



## **AN OVERVIEW**

The name 'Aarohi' is derived 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. The fledgling organization survived and 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 84 full-time staff, and is supported by 299 members from all over the world. It operates actively in 57 villages, containing a population of around 35,000 people.

## **EXECUTIVE SUMMARY**

The past year has gone in a flurry of activities, consolidation of processes, articulation of new ideas and frequent introspection of our work, to make it more meaningful, accountable and enjoyable.

After many years of struggle, AaroHi Bal Sansar (ABS) is now a Government-recognized middle school. Student strength is 163, and the teacher-student ratio a healthy 1:11. This year, AaroHi has put much effort into curriculum and pedagogy development, especially for English teaching, Mathematics and Science. It has drawn substantially on a variety of inputs, including specialized subject mentors, volunteers and trainings. Student performance is good though finding quality teachers continues to be a major hurdle. Co-curricular activities for children from ABS and government schools including art and craft, dance and music, theatre, cooking, value education and personal hygiene continue with great gusto. Senior students were trained in life-skills for the first time, to help them cope with adolescence and develop critical thinking.

AaroHi supports 56 girls from less privileged homes through the Room to Read scholarship program. This program, which has run successfully for the past seven years, encourages girls to complete Class 12.

AaroHi's own Bal Sansar scholarships assisted 46 ABS students study at our school free of cost. The Ilya scholarship promoted academic and co-curricular talent for 15 ABS students. 16 Almora scholarships assisted ABS students to study in Almora's best schools, Seema Nazareth scholarships enabled 7 girls to pursue university and professional education, in both cases increasing their chances of joining the national mainstream.

Aarohi's Youth Wing held its second annual cycling and running event, attended by 97 enthusiastic participants.

Aarohi's Community Health program is building self-sustaining village-based primary health care management systems in rural Uttarakhand to encourage good health practices and reduce maternal and child mortality. Currently active in 30 villages with a population of 12,500, mostly in Nainital District's remote Okhalkanda block, the program has achieved 99% primary immunization and 60% antenatal care in just 2 years. Regular monitoring of all pregnant mothers, trainings of village midwives and timely referrals have considerably reduced maternal mortality in these villages. However, infant mortality is still high (17 for every 231 live births), and needs stricter vigilance and awareness building.

A state-of-the-art hospital at Satoli supports these efforts. This year, it provided outpatient, inpatient, diagnostic, emergency, surgical care and outreach services to 3,859 people from 50 villages.

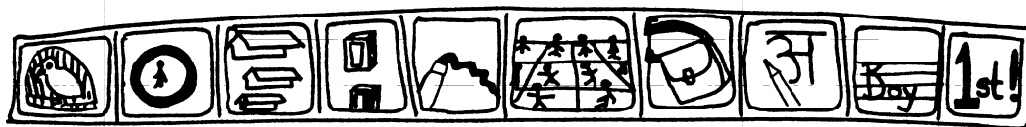
The Livelihood Promotion Program (LPP) provided supplementary income and employment to over 1,300 farmers from Uttarakhand and Himachal Pradesh. This year, Aarohi sold INR 3.8 million worth apricot and peach-based body care products and culinary herbs, earning INR 1.66 million for farmers and LPP workers. Association with Himjoli, a social venture marketing company, considerably boosted both sales and reach. Aarohi's annual 5-day Grameen Himalayan Haat drew 21,000 people from 50 surrounding villages, resulting in local sales of INR 380,000. The Haat, held just after harvest, has emerged as a major platform for local commerce and interaction, and for showcasing rural talent and traditional culture.

The General Gurbir Mansingh Van Panchayat award recognizes Van Panchayats or local forest committees that manage their forests in a scientific manner, and

underlines Aarohi's commitment to deepening the rural dialogue on natural resource management. Three villages received cash prizes for best community practices and for good maintenance of their forests.

This year, Aarohi raised INR 24.7 million from supporters all over the world, and utilized INR 19.49 million. Our Swiss partner, Aarohi Schweiz, alone raised a sum of INR 3.4 million through a presentation at Zurich's Rietberg Museum and through proposals to communities supporting education and energy projects. Aarohi's student show-cum-fundraising events in Delhi and Bangalore raised INR 1.1 million through generous support of well wishers. The event enthralled hundreds of people through four shows held at the metropolises and one at the Rishi Valley School, Madanapalle, even earning a standing ovation at one. For the children of rural Kumaon, it was a fairy-tale experience.

The Aarohi team continued to actively participate in training and workshops so as to enhance capacities across a variety of fields. Expanding support from institutional partners, young managers, volunteers and a growing bandwidth of individual resource persons have further strengthened our team. We look forward to yet another exciting year of development, expanding associations, good work and the positive energy of the many new friends who have joined us in our mission.





## activities at a glance

PARTICULARS	2009 - 2010	2010 - 2011	2011 - 2012
No. of villages where Aarohi works	61	57	57
Population covered	46,000	35,000	35,000
No. of meetings held	195	709	1,620
Total attendance	2,497	10,747	20,020
Women	1,391	6,733	13,500
Men	1,106	4,014	6,520
Women: Men ratio	1.3:1	1.7:1	2:1
No. of patients seen (Hospital + Camps)	3,959	3,773	3859
Sale of body care & herb products (INR lakhs*)	28.44	28.90	38.06
Children at Aarohi Bal Sansar	134	163	163
Aarohi members	278	295	299
Aarohi workers	61	68	84
Grants and Income ( INR lakhs)	173.53	117.00	246.75
Expenditure ( INR lakhs)	78.60	145.17	194.89
* Ten lakhs is equivalent to one million			



आनन्दपूर्ण परिवेश में व्यक्तित्व विकास

## EDUCATION

*Education is simply the soul of a society as it passes from one generation to another. G.K.Chesterton, 1924*

### Aarohi Bal Sansar

Upholding the vision of holistic personality development in a joyful environment, yet another cheerful year full of learning, singing, dancing, and playing concluded at Aarohi Bal Sansar (ABS) in Peora. Starting in 1994, Aarohi has created this vibrant space, in which students are nurtured through quality education using appropriate curriculum, creative teaching methodologies and sufficient infrastructural resources. Currently, the school caters to 163 rural students (92 boys and 71 girls) coming from 12 villages. Though all walk to school everyday, some up to 5 kilometres, they do it with eagerness and excitement. A healthy mix of academic study and co-curricular engagement kept the energy flowing through the year, with active involvement of teachers, volunteers and interns and enthusiastic participation from students themselves. The school's teacher-student ratio at 1:11 far surpasses national standards.

The school's Education Steering Committee comprises of experienced educationists, teachers and Aarohi management. It guides all aspects of school functioning and development and 'meets' frequently, whether online or in person.

Efforts to improve teaching standards continued, with particular focus given to strengthening the foundation at pre-primary and primary levels. Teacher training camps at Madhuban, Aurobindo Ashram, Ramgarh were especially helpful in

developing understanding and capacities to teach language creatively, and in the use of art, song and dance, stories, theatre and role play in making early childhood learning fun.

