

- We still need to work on making our list of Learning Goals more appropriate to the needs and capability of children. We need to polish them and make them crisper. We have included Oral and Aural aspects of English as part of our training/testing - this aspect needs to be fine-tuned. That teachers have started making such a list is no mean achievement.
- Subject Resource Files were started a couple of years ago. These files were to have a collection of varied and interesting material gathered from various books. The hope is that it will release teachers from being bound only to the textbook. There are substantial collections in the files of the lower classes and teachers are able to make some use of them during classes and while planning tests. The higher classes need to pull their socks up.
- One of the biggest challenges facing teachers is their own English. Teachers are making an attempt to use classroom instructions and most explanations in English. This is a tough call for all 4 of our teachers but they are inching up.

What is very heartening to see is the enthusiasm of the students. I attended a Std. 8 English Class. The willingness to learn was amazing. ABS has a well-stocked library and all children had borrowed books from it. Some of them had taken bi lingual books to assist their comprehension. Their reading comprehension is reasonable but they do need help with fluency in reading and independent speaking and writing skills.

Vimarsh

An organisation committed to women's empowerment, child rights, education, health, Panchayat and conservation of natural resources, Vimarsh has been working in the Bhimtal and Betalghat blocks of Nainital district, for over a decade. With financial support from Aarohi the organisation has done considerable work towards women's empowerment in the region, specifically addressing the issues of violence against women, providing legal services and legal counselling to women from the region.

To create awareness regarding gaps in Mahila Sanrakshan Adhiniyam, 2005, Vimarsh organised various awareness campaigns in eight blocks of the district. An effort was made to understand the legal status of cases registered under the domestic violence act. Based on the findings a one day Jansunawai (public hearing) was organised on the 28th March 2011 on the issue of domestic violence. On the occasion 17 women were felicitated for their contribution in the field of social work. An amount of approx INR 15,000 was routed through Aarohi by Luzia Bilgeri of Switzerland for work related to violence against women.

appendices

Founder members

Late Pratap Bhaiya (Advocate)	Chairman till 30.11.2009
Late Ms. Oona Sharma	Secretary till 28.8.1996
Dr. Sushil Sharma	Chairman from 1.12.2009
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

Dr. Sushil Sharma, Anesthesiologist	Chairman
Pradeep Gupta, Ex Banker	Secretary
Jagdish Nayal, Lab Technician, Chatola	Treasurer
Mr. Peter Chowfin, Director, SOTEC, Bareilly	Member
Dr. J.S. Mehta, Ex Silviculturist, Almora	Member
Shri B.D. Kharkwal, IPS (Retd), Formerly DGP, Assam	Member
Manjula Jhunjunwala, Educationist	Member
Premila Satyanand, Economist	Member

Life Members

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

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

Life Members joined this year

Mr. Yoganand Sinha	Allahabad
Mrs. Maya Sinha	Allahabad
Dr. (Col) C. S. Pant	Delhi
Dr. Geeta Pant	Delhi
Dr. Sanjay Jain	Delhi
Dr. Nivedita Deo	Delhi
Mr. Rahul Jain	Delhi
Dr. Lakshita Joshi	Haldwani
Mr. Saurav Debnath	Haridwar
Mr. Rajendra Singh Mehra	Mona
Mr. Harish Chandra Singh Negi	Nigrar
Ms. Prajakta Sarwottam	Pune
Ms. Kanika Jain	Singapore
Mr. Tikam Singh Bisht	Satkhoh
Mr. Mohan Chandra Kabadwal	Satoli

Institutional Members

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

Ordinary Members

Bhuvan Chandra	Almora
Champa Mahtoliya	Bhadrakot
Devki Devi	Bhadrakot
Suresh Pargai	Bhadrakot
Sushila Pargai	Bhadrakot
Bupendra Prasad	Bhiyalgaon
Nai Singh Dangwal	Budi Bana
Leelawati Belwal	Chamoli
Leelawati Chilwal	Chamoli
Deep Chandra	Chanauli Almora
Jyoti Joshi	Chapad
Deepak Nayal	Chhataula
Jagdish Nayal	Chhataula
Pramod Singh Bisht	Chhataula
Sundar Lal	Chhataula
Anurag Gumber	Delhi
Surbhi Bhalla	Delhi
Bhuvan Suneri	Diyari