English teaching received much attention this year with Meena, our Subject Mentor in Pune, guiding the teachers and volunteers. We had Pratyusha, a Grassroutes volunteer, review the pedagogy being followed and work with the teachers in finalizing learning goals for English for all classes. Thalia Aube, a Canada World Youth intern, was involved in taking sessions for senior classes on English reading comprehension, grammar and structure, composition writing, and assisted



the ABS staff develop and evaluate the half-yearly examinations. Mallory Bikinas, a student at the University of Ottawa, Canada, helped teachers develop teaching-learning material, games and activities for English teaching. Tanvi and Shayoni, student interns from TISS, Mumbai, also took interactive sessions with students on English, art and craft across all classes.

To strengthen their own command over the language and improve abilities in teaching English, teachers are following *“Enhance Your English: A Course for Teachers in Regional Medium High schools and Other Adult Learners”*, developed by Centre for Learning Resources, Pune. Classes are conducted twice a week with help from volunteers and senior management of Aarohi.

Mr. Samar Bagchi of Kolkata, an inspired Science teacher known all over the country, conducted interesting experiments using easily available material for students of Classes 6 to 8, relating to air and water pressure and magnetism. Raghoo Sinha, a birding

enthusiast, brought a photo and sound presentation on birds of the region for the children.

### Art and Music

Initiation of music at an early stage of life acquaints children with the world of symphony, rhythm and variation. With time, a sense of melody and harmony develops as children at ABS become familiar with Indian musical instruments like the dholak, tabla, sitar and harmonium. A sense of history and culture is also promoted through folk dance and song. Opportunities to participate in various events in school and outside helped children discover their hidden talent.

Harshita conducted a workshop in singing rhymes, songs, and story telling through demonstration sessions with children, followed by training sessions with teachers.

Under the Spic Macay (Kumaon Chapter) banner, lecture-cum-demonstration programs

were presented by *Sarangi* player, Ustad Kamal Sabri, and Mrs. Kavita Dwibedi, a very talented exponent of *Odissi* Indian classical dance form. These were memorable experiences for both children and adults.



Class 8 girls with hot air balloons

Lucy Gill, a veterinary doctor from U.K., volunteered for a fortnight doing amazing art and craft work with children of all classes at ABS. Language was no barrier when it came to tapping the creative energy and talent

of children. Maya Sinha from Allahabad held sketching and painting classes for senior students. Tanvi from TISS, Mumbai, worked with art teachers in developing a comprehensive art and craft curriculum for all classes.

### Sports and Life Skills Education

The curriculum places equal emphasis on physical fitness through games and sports, camps and treks. Supplementary nutrition is given thrice a week, and sessions on personal health and hygiene, and medical checkups are conducted on a regular basis.

A week-long, highly successful 'Football Clinic' was conducted by the very young Dhruv Gopinath, with help from Utsav Srivastava, for 40 boys and girls from the senior classes at ABS. The camp was designed to teach children the basics of football through proper warm up, specialized drills and matches, and also included football theory sessions, and an audio-visual presentation.

David LeBlanc, a student intern from University of Ottawa, Canada, took more sessions in August and carried forward this new interest in football. Tanuj Shah, a teacher at Rishi Valley and a frequent visitor to the Kumaon hills, showed how the 'rubber ring' could be creatively used for playing different games in the field.

The Annual Sports Day at Aarohi Bal Sansar was an exciting day where students competed enthusiastically in events like march past and drill, long jump, track events, tug of war, *kho-kho*, *kabaddi*, and fun races.



Students from ABS took part in the Inter School Sports and Cultural Rally held at Government Intermediate College, Peora and won prizes in several events. The Inter House Quiz Competition was again a highlight where teams of students and teachers competed with great interest.

The objective of imparting life skills is to empower children and adolescents with key information pertaining to life, which go a long way in helping them negotiate life meaningfully in later years. Such value additions and increased levels of awareness alter perceptions of self and society, beliefs, myths and practices. Sessions were specifically held for senior classes.

#### Infrastructure

More prime land adjoining the school premises was acquired this year and another playing field was leveled for sport. The wall on the hillside of the playground had suffered extensive damage due to unprecedented rains in September 2010. With part of the wall being reconstructed by the District Board, Nainital, contributions from employees of Ernst & Young helped complete the work.

Challenges ahead include attracting quality teachers that impart quality education and raising financial resources to sustain work.



## Programs on Special Days

Date	Day	Activities
05 June 11	World Environment Day	School and village ways cleaning campaign, poster making and extempore talks on environment related subjects.
15 August 11	Independence Day	Hoisting of the National Flag, cultural program with participation from all students and meeting with parents
05 September 11	Teachers' Day	Cultural program followed by cricket match between students and teachers
14 September 11	Hindi Day	Story and poem writing by students
02 October 11	Gandhi Jayanti	Bhajans, drawing and painting & speeches on the life of the Mahatama by students of Classes 5 to 8
14 November 11	Children's Day	Display of models and charts, solo & group songs, extempore speeches and games
17 December 11	International Forest Day	Reading of Pratham Books...."A King Cobra's Summer" in English & Hindi for students of Classes 4 to 8.



### **Aarohi's 'Spirit of the Mountains' entralls Delhi and Bangalore**

On 13 January, 20 students and 15 teachers/staff members embarked on a unique 12-day 'performing tour' of Delhi, Bangalore and Rishi Valley. Its objective was to share Aarohi's work with a wider audience, while introducing them to the unmatched beauty, culture and hardship of rural mountain life. Across cities and venues, the students consistently wowed audiences with their lyrical, energetic and touchingly innocent performance of rural Uttarakhandi folk songs and dances. They received a thumping standing ovation from students at the Azim Premji University in Bangalore and a resounding applause at the Sanskriti Kendra and World of Wonder in Delhi, at the Indian Institute of Management and Chitrakala Parishath in Bangalore. Audiences seemed equally enthralled by the stunning visuals of rural mountain life that formed the backdrop to the children's performance on stage. In Bangalore, the show was featured in many leading papers and event listings, and was advertised on Radio Indigo.



The trip not only achieved its goal of spreading word about Aarohi's work to large numbers of people in Delhi and Bangalore, but also gave Aarohi students the chance to experience Indian cities in all their wonder and glory.

In Delhi, students visited the historic Qutab Minar and enjoyed the rides and amusements at the World of Wonder, Noida. The students made the 36-hour Delhi-Bangalore train journey a lively experience not just for Aarohi staff, but for fellow passengers too, as they sang and drummed renditions of popular Kumaoni and Hindi songs and dances. In Bangalore, students visited the Bannerghatta National Park and, then, the Agastya Foundation's captivating science campus at Kuppam.

Equally, the warm reception from Delhi and Bangalore audiences has laid the seed of a new idea: that culture might be promoted as a livelihood for rural Uttarakhand's most talented, young performers.

All money raised during these events will fund education for children at Aarohi Bal Sansar.



## **Scholarship Programs**

### **Scholarships for Girls**

For the past seven years, Aarohi has partnered with Room to Read in supporting education of girls from less privileged rural homes. The primary aim is to encourage girls to complete education till at least Class 12. In addition to material inputs of school fees, uniforms, books and stationery, regular medical checkups are conducted by doctors to monitor overall health of these young scholars. This year 56 girls were supported under the program.

Educational exposure visits and summer camps are organized to improve their knowledge and skills. This year the girls went to Nepal National Social Welfare Association, Kanchanpur where they were exposed to initiatives being taken for building self-reliance of 'Tharu' women and promotion of awareness on child rights. At the Summer Camp in Dehradun they were provided opportunity to express and showcase their talent in writing poems, stories, cultural performances and trekking.