Harish Chandra	Diyari
Hema Arya	Diyari
Puran Singh	Diyari
Bansidhar Binwal	Galni
Dayal Singh	Galni
Pushpa Devi	Gargari Malli
Geeta Devi	Gargari Talli
Ghanshyam Paydiya	Hairakhan
Mahesh Suyal	Hairakhan
Tara Dutt Suyal	Hairakhan
Munni Suyal	Haldwani
Devaki Bhatt	Jhadgaun Malla
Manju Bisht	Jhadgaun Malla
Bhagwati Mewari	Kala Aagar
Diwan Singh Mewari	Kala Aagar
Geeta Ghaghliya	Kala Aagar
Hemant Singh Mewari	Kala Aagar

Ishwari Ram Ghaghliya	Kala Aagar	Basant Thapa	Satkhol
Pushpa Ghaghliya	Kala Aagar	Bhagwati Bisht	Satkhol
Shobha Mewari	Kala Aagar	Diwan Chandra	Satkhol
Surendra Singh Mewari	Kala Aagar	Geeta Arya	Satkhol
Bhagirathi Upreti	Kapkot	Govind Singh Negi	Satkhol
Tulsi Bahuguna	Karayal	Harish Chandra	Satkhol
Pushpa Devi	Khanshu	Heera Devi	Satkhol
Rahul	Khanshu	Heera Lal	Satkhol
Sonu Pargai	Khanshu	Janki Arya	Satkhol
Tara Singh Bora	Khanshu	Janki Thapa	Satkhol
Bijendra Arya	Khaphura	Mukesh	Satkhol
Indra Lal	Khaphura	Nand Kishor Kabadwal	Satkhol
Kishan Chandra Bhandari	Khaphura	Neema	Satkhol
Anand Danu	Khati	Neha Thapa	Satkhol
Tularam Devrari	Kurad Chamoli	Prakash Pandey	Satkhol
Kamla Bisht	Malla Tanda	Prema Devi	Satkhol
Parwati Bisht	Maura	Puran Chandra Arya	Satkhol
Chandrakala Bisht	Nainital	Puran Nayal	Satkhol
Sushila Bisht	Nainital	Shubham Thapa	Satkhol
Aasha Negi	Nigrar	Yashpal Arya	Satkhol
Champa Negi	Nigrar	Chandra Prakash	Satoli
Harish Chandra Negi	Nigrar	Deepak Kabdwal	Satoli
Minakshi	Odakhan	Disha Kabdwal	Satoli
Bhgwati Arya	Odakhan	Lakshman Singh Negi	Satoli
Mamta Arya	Okhalkanda Talla	Mohan Chandra Kabdwal	Satoli
Bhupendra Singh Bisht	Peora	Neema Kabdwal	Satoli
Bishan Singh Bisht	Peora	Neeraj Kabdwal	Satoli
Champa Bisht	Peora	Prakesh Chandra Kabdwal	Satoli
Hema	Peora	Puran Chandra Kabdwal	Satoli
Hema Bisht	Peora	Tara Datt Kabdwal	Satoli
Jagat Singh Bisht	Peora	Devendra Sharma	Simayal
Jaya Bisht	Peora	Mohan Karki	Sunkiya
Krashna Kumar Singh Bisht	Peora	Chandra Negi	Suralgaun
Reba Ram	Peora	Janki Suyal	Suyalgaar
Rohit Bisht	Peora	Chandra Bohra	Talla Okhalkanda
S. S. Bisht	Peora	Champa Bisht	Tanda
Shailendra Singh Bisht	Peora	Chandra Bisht	Tanda
Munni Belwal	Rekhakoot	Kalawati Devi	Tanda
Neema Devi	Saal	Madhv Singh Bohra	Tanda
Prakesh Chandra	Saal	Parwati Pargai	Tanda
Anita Bisht	Satkhol	Pravendra Rawat	Uttarakashi

Aarohi's Village Partners

Village	No. of households	Programs currently running
Satoli	51	Education, Livelihood
Soon	48	Education, Livelihood
Kaphura	68	Education, Livelihood
Deari	69	Education, Livelihood
Nigrar	33	Education, Livehood
Chapar	45	Education
Dankanya	48	Education
Sinoli Malli	28	Education
Satkhol	130	Health, Education, Livelihood
Chatola	119	Health, Education, Livelihood
Sangila	15	Health, Education, Livelihood
Bhayalgaon	92	Health, Livelihood
Peora	98	Health, Education, Livelihood
Lueshal	61	Health, Education
Matiali	42	Health, Education
Sirmoli	24	Health, Education
Sonarkhola	22	Health, Education
Paiyyakholi	17	Health, Education, Livelihood
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

Village	No. of households	Programs currently running
Querala Talla, Malla	160	Health
Gargari Malli	100	Health
Gargari Talli	89	Health
Sirayal	89	Health
Saal	97	Health
Jhargaon Malla	68	Health
Jhargaon Talla	89	Health
Supi	1000	Health
Jhuni	150	Health
Khaljhuni	54	Health
Gwara	50	Health
Wachham	1200	Health
Khati	62	Health
Jatoli	18	Health
Jajar	35	Livelihood
Harinagar	85	Livelihood
Mouna Malla	62	Livelihood
Birkhan	16	Livelihood
Kool	95	Livelihood
Simayil	47	Livelihood
Kherda	80	Livelihood
Suyalgarh	25	Livelihood
Suralgaon	50	Livelihood
Meora	78	Livelihood
Orakhan	35	Livelihood
Simayil Raikwal	115	Livelihood
Nathuakhan	247	Livelihood
Ramgarh	23	Livelihood
Dol	8	Livelihood

Contributions for the Year

Ranjan Joshi	Almora	300	Health
P Naga Kumari	Bangalore	1,035	Health
Dev Sen	Calcutta	13,500	Health
Jagdish Nayal	Chatola	28,000	Health
Mahendra Singh Bisht	Dehradun	500	Health
Brinda Singh	Delhi	5,000	Health
Dr. Puneet Kumar Singh	Delhi	20,000	Health
Afsha Talwar	Delhi	22,200	Health
Pradeep & Madhu Seth Vijayan	Delhi	25,000	Health
Anju Yadav	Delhi	10,000	Health
Neelam Kundra	Delhi	5,000	Health
Dr.Vijay Lakshmi Seth	Delhi	3,100	Health
Suneeti Seth	Delhi	3,100	Health
Dr. A. Kishore	Delhi	2,500	Health
Dr. (Col) C. S. Pant	Delhi	2,200	Health
Ashwani Talwar	Delhi	2,000	Health
Neeta Puri	Delhi	2,000	Health
Nutan Manmohan	Delhi	2,000	Health
Sharda Chawla	Delhi	1,100	Health
Dr. Samar Kumar Basu	Delhi	1,005	Health
Dr. Janki J. Mirchandani	Delhi	1,000	Health
Nancy Tiwari	Delhi	1,000	Health
Madhu Grover	Delhi	1,000	Health
Mithun Rebello	Delhi	500	Health
Dr. Nandita Roy	Delhi	500	Health
Prem Kochhar	Delhi	500	Health
Sumit Duggal	Delhi	500	Health
Kabir Gama Roy	Goa	10,000	Health
Shyam Chopra	Goa	10,000	Health
Dr. Rohit Nair	Goa	6,000	Health
Vandana Bajaj	Ghaziabad	1,100	Health
Dr.Medha Kulkarni	Pune	5,000	Health
Sheela Harisinghani	Pune	4,500	Health
Raj Arora	Pune	1,000	Health
Adwait A. Kolhatkar	Pune	1,000	Health
Sushila Bisht	Nainital	7,100	Health
Meenakshi Arya	Orakhan	16,500	Health
Prakash Pandey	Satkhol	24,200	Health
Dr. Sushil Sharma	Satoli	11,000	Health
Janki Shah	Singapore	5,900	Health
Noemi Hopf	Switzerland	2,295	Health