Life skills and entrepreneurial skill development sessions were organized on a regular basis to promote better understanding of self and inter-personal relationships, develop problem solving and decision making abilities, and enhance creativity.

### Meenakshi



*"I am financially independent and more confident about myself. I help my siblings with their studies and now I have become an inspiration for other girls in my village".*

I live in Satkhol and my parents are farmers. I have two brothers and one sister. I was selected for a scholarship under this program in 2005 and was able to complete my secondary education. I am proud that I got a first division in Class 12. Life skills education and vocational training under the program have broadened my vision towards life.

This year I was selected by Aarohi as a social mobilizer under the Room to Read program and it was a moment of pride for me and my family. I was excited but a little nervous too. Many questions were bothering me.... "How will I speak in front of so many people? Will people take me seriously? But Chandu didi from Aarohi took me to the village for exposure visits and encouraged me. Now, I believe I can use this platform to inspire and encourage other girls. I wish this program continues and girls like me can complete their education and have greater control over decisions that affect their future. Along with this job I am able to continue my studies and I am currently pursuing my B.A."

### Mamta



Mamta completed her secondary education under the Room to Read Girls' Scholarship program. Her father is a daily wage earner with

a large family to support. She lives in a village where girls are needed at home to perform household chores and often get married early. Despite this, Mamta's parents wanted their daughter to attend school but the cost of education was high for her family. The program provided her the means to meet this need.

Working now as a social mobilizer and implementing the Room to Read program, Mamta feels she is more confident and capable of taking the challenges of the outside world. Her parents believe that such programs have augmented the importance of girl's education in their village.

Mamta says, "Now, I can dream of a future.... a future that would not have been possible without the support of Aarohi and the Room to Read program."

## Bal Sansar Scholarships

This scholarship program began in 2008 with 10 students, expanding to 46 this year. It subsidizes the cost of education for ABS children, particularly those from poor families. The cost of sponsoring education of one child for a year amounts to INR 8000/- (approximately USD 190/- or CHF 160/-). This includes 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 salaries. The criteria for selection are:

- 1 Children from poor families
- 2 Single parent
- 3 Parent with disability
- 4 No gender discrimination

Continuation of scholarship is based on yearly review and availability of funds. Aarohi Schweiz supported 33 of the 46 students under this program.

### Himani & Manish

Sister and brother, these two students of ABS live with their mother, Yashoda Devi, in Peora. Five years ago they lost their father in a tragic road accident. At that time Himani was only a few months old. Faced with this grim reality, the widowed mother started to work as a farmhand with neighboring households. Though uneducated, she wanted to give her children good education and so sends Manish to Aarohi Bal Sansar. But her earnings were insufficient. The Bal Sansar Scholarship program came forward to support Manish in 2008, and has seen him through to Class 5. Himani was included in the program in 2009, and is now in Class 3.



Both children have benefitted immensely from this support, and are happy and confident students. Their all-round development is a source of great comfort for their mother, who had earlier been quite distraught with her unfortunate situation.

### **Harshit Sharma**

Harshit and his brother Deepak were withdrawn by their father from another school and admitted in ABS two years ago. Their father was employed as a factory hand-cum-driver in a rural pine resin processing plant and wanted his sons to get high-quality education. Unfortunately, he died in a road accident, leaving his wife and mother to fend for themselves and the children.

After her husband's death, Radha Devi found it very difficult to afford the expenses relating to her children's education. The Bal Sansar Scholarship program helped the family by awarding a scholarship to Deepak. This year she moved Deepak to her maternal home in Haldwani so that he grows up under the care and guidance of his grandfather.

The scholarship has now been granted to Harshit, the younger son, who is in Class 4. He is a keen learner and loves to participate in co-curricular activities like sports, dance and music.



### **Ilya Scholarship**

The Ilya Scholarship was started in memory of Ilya, a student of ABS, through contributions from family and friends in 1997. This corpus, expanded over the years, has enabled local children to pursue their interests and talent in music, art and craft, sports, language, and to develop their leadership potential and other special abilities. It has also helped them broaden their horizons by travelling to different parts of the country.

This year, ten Class 4 to 8 students from ABS received scholarships to encourage talent in sport. Five more students, again from Classes 4 to 8, were awarded scholarships for academic merit. The scholarship amount is INR 1,000 per student and the recipients were given puzzles and games, books and sports gear.

## **Almora Scholarships**

This program creates opportunities for bright students graduating from Aarohi Bal Sansar to switch over to English medium and complete their education till Class 12 from good schools in Almora. It is hoped that such an education would enable them to compete successfully for admission to professional courses and thus join the mainstream of our country.

For the academic session 2012-13, another four students – 3 boys and 1 girl, have been admitted at Koormanchal Academy, and now we have 16 students studying at Koormanchal Academy (10), Beersheba School (3), and Adams Girls' High School (3).



Scholars at Koormanchal Academy

The annual cost per scholar of between INR 30,000 to INR 50,000, includes admission fee, tuition fee, hostel lodging & boarding expenses, extra coaching classes, uniform, books and stationery. While most parents contribute up to 50%, families of 2 students contribute 25% of the cost.



Scholars at Adms Girls' School

This program is being managed with support from individual donors. This year we were able to get additional support for 3 girl scholars from Charities Aid Foundation, and have also been able to start the Shravan Tandon Scholarship Corpus Fund that would help sustain the program in years to come.

### **Seema Nazareth Girls' Graduate Scholarship**

Funded by Premila Satyanand, in memory of her sister Seema Nazareth, this scholarship supports local girls wanting to go for University education and/or professional training and thus bring 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. This scholarship is a first step in making higher education more accessible to young rural women in the area.

Started in the year 2010, the scholarship has since supported 7 girls with amounts ranging from INR 10,000 to INR 25,000 for tuition fees, books and hostel expenses.



Aarohi initiated a program last year to nurture the potential of youth, stimulate their creative and emotional energies, and harness them for constructive purposes. Activities are planned in close consultation with a wide cross-section of the local youth. Computer literacy, fluency in English and career guidance are seen as the



Young girls getting ready for running

most pressing priorities. 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.

Just before the New Year, the Aarohi Youth Wing held its 2nd annual Running and Cycling Event. Supported by Dr Renu Arora, Arun D'Silva and Ride A Cycle Foundation, Bangalore, this program has been instrumental in introducing bicycles to Satoli and its neighbourhood, enabling young people learn to ride. As in the previous year, the event was a great success. The 7km Men's Cycling Race was all abuzz as 32 contestants struggled up Kumaon's winding turns and hill roads. Kamlesh Rana and Rakesh Rana topped the '15-to-18 year' and 'over 18-year' categories, respectively. The running races had 32 female and 33 male contestants. Though just a 5km run, it was no easy task in these high altitudes and runners truly gave it their all! Chetna Negi won the women's race, and Tushar Kabdal and Pramod Bisht won the male '15-to-18 year' and 'over 18-year' categories.



## HEALTH

### Community Health

Our community health program targets mothers and children, the most vulnerable part of the population, and aims to bring down maternal and child morbidity and mortality. The current 'Arogya project' of Aarohi seeks to strengthen the state health care delivery mechanism by evolving a model community based health system, which could be sustained by village communities located in remote regions of Uttarakhand.