Contributions for the Year	Carla Burch	Switzerland	35,500	Health	
	Pfarramt	Switzerland	12,600	Health	
			Sub Total	308,235	
	Prabha Bansal	Banda	5,100	Education	
	Sundar Lal	Chhatola	8,000	Education	
	Kaushalya Ramdas	Chennai	5,000	Education	
	Saral S. Tandon	Delhi	50,000	Education	
	Dr. (Col.) C.S. Pant	Delhi	30,000	Education	
	Jasjit Mansingh	Delhi	25,000	Education	
	Dr. Purnima Dhar	Delhi	25,000	Education	
	Metores Trust	Delhi	25,000	Education	
	R. L. Goyal	Delhi	25,000	Education	
	M/s Associated Buying Services P. Ltd. (Mr. D. N. Sood & Mrs. Peggy Sood)	Delhi	25,000	Education	
	Dr. Puneet Kumar Singh	Delhi	22,400	Education	
	Mohit Satyanand	Delhi	21,600	Education	
	Anil Kumar Thakur	Delhi	21,000	Education	
	Aarohi Staff	Satoli	20,000	Education	
	Dr. Meera Kharbanda	Delhi	10,000	Education	
	CJI Porcelain (P) Ltd.				
	MD-Mahesh Jatia	Delhi	11,000	Education	
	N. K. Sharma	Delhi	10,000	Education	
	Shikha Gupta	Delhi	10,000	Education	
	Achla Sawhney	Delhi	10,000	Education	
	Pushpa Paul	Delhi	10,000	Education	
	Dr. Dang's Labs (P) Ltd.	Delhi	10,000	Education	
	Sameer Mehta	Delhi	10,000	Education	
	Rahul Nainwal	Delhi	10,000	Education	
Arun Hegde	Delhi	10,000	Education		
Martin Graham	Delhi	10,000	Education		
Dr. Harsha Madhok	Delhi	10,000	Education		
Viadesh Holidays Pvt. Ltd.	Delhi	7,000	Education		
Dr. Vanmala Basu	Delhi	6,000	Education		
Akash Nath	Delhi	5,000	Education		
KMP Partners International	Delhi	5,000	Education		
Dr. Bharminder Kaur	Delhi	5,000	Education		
A. D. Pathak	Delhi	5,000	Education		
Dr. V. Bhatnagar	Delhi	5,000	Education		
Roopak Chauhan	Delhi	5,000	Education		
Indu Gupta	Delhi	5,000	Education		

Contributions for the Year

Ajay S. Mehta	Delhi	5,000	Education
Rana T. S. Chhina	Delhi	4,000	Education
Kanika Satyanand	Delhi	3,000	Education
Dr. Sunil Kumar Jain	Delhi	3,000	Education
Arun Swaroop	Delhi	2,500	Education
Rohit Krishan Gulati	Delhi	2,500	Education
P. B. Kathuria	Delhi	2,100	Education
Sushila Gupta	Delhi	2,100	Education
Pragya & Rahul Gupta	Delhi	2,000	Education
Dr. Gita Bamezai	Delhi	2,000	Education
Dr. Dinesh Singal	Delhi	2,000	Education
B. P. Singh	Delhi	2,000	Education
J. C. Pande	Delhi	1,000	Education
Sanjay Jain	Delhi	1,000	Education
Priya Batra	Delhi	1,000	Education
Irpinder Bhatia	Delhi	1,000	Education
V. B. Eswaran	Delhi	1,000	Education
Yogendra Singh	Delhi	1,000	Education
Girjesh Chandra Srivastava	Faizabad	5,000	Education
Shobha Agarwal	Ghaziabad	5,000	Education
M/S G. Ram Books (P) Ltd	Ghaziabad	5,000	Education
Neeraja Joshi	Gurgaon	41,255	Education
B. Jaishankar	Gurgaon	15,000	Education
Eram Sultan	Gurgaon	10,000	Education
Rubita Gidwani	Gurgaon	10,000	Education
Divya Basu	Gurgaon	6,000	Education
Diwan Charitable Foundation Governor - Krishan Kalra	Gurgaon	5,100	Education
Nalini Joshi	Haldwani	5,000	Education
Gopal Negi & Shantanu Negi	Kaphura	7,050	Education
Tirthankar Chakraborty	Kolkata	500	Education
Justice B. C. Saksena	Lucknow	1,000	Education
Bindu Chawla	Meerut	501	Education
Vashketu Foundation, Trustee, Mrs. Asha V. Sheth	Mumbai	15,000	Education
Girija Suresh Rao	Mumbai	5,000	Education
Sujata & Ratandeep Gupta	NOIDA	10,000	Education
Sumita & Rajeev Singh	NOIDA	10,000	Education
Puneet and Sangita Gupta	NOIDA	5,100	Education
Rajesh Tope	NOIDA	5,000	Education