The process has involved forming and strengthening Village Health and Sanitation Committees (VHSCs), improving the functioning of the government Auxilliary Nurse Midwife (ANM), training village health workers functioning as ASHAs (government appointed Accredited Social Health Activist) or Swasthya Karmis (SK). The VHSCs were

committees formed under the National Rural Health Mission (NRHM) as sub committees of the Gram Panchayat. These were defunct and had to be either formed again or were given a functional structure by bringing awareness of their rights and responsibilities.

Under the Arogya project, essential maternal and child care services as laid out under NRHM, were delivered to 30 village communities, covering 12,261 people from 2,071 households. All 617 pregnant women received antenatal care, 231 deliveries were conducted of which 69% were home based, mostly conducted by Aarohi trained dais. 4% of pregnant mothers were identified as high risk and all were referred in time. Currently there are 718 children in the age group 0-3 years that are being regularly monitored, of which 20% are malnourished. In the past year there has been one maternal death and 17 infant deaths.

Partnerships with different NGOs, Government departments and private practitioners were established. Tuberculosis surveillance was started under the state run Revised National Tuberculosis Control Program (RNTCP) in association with Mamta Samajik Sansthan, Dehradun. 30 patients were identified for sputum testing. However, the long distance to the nearest sputum testing centre made it difficult for most patients to get diagnosed. Efforts are being made to open a government-sponsored sputum testing centre nearby. Special efforts were made to liaise with block and district level government authorities.

Additionally, under the project, 47 community garbage pits were constructed, 5,940 domestic garbage pits dug and are now in use; 1,020 families of pregnant women and children between 0-5 years received vegetable seeds for farming; 65 improved cook stoves were constructed, of which 45 are in use; 32 Rainwater tanks were installed. A total of 196 drinking water sources were identified through a participatory appraisal process; 68 water sources were tested and 55 of these were found faecally contaminated. Water source cleaning campaigns have thus been designed with children and youth groups.



### **Achievements**

- 1 We have achieved near complete primary immunization for children in our project villages. A survey done by the team at the time of initiation of the project from Anganwadi Centers (AWC), shows a baseline figure of 64% coverage. After one & half years of intervention, the complete primary immunization rate is 99%.
- 2 60% of pregnant women now get full Antenatal Care (3 ANC visits, 100 Iron Folic Acid tablets and 2 Tetanus Toxoid Injections) as against 31% during the baseline survey done in June 2010. However, ALL pregnant women in the project area are being tracked and have essential Antenatal care.
- 3 According to the baseline survey of June 2010, 91% deliveries were conducted at home, of which 16% are by trained dais. Now 69% of deliveries are conducted at home, of which 58% are by trained dais.
- 4 The institutional delivery rate has increased from 9% (baseline of June 2010) to 31%.

### **Challenges ahead**

- 1 To reduce harmful traditional practices and social taboos negatively impacting health of women and children.
- 2 To increase participation of VHSC in the program and make them aware of their rights and responsibilities.
- 3 To create a working relationship between the village and the health department under the NRHM.
- 4 To bring a positive attitude in the community towards personal, domestic and environmental hygiene.
- 5 To significantly reduce malnourishment.
- 6 To achieve complete antenatal and postnatal coverage.
- 7 To overcome the hindrances in functioning due to scattered households, tough terrain and climatic conditions and recalcitrant community processes.
- 8 To continuously raise financial support to sustain and expand the health effort.



## Curative Health

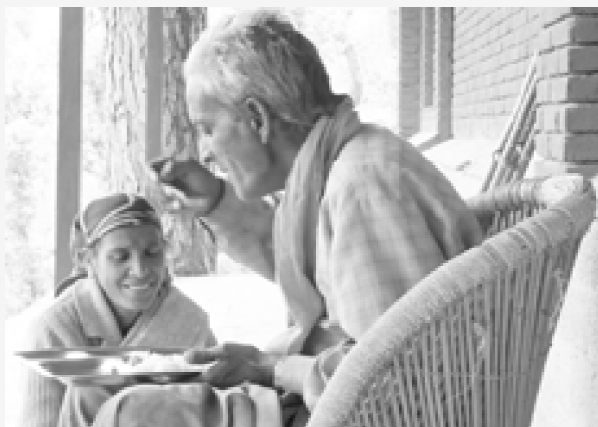
Aarohi's rural hospital now has two additional part time doctors, and apart from routine outpatient, inpatient and emergency services, a general surgeon, pediatrician and radiologist treat patients every month during specially organized medical camps. A full time dental surgeon has brought in much needed dental care for the rural population.



Pre and post - operative photos of a one year old child with cleft lip and cleft anterior palate, from a Plastic Surgery camp in March 2012.

Through an outreach program, biannual medical camps are conducted in 6 extremely remote villages at the base of the great Himalayas in the basin of the Pindari river. These villages are an eight-hour rough ride by road and another 10 hours tough trek from Satoli. In addition to medical camps, regular school health check-ups have been started in the same villages aimed at routine screening, dental care, routine deworming, Vit A and calcium supplements.

Khim Ram had spent most of his life as a cook at the Sainik school at Ghorakhal. A peripheral vascular disease afflicted him, resulting in gangrene of his left foot for which he underwent an above ankle amputation five years ago. The disease spread and he had to undergo a second, below knee amputation six months ago. This last surgery was done at the Base Hospital, Haldwani. The wound got infected and did not heal. Since then, he had been living with an open, infected wound with exposed



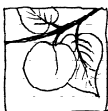
Khim Ram enjoying lunch after a successful surgery

bone and flesh. He had been advised another surgery involving an amputation of the limb above his knee. He tried to get it done at the apex government referral hospital, the Sushila Tiwari Hospital at Haldwani. Here, he was given a quotation of costs of INR 50,000/-. He came back to the hospital after he had collected INR 35,000/- but was denied admission. Khim Ram, in desperation, approached the District Magistrate at Nainital, who gave him a letter of reference for surgery at the Base Hospital at Haldwani. He was admitted for 2 weeks but was denied surgery due to 'poor health'. Frustrated, he left the hospital and decided to accept his fate. When he heard of the camp at Aarohi in March 2012, he decided to give luck another chance. Khim Ram was operated by Dr Raju Usgaocar (Plastic Surgeon) and Dr Neeraj Dwivedi (General Surgeon). His postoperative recovery was remarkable. Khim Ram is now pain free and has a fresh lease of life. His surgery and hospital stay cost him INR 5,000!.

## Health at a glance

PARTICULARS	2009-10	2010-11	2011-12
Patients treated at Aarohi Arogya Kendra	2,012	1,806	1,640
Female	902	769	630
Male	952	918	909
Children	119	157	101
Inpatients treated	51	62	76
Home visits / Emergencies	5	2	1
Laboratory test	296	586	1120
X Ray	113	174	111
Ultrasound	–	208	185
Total villages covered	50	50	50
School children screened for health problems	260	112	103
No. of dental camps	6	9	8
Dental screenings for school children	126	151	102
Total dental screenings	300	505	635
No. of total dental extractions	109	109	386
No. of dental fillings	53	79	50
Other specialists camps	17	33*	13*
Total patients treated in specialist camps	709	1,071	1,104
Total surgeries done in camps	40	46	69
Mobile health camps	7	11	16
No. of patients seen in mobile health camps	579	279	377
<b>Total number of patients benefited</b>	<b>3,860</b>	<b>3,773</b>	<b>3,859</b>

\*Figure less compared to last year since camps are now taken as the continuous duration during which many specialists may come in at different points in time. Earlier, each specialist often came independently to do his / her camp.



## LIVELIHOOD PROMOTION PROGRAM

“After months of laboring hard in the fields, with the hope that my children would have enough to eat this year, it is disheartening to see one’s crop destroyed by a herd of wild boar,” says Mansingh Bisht, as he picks up the sack of apricot oil cake from the factory for processing into scrub. “But that is how life in our mountains is.... nothing is certain.”

It is for such reasons that AaroHi initiated its Livelihoods Promotion Program, which creates alternative income sources and employment for the region’s farmers, reducing their vulnerability to natural disasters. The program undertakes a range of farm and non-farm activities intended to add value to the region’s farm and minor forest produce. Through its small scale production unit, the program produces apricot and peach oil, a range of body care products, culinary herbs and souvenirs, raw materials for which are sourced from local farmers. Souvenirs include gift packs and potpourris, and these along with oils and scrubs are quite popular with tourists visiting Kumaon.

AaroHi’s ‘Oil of Apricot’ is widely appreciated for the high quality it has sustained in its eighteen years of existence. It has a distinct, loyal and rapidly growing customer base across the country. AaroHi extracts its apricot oil using the cold press method, an art uniquely mastered by its extraction unit, and prides itself for pioneering this premium product in the national market.



Oil being extracted in a wooden cold press

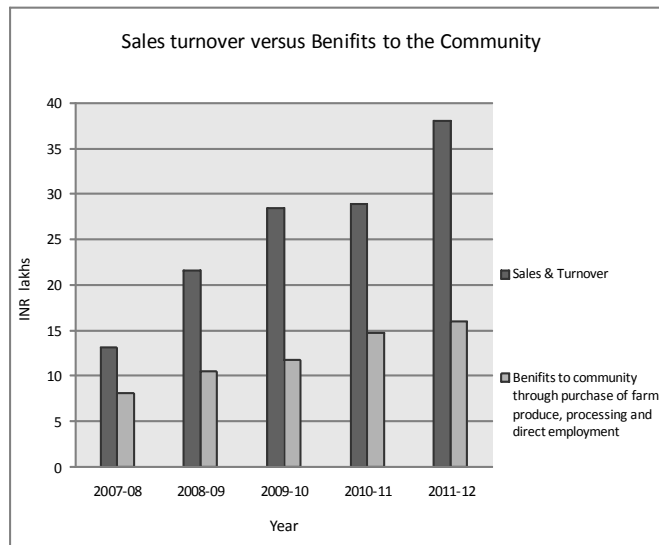
In 2006, Aarohi introduced handcrafted soap, produced through the cold-process technique using apricot oil and scrub as unique ingredients. Annual production has jumped from 3,475 soaps in 2006 to 20,000 in 2011. Currently 10 different fragrant natural soaps are being produced, which fall into two broad categories : the Apricot Scrub and Luxury lines. We are now working on introducing new soap shapes, designs and packaging. Natural pigments and colors are being tried to enhance visual allure. The unit is now scaling up production as reputed retailers and distributors are showing considerable interest in marketing these soaps.

Aarohi markets 18 types of indigenous and European culinary herbs, training farmers in cultivation and processing and guaranteeing buy-back. It also sells herbal teas, fragrant sachets, and potpourris and uses some herbs for soap-making.

#### Marketing and innovations

Sales rose to INR 38.06 lakhs, a handsome increase of 32% over last year's INR 28.90 lakhs. Net surplus generated was INR 6.78 lakhs, up from INR 4.47 lakhs. Surpluses are built as reserves for ploughing back into the business and for meeting requirements under the organization's health and education programs.

Products are marketed and distributed through our main distributor, Himjoli Products (P) Ltd, Kathgodam and a

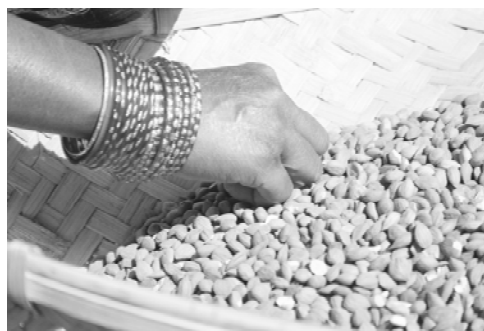


network of retailers across the country. Currently, there are 31 retail outlets within Uttarakhand and 36 outlets outside. The Nature Shop, the Livelihood Promotion Program's own outlet, itself sold INR 4.49 lakhs. It exhibits and sells premium natural and handcrafted products from Aarohi and other grassroots organizations, artisans and entrepreneurs from Uttarakhand.

Research and development is on to produce four new body care products. Most important is that the Livelihood Promotion team, comprising entirely of local residents, is being actively encouraged to think out of the box to devise new products, and their individual innovations have been showcased in an in house exhibition.

#### Benefits to the community

Village households earn both from direct sales of raw materials, as also from shelling apricot nuts, pounding oil cake for scrub, cleaning and sorting herbs, and making handmade packaging. This year 1,318 farmers from 172 villages have benefited to the extent of INR 5.64 lakhs through sale of farm produce; 16 households earned INR 1.31 lakhs from processing activities; and INR 9.62 lakhs were paid as wages to 14 full time workers.



Sorting of kernels

#### Community mobilization

In collaboration with The Herbal Research and Development Institute, Mandal Gopeshwar-Chamoli, Uttarakhand, Aarohi promoted cultivation of *amla* (*Phyllanthus emblica*) in eight villages of Ramgarh and Okhalkanda blocks. The objective of the program was to promote conservation and sustainable harvesting of natural and commercial *amla* plants on cluster basis with a view to provide livelihoods to the

farmers. Under the program, 2,000 saplings were distributed amongst 200 farmers. The activity is expected to be yet another source of livelihoods for farmers from the region given the demand for amla in the pharmaceutical industry.

### Challenges ahead

While the program is making big leaps with increasing production and sales, the road ahead continues to present some hurdles.

The number of local competitors producing apricot oil and herbs has grown, even as demand for apricot oil and culinary herbs has burgeoned. Meeting this ever-increasing demand with limited raw material supply is tough. Renewed energy will thus need to be put into strengthening backward linkages by mobilizing farmers to grow wild apricot, and to develop a chain of raw material suppliers from other regions.

Similarly degrading natural resources is a big threat for sustainable expansion of the program. Water crises, increasing menace of wild animals and climate change are concerns, which need to be addressed.

PARTICULARS	2009-10	2010-11	2011-12
<b>Production and processing</b>			
Total producer beneficiaries	934	1113	1318
No. of procurement villages	151	163	172
No. of village samitis involved in procurement	2	3	3
Apricot nuts purchased (quintals)	19	54	35
Apricot kernels purchased (quintals)	22	34	60
Apricot kernels processed (quintals)	35	47	44
Total quantity of dry herbs purchased (kg)	230	250	190
Benefit to farmers – purchase of nuts/ kernels/herbs (INR)	291,895	492,920	563,515
No. of families benefited from processing activities	9	7	16
Benefit to farmers through processing (INR)	89,810	82,812	131,000



PARTICULARS	2009-10	2010-11	2011-12
<b>Marketing</b>			
No. of products	8	9	9
Total sale of products (INR, lakhs)	28.44	28.90	38.06
Sale of body care products (INR, lakhs)	23.74	24.50	33.87
Sale of herbs & fragrances (INR, lakhs)	4.70	4.40	4.19
Sale of products in Uttarakhand (INR, lakhs)	16.44	20.67	26.49
Sale of products outside Uttarakhand (INR, lakhs)	12.00	8.23	11.57
No. of outlets in India	75	65	67
No. of cities/towns through which marketed	32	31	35
No. of exhibitions attended	10	4	7



### Grameen Himalayan Haat

The **11th Grameen Himalayan Haat** was held between 13-17 October, 2011. The Haat supports local livelihood by serving as a 5-day marketing platform for self-help groups (SHGs), cottage industries, entrepreneurs, farmers, artisans and cultural groups. This year, 45 organizations, entrepreneurs and SHGs participated, recording total sales of INR 382,460.