Contributions for the Year	Dr. V. Murlidhar	NOIDA	5,000	Education
	Chandra Mohini Srivastava	NOIDA	1,500	Education
	Pradeep Rao	NOIDA	501	Education
	Meena Harisinghani	Pune	20,000	Education
	Himani Pandey	Satkhoh	4,000	Education
	Pradeep Gupta	Satkhoh	2,500	Education
	Seema and Sushil Sharma	Satoli	5,000	Education
	Aashish Arora	Satoli	1,000	Education
	Nicole Thut	Switzerland	10,600	Education
	Jagdish Chandra Pande	U.S.A.	25,000	Education
	Sub Total	751,807		
Dr. Samar Kumar Basu	Delhi	6,000	Bal Sansar Sponsorship	
Dr. Vanmala Basu	Delhi	6,000	Bal Sansar Sponsorship	
Vishal & Vivian Khurana	Hong Kong	12,000	Bal Sansar Sponsorship	
Alakananda Bagchi	Kolkata	6,328	Bal Sansar Sponsorship	
Arvind Bhatt	Pune	10,000	Bal Sansar Sponsorship	
Nicole Thut	Switzerland	26,568	Bal Sansar Sponsorship	
Urs Ingold	Switzerland	36,000	Bal Sansar Sponsorship	
Souvik & Indira Roy Chowdhury	Thailand	10,000	Bal Sansar Sponsorship	
Rajesh & Smita Shrivastava	Thailand	10,000	Bal Sansar Sponsorship	
	Sub Total	122,896		
Vineet Chhatwal	Delhi	50,000	Almora Scholarships	
Dr. Shubham Pant	Delhi	50,000	Almora Scholarships	
Ram Vaidya	Mumbai	100,000	Almora Scholarships	
	Sub Total	200,000		
Dr. Puneet Kumar Singh	Delhi	25,000	Ilya Scholarship	
Pankaj Wadhwa	Delhi	25,000	Ilya Scholarship	
Meena Harisinghani	Pune	10,000	Ilya Scholarship	
	Sub Total	60,000		
Premila Nazareth Satyanand	Delhi	55,000	Seema Nazareth Girls' Graduate Scholarship	
Dr. Chinnadurai	Bangalore	3,000	Aarohi Youth Wing	
Dr. Vidhya Rani R.	Bangalore	5,000	Aarohi Youth Wing	
Dr. Suresh Kr. Thuluvo	Bangalore	10,000	Aarohi Youth Wing	
Captain Nagraj	Bangalore	15,000	Aarohi Youth Wing	
Seeta Ramaswamy	Bangalore	20,000	Aarohi Youth Wing	
Anil Bagalwadi	Bangalore	10,000	Aarohi Youth Wing	
Gururaj Desai	Bangalore	10,000	Aarohi Youth Wing	
Dickie Saluja	Delhi	5,000	Aarohi Youth Wing	
Bairi Sujatha Manohar	Bangalore	13,000	Aarohi Youth Wing	