SPIC MACAY's (Society for the Promotion of Indian Classical Music and Culture Amongst Youth) Kumaon Chapter showcased renowned Odissi classical dancer, Kavita Dwibedi. She mesmerized the audience with her performance, stopping every now and then to introduce and explain this dance form to all children and adults in the audience. Another of the Haat's major attractions was a *Choliya* performance. This traditional Kumaoni dance, which portrays local martial art practices, is now on the brink of extinction and requires such platforms to sustain and promote itself.

Additionally, the Indian Veterinary Research Institute (IVRI), Mukteshwar and the Vivekanand Himalayan Agricultural Research Institute, Almora conducted workshops on animal husbandry and improved mountain agricultural practices, respectively.

### at a glance

PARTICULARS	2009-10	2010-11	2011-12
Total no. of Stalls	45	33	45
No. of Organizations + SHGs	10	12	18
No. of Entrepreneurs	35	21	27
Total Attendance (approx)	16,000	20,000	21,000
Total Sales (INR, lakhs)	2.30	2.48	3.82
Community Contributions (INR)	53,908	43,194	17,567

### Jadoo ki Poodiya... a children's film festival

To introduce rural Kumaoni children to quality cinema, we organized a 3-day Children's Film Festival – *Jadoo Ki Poodiya* – in collaboration with Children's Film Society of India (CFSI) during the Grameen Himalayan Haat.

CFSI sent a choice of 14 films, of which three were chosen for screening at its open air auditorium in Satoli.

Each film had an average audience of 15 to 20 children ranging in age from 10 to 15 years, though 25 children attended the last film, *Karamati Coat*. The children were most curious, asking the Aarohi staff innumerable questions about each film. They enthusiastically hummed along with CFSI's signature animation. Despite the October chill, they greatly enjoyed this first-time experience of seeing a film on a big screen. They also enjoyed the opportunity to wander off and get involved with the Haat's other activities. The Film Festival thus respected children's version of 'entertainment', giving them a range of options to choose from.

## **NATURAL RESOURCE MANAGEMENT**

### **General Gurbir Mansingh Van Panchayat Award**

The community forestry project by Aarohi was implemented between 1993 and 1996 in 10 villages. Although the plantation size was small with 500 to 10,000 plants per village, the program helped in organizing the community by reviving otherwise defunct Van Panchayats (village Forest Committees) and laid greater emphasis on protection and regeneration of forest plots. It had considerable impact on community participation in forest and natural resource conservation. Simple measures of social fencing in village commons helped regeneration of forests. Visible results were seen in the form of increased biomass and recharged aquifers in the region. Having empowered the Van Panchayats in ten villages within project area, Aarohi withdrew its active support with the aim of making people's institution of Van Panchayat a self-reliant institution.

To motivate Van Panchayats to continue on the path of conservation, Aarohi instituted the Lt. General Gurbir Mansingh Van Panchayat award in 2007. This is the fourth year of the award and applications for the award, showing interest to participate in the competition, were received from four villages. These were Tanda, Meora, Bhayalgaon and Quarab.

The methodology adopted for evaluation was, as in previous years, through assessing the state of regeneration, biomass and bio diversity in protected village forest plots. Focussed group discussions were held to interact with community members to assess community processes of forest management.

In comparison to the last three years, the response this year from villages was discouraging. The village of Suyalgarh, which has won the award twice in a row, too declined to participate. A massive forest fire that destroyed a large portion of their forest discouraged them. The Aarohi forest evaluation team did visit the village to assess the damage and found the precious Oak forest untouched by fire. However,

the incidence has triggered off a dispute within the community, which unless resolved, may result in the collapse of a strong institution built over many years.

There is a need to reassess this method of giving awards to village communities, through evaluation of their community and ecological processes as a means to promote the debate on forest management.

### TRAININGS 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
<b>EDUCATION</b>			
Teacher Training	30 Mar - 3 Apr 11 18-26 Jun 11 4 - 6 Nov 11	Madhuban, Aurobindo Ashram, Dr. Anju Khanna, Kamlesh, Ashutosh	Taradutt, Pradeep Govind, Deep, Bhuvan, Neema, Jyoti, Jaya and Priyanka
Curriculum development for Pre primary and Primary classes	17-19 Dec 11	Dr. Anju Khanna	Teachers of ABS, Taradutt and Pradeep
Life Skills Workshop	14 Apr 11	ABS, Sunita - Chirag	Class 7 and 8 students of ABS
Evaluation of Life Skills Training	21 - 22 Apr 11	Aarohi, Kalyani, RtR	27 Room to Read scholars, Chandrakala
Udaan - Girls Development Camp	25 - 28 Jun 11	Room to Read, Dehradun	28 Room to Read scholars, Chandrakala and Hema
Room to Read Program - Review Meeting	24 - 27 Aug 11	Room to Read, Dehradun	Chandrakala, Meenakshi and Mamta

Room to Read - Alumni Meet	18 Oct 11	Suchetna, Kathgodam	Chandrakala, Meenakshi and Mamta
Room to Read - National Meet	20 - 23 Nov11	Room to Read, Delhi	Chandrakala
Life Skills Workshop	9 - 11 Nov 11	Room to Read, Dehradun	Chandrakala, Meenakshi and Mamta
Life Skills Camp & Workshop	4- 6 Dec 11	Sattal, Rekha, Kunti - Chirag	55 Room to Read scholars, parents, Chandrakala, Meenakshi, Mamta, Deepak & Bimla
Self Defense Workshop	10 -11 Nov 11	Sargakhet	27 Room to Read scholars Chandrakala, Meenakshi and Mamta
Entrepreneurial Skills Development Workshop	14- 15 Feb 12	Room to Read, Dehradun	Chandrakala, Meenakshi and Mamta.
Life Skills Workshop	3 Mar 12	ABS, Sunita	Teachers of ABS, Chandrakala, Meenakshi, and Mamta
Life Skills Workshop	3 - 4 Mar 12	ABS, Sunita, Rekha, Neetu and Geeta from Chirag	25 Room to Read scholars, students of class 7 & 8 of ABS Chandrakala, Meenakshi and Mamta
Educational Exposure Visit	10 - 12 Mar 12	NNSWA, Kanchanpur, Nepal	20 Room to Read scholars, 2 parents, Chandrakala, Meenakshi, Mamta, Anandi, Gopal, Devendra & Basant
Recording of activities under Room to Read program.	16 Mar 12	Kumaon Vani, Supi	Chandrakala, Meenakshi, Mamta, Priyanka and Manju.