Contributions for the Year	Kumar Nadig	Bangalore	10,000	Aarohi Youth Wing
	Ms. Charulata Akshay Renavikar	Pune	10,000	Aarohi Youth Wing
	Pradeep Gupta	Satkhol	10,000	Aarohi Youth Wing
	Sub Total		121,000	
	Mona Rao	Delhi	5,000	Flood Relief
	Shivani Khare	Delhi	1,000	Flood Relief
	Premila Nazareth Satyanand	Delhi	25,000	Flood Relief
	Kanika Satyanand	Delhi	3,000	Flood Relief
	Shivani Chaudhary	Delhi	2,000	Flood Relief
	Yatra Books (Neeta Joshi)	Delhi	5,000	Flood Relief
	Rajendra Bhatt	Delhi	10,000	Flood Relief
	Neeraja Joshi	Gurgaon	22,000	Flood Relief
	Sub Total		73,000	
	Shree Ram Store	Almora	500	Haat
	Salisha Chandra	Bhimtal	500	Haat
	Gautam Gupta	Delhi	500	Haat
	Alexander Holm	Denmark	1,000	Haat
	A. Thule Sen	Denmark	1,000	Haat
	Saleem	Kelakhera	500	Haat
	Priti Rao	Mumbai	1,000	Haat
	Girija Rao	Mumbai	500	Haat
Nehru Yuva Kendra	Nainital	500	Haat	
Lat Singh	Nathuakhan	500	Haat	
J.C.Arya,Manager R.R.B.	Nathuakhan	500	Haat	
Monika Budniak	Poland	500	Haat	
Vikram Maira	Sitla	500	Haat	
Margaret	UK	1,000	Haat	
Keith Goyden	USA	500	Haat	
Sub Total		9,500		
Ram Vaidya	Mumbai	115,000	Staff Welfare	
Luzia Bilgeri	Switzerland	14,963	Womens' Development	
TOTAL		1,836,501		
In Kind				
Nike, Wildcraft & Ride A Cycle Foundation	Bangalore	Mountain Bikes, Biking Gear & Sports Goods		
Johnson and Johnson Ltd.	Mumbai	2 DELL Laptops		
Dr. Pramod Talaulikar	Goa	Medical Instruments & Linen		
Silvia Muheim	Switzerland	1 Laptop		



Join us...

In nineteen 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, professionally trained individuals to bring about change. Take up this challenge. You will be working towards greater equity in society while experiencing a fascinating way of being and living.

contribute financially

To create and run 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.

'Real generosity toward the future lies in giving all to the present'

Albert Camus



aaro natural products

Natural Cosmetics	Wt./ Volume	MRP* (Rs.)	Herbs	MRP* (INR)
OIL OF APRICOT	50 ml	120	MINT 15 g	90
	100 ml	215	PARSLEY 15g	90
	200 ml	360	THYME 15 g	105
	500 ml	840	JUMBOO 15 g	105
APRICOT SCRUB	50 g	60	BASIL 15 g	105
	100 g	100	SAGE 15 g	105
OIL OF PEACH	100 ml	410	TARRAGON 15 g	105
PEACH SCRUB	100 g	215	CARAWAY 50 g	105
APRICOT SCRUB SOAP	70 g	55	ROSEMARY 15 g	105
			OREGANO 15 g	105
Luxury Soap	70 g	75	MIXED HERBS 15 g	125
Apricot Cream	50 g	150	GIFT SET OF 5 HERBS	475
Apricot Kernels	1000 g	450	GIFT SET OF 3 HERBS	315
			PEPPERMINT TEA (10 bags)	105
Gift Pack		275	CHAMOMILE TEA (10 bags)	105
			POTPOURRI BAG	85
			GERANIUM SATCHET	25

For bulk as well as retail orders

e-mail : aarohibiz@gmail.com

or call +91 97586 25455 Office

+91 94129 91916 Deepak

+91 9411545770 Basant

* Prices revised w.e.f. 15 June 2011 to cover cost of inflation (last revised in July 2008)

at a glance

	2008	2009	2010
Life members	136	147	162
Institutional members	15	15	16
Ordinary members	71	116	117
Villages covered	65	79	57
Households covered	4,378	7,632	6,341
Population benefited	26,268	46,000	35,000
Individual contributions (INR millions)	0.7	1.54	1.84

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

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Back Cover : Yogita and Priyanka, ABS
Back Cover inside : Amma from Kaljhuni

Consul Printers, Nainital

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