## Health

Training / Exposure	Duration	Institution/Place/ Consultant	People
General health, Safe delivery, ANC, five cleans of delivery, management of 3rd stage of labor, referral Ante-Intra & Post natal, Pneumonia, APH/PPH, importance of breast feeding, family planning, Postnatal care, menstrual hygiene, institutional delivery.	1 Apr 2011 to 31 Mar 2012	AaroHi office, Khansyu Anandi, Pat	48 TBAs of AaroHi Project Villages - 47 sessions
Importance and distribution of Dai kit	26 Apr, 19 Jun, 5 & 6 Oct 2011	AaroHi office, Khansyu	TBAs of Arogya project village - 4 sessions
HMIS Workshop	1 Apr to 31 Dec 2011	AaroHi office, Khansyu, Sattal	Health team, 7 sessions
VHSC training to develop village health micro plan; promotion of working relationship with health department and AAROH!; RTI, evaluation of the project.	1 Apr 2011 - 20 Mar 2012	AaroHi office, Khansyu	Members of VHSC, 16 sessions
Team Members training to enhance skill, interim evaluation of project, reading of training material.	1 Apr 2011 - 2 Mar 2012	AaroHi office, Khansyu	Health team, 52 sessions
Vision, Mission & Value Workshop	13 to 16 Nov 2011	AaroHi office	AaroHi staff, 1 session
Training of trainers to enhance skills of working with communities, analyzing & planning, skills in water testing	28 Nov 2011 to 9 Dec 2012	P S I Dehradun	Prema Pargai and Nardi Arya
VHW Training & workshops on basic human anatomy, antenatal care, T.P.R. B/P, post natal care, referrals of high risk pregnancy, Anaemia, minor disorders of pregnancy, menstruation, family planning, care of new born baby.	1 Apr 2011 - 25 Apr 2012	AaroHi office, Khansyu	Village level health workers, 88 sessions

Behavior change and personality development workshops	18 Oct 11 - 23 Mar 2012	Khansyu	Supervisors and animators of the team, 5 sessions
BSPT (Children's groups) team leader training about jaundice, typhoid, balanced diet, objectives of the BSPT, life skills	1 Apr 11 - 31 Mar 2012	Aarohi office Khansyu	Leaders of BSPT team, 21 session
BSPT animators training on water borne disease, nutrition and hygiene	Apr 2011 - Jan 2012	Khansyu	BSPT animators, 9 sessions
BSPT exposure tour	5 - 7 May 2011	SWRC (Social Work & Research Centre) Chalthi, District Champawat)	Total 80 members, including 74 children of BSPT groups and 6 staff members
Supervisor, SK exposure tour	1 - 4 Nov 2011	SBMA (Shri Bhuwaneswari Mahila Ashram) Uttarkashi	25 team members
Coordinator & Assistant Coordinator exposure visit	24 - 28 May 2011	SBMA-Uttarkashi SAMTA- Dehradun , SIDH-Mussourie	Pradeep Panda, Nain Singh
Smokeless Chullah workshop	13 - 15 Mar 2012	Khansyu office & Galani, Jhadgaon, Khansyu & Karayal village Technician from ARTI Puna Maharastra	Technical staff, project advisor, trainer, supervisor, coordinator, asst. coordinator and animators
Coordinator exposure visit	8 - 14 Oct 2011,	Jan Chetna Manch-Bokaro-Jharkhand, Care Hospital-Bhubhaneswar,	Pradeep Panda
	12 - 18 Jan 2012,	ARTI- Pune- Maharashtra,	
	24 - 25 Jan 2012	Bethany Jeewan Dhara-Tanakpur-Champawat	
Globe Health Advocates India, State level meeting	30 Nov -1 Dec 2011	Dehradun	Pradeep Pande
Seminar at NIPCCD	Oct 2011	Delhi	Pradeep Panda

## 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, Energy, Education
Montreal Westward Rotary Club, Canada	Health
Bani Jagtiani Trust, New Delhi	Education
Johnson & Johnson Ltd., Mumbai	Education
Central Himalayan Rural Action Group, Orakhan	Education
Azim Premji Foundation for Development, Bangalore	Education
Premadevi Bhartia Charitable Trust, Bangalore	Education
Diwan Charitable Foundation, Gurgaon	Education
Samaj Kalyan Vibhag, Nainital	Education
Metores Trust, New Delhi	Education & Scholarship
Room to Read, New Delhi	Girls' Scholarship
Charities Aid Foundation, New Delhi	Scholarship
Bhai Bal Mukand Trust, New Delhi	Scholarship
Mani Foundation, Lucknow	Scholarship
NABARD, Dehradun	Grameen Himalayan Haat
Canara Bank, Almora	Grameen Himalayan Haat
Sharda & Bahuguna Chartered Accountants, Haldwani	Grameen Himalayan Haat



### Summarized Financial Results for the year 2011-2012 (INR)

PARTICULARS	2011 - 2012	2010 - 2011
Unutilised grant B/F	1,359,649.60	7,537,053.10
<b>GRANT AND INCOMES FOR THE YEAR</b>		
Indian Institutions	9,521,560.00	1,97,790.00
Foreign & International Organizations	4,582,465.00	3,411,119.73
Government - Central & State	61,818.00	62,334.00
Livelihood Promotion Program	5,287,573.46	4,011,197.44
Donation, Interest, Misc, AAK, ABS & Aarohi (L)	5,221,750.69	4,018,039.35
<b>Total Income</b>	<b>24,675,167.15</b>	<b>11,700,480.52</b>
<b>TOTAL EXPENDITURE DURING THE YEAR</b>		
Education Program	5,096,242.67	2,703,950.00
Health Program	4,166,671.44	3,576,397.15
Livelihood Promotion Program	3,321,596.93	3,926,402.60
Energy & NRM Program	31,028.00	—
Salary & Stipend	4,654,609.00	3,293,242.00
Travel	343,466.00	321,636.50
Administrative Expenses	1,875,392.50	695,382.00
<b>Total Expenditure</b>	<b>19,489,006.54</b>	<b>14,517,010.25</b>
Transferred from Capital to Corpus Fund		
Health Corpus Fund	1,000,000.00	1,000,000.00
Education Corpus Fund	—	1,000,000.00
Aarohi (L) Main Corpus Fund	1,000,000.00	—
	2,000,000.00	2,000,000.00
Unutilised Grant Carried Over	4,523,643.92	1,359,649.60
Excess Income over Expenditure	22,166.29	1,360,873.77

**ABSTRACT OF BALANCE SHEET****LIABILITIES**

Capital Fund	6,373,975.36	6,749,705.96
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**Corpus Fund**

Health General	1,500,000.00	1,000,000.00
Dr. B.C.Joshi Health Fund	500,000.00	—
Education General	1,055,000.00	1,000,000.00
Shrawan Tandon Scholarship	1,000,000.00	—
Aarohi(L) Main	1,000,000.00	—
Reserve & Surplus	22,142,789.41	20,052,015.52
Unutilized Grant	4,523,643.92	1,359,649.60
Current Liabilities & Provisions	703,174.99	514,767.85

<b>Total</b>	<b>38,798,583.68</b>	<b>30,676,138.93</b>
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**ASSETS**

Fixed Assets	17,997,624.16	15,746,615.16
Fixed Deposits	12,618,588.00	2,579,004.00
Mutual Fund	4,464,000.00	5,638,000.00
Current Assets, Loans & Advances	3,718,371.52	6,712,519.77

<b>Total</b>	<b>38,798,583.68</b>	<b>30,676,138.93</b>
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### **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), our bankers SBI, Mukteshwar and Almora, Canara Bank, Almora, 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 (Col) C. S. Pant, Retd, Dr Asif Kamal, Dr Purnima Dhar, Dr Prachi Renjhen, Dr Satyendra Singh, Dr Tanupriya Ghosh, Dr H.C. Pant, Dr Prashant Natu, Dr Neeraj Dwivedi, Drs Anita and Deepak Rastogi, Dr Nalin Pandey, Dr Puran Lal, Dr Anil Patel, Dr S.C. Pant and his team, Dr Saurabh Kamat 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 continues to give rich dividends.

Special thanks to Pankaj Wadhwa too, for his continuing dedication in organizing medical camps and treks to villages in the Pindar region, which have brought insights and opened new challenges for work in the area.

Our thanks to the commitment of all members of AaroHi Schweiz, our sister support organization from Switzerland (Dr Sarah Marti, Dr Corina Wild, Philip Loskant, Rahel Marti, Panco Giorgiev, Bernadette and Reinhard Sigg, Dr Robert Graf, David Bresch, Silvia Muheim and Noemi Hopf) and Anita, Patrick, Nicole and Ralph in actively spreading awareness about the work of AaroHi, raising funds to the tune of INR 3.4 million; AaroHi Schweiz organized a highly successful fundraising

presentation of AaroHi at the Rietberg Museum in Zurich; thanks to Dr Johannes Beltz, Curator Indian Art, for hosting the presentation at the 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; Sunita, Rekha, Neetu and Geeta from Chirag for conducting life skills training for students and teachers at Satoli; Maya and Raghoo for conducting painting classes and the photo session on birds; Tara didi, Dr. Anju Khanna and Dara Lorenzen of Aurobindo Ashram for their committed enthusiasm on capacity building of teachers in rural schools of Kumaon; Doris Shivpuri and Asha Sharma of Spic Macay, Kumaon Chapter, for bringing a soulful Sarangi music and mesmerizing Oddisi dance lecture cum demonstrations to students of our region; Madhu Khati for giving opportunity to four more students from ABS for further education at Koormanchal. Our thanks to Lopa and Ruchika from Mumbai for their continuing association in guiding processes for organizational development.

Special thanks to Dr. Renu D. Arora and Sridhar from Bangalore for helping with holding the 2nd biking and running sport events for youth in our area through support raised by them from Ride A Cycle Foundation and friends; and to Arun D'Silva for being our charity rider once again in the Tour of the Nilgiris.

For the fundraising event at Delhi sincere thanks are due to Mr O.P. Jain and his dedicated team for hosting us at the Sanskriti Kendra, Delhi; Mrs. Jasjit Mansingh for her gracious presence and encouragement; Dr (Col) C.S. Pant for sponsoring lunch for around 300 people at the Delhi event; to Pradeep and Praveen Tripathi, Nishi and Praveen Tripathi for logistics and entertainment support for yet another time; Aurobindo Ashram, Delhi for hosting our team; Joseph of Udipiwala, Kathgodam and Dr. S.K. Basu, Delhi for sponsoring meals; Salim and Vinod from Salaam Balak Trust, for training the performers; Purnima and Pankaj for being active fundraisers; Alpana Bhartiya and Premila Nazareth Satyanand, specially, for bringing their inimitable energy to galvanize support, logistics and press and radio coverage, that made the event shows in three venues in Bangalore a resounding success; to Prof Trilochan Sastry, ex Dean, IIM Bangalore and his team, and the student committee of IIMB for graciously hosting a 35 strong team of our people at the IIM campus for six days; to Mr Ravi Prasad, Executive Chairman of Himalaya Health Care, who inaugurated the event at IIMB and has shown interest in developing a working

relationship with AaroHi; to Shri H.K.Kejriwal, Gangadhar and team for their immense support for the show at Chitrakala Parishath, Bangalore; Benson Isaac, Chandrika, Padma and students for their very warm hosting of our show at Azim Premji University; to Ajit Saldhana for invaluable help with media strategy, Santosh Kumar from getoffurass for helping with publicizing the event with Bangalore's adventure community, Ranjan Thangjam of 'Story this' for his pro bono design of the event e-mailer and poster. Thanks to the media, particularly Deccan Herald, Deccan Chronicle, Times of India, DNA, Radio Indigo, Time Out, Citizen Matters and Buzz-in-Town, for publicizing the event; to Ramji Raghavan and his team for inviting our students to the wondrous world of Science at Agastya International Foundation at Kuppam; Siddhartha Menon (Principal Rishi Valley School, Madanapalle), Tanuj Shah, and all teachers and staff at Rishi Valley School for hosting us in their beautiful campus and making the visit a memorable learning experience for all. We are also grateful to our friends and family who extended hospitality and help where required to make these events a success.

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

Angela, Mallory and David of the Canada World Youth Internship Program - Angela for developing a health awareness curriculum for children, David and Mallory for their pioneering work teaching English in remote villages of the higher Himalayas; Aniruddha Ghosal and Pratyusha Govindraj, Grassroutes fellows, for developing community health insurance product and creating learning goals in English at Bal Sansar; Pallavi, Aman, and Puneet, interns from TERI University, for their inputs relating to gender sensitization, reading and library management, increasing herb cultivation; Harshita for her demonstrative workshop for teachers on singing rhymes and story telling; Dhruv and Utsav for the exhilarating 'football clinic' involving girls too in learning the game; Yamini for her involvement with English teaching at the school; Tanuj Shah from Rishi Valley School for introducing exciting new games at Bal Sansar; Allana from Kuwait for spending time with children on craft and music; Thalia for her dedicated efforts in initiating the English learning program for teachers; Aravind Adeipalli from the U.S. for reviewing health awareness curriculum developed for children and taking first aid classes for health workers; Rebecca McMurray for streamlining processes for fundraising and professional inputs in organizing our annual fundraising events, and launching the first AaroHi Newsletter; Lucy Gill for the most inspiring art and craft work with children of all classes and teachers at Bal Sansar; Tanvi and Shayoni from TISS, Mumbai for their valuable work on defining job roles, English and art/craft classes and curriculum all packed within a month; Samar Bagchi for his simple and captivating

experiments for understanding Science; and AIF Fellow, Sara Tiffany from the US for her work relating to livelihoods, English learning for teachers, smokeless chulahs, fund raising and communication.

Our deepest thanks are due 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**

**Aarohi Bal Sansar**

**Some comments and suggestions after visiting the school to teach English**

**Dr. Karen Jaques and Lawrence Kenny, Aarohi, June 11th 2011**

We only had a short time at the school teaching English to pupils from the 6th, 7th and 8th grade and that our experience is essentially European based (Karen is qualified as a teacher in the UK). That said, as consultants we are used to making swift assessments of situations and have therefore been so bold as to make some comments.

We had nothing but admiration for what has been achieved with the school. The pupils clearly felt safe, valued as people and able to be relaxed and genuine in their behaviour. This let them come to class very alert and open-minded. We were also impressed with their flexibility and the scope of personal resources they had available. The school seems to have succeeded in creating a special environment for learning.

We sensed, however, that teaching English was an area of difficulty. Because the teachers own skills were underdeveloped there was an added feeling of pressure and not so much enjoyment around the topic. Clearly a primary school teacher has to cover many subjects and, importantly,

support the development of the children as they learn to interact within the community. As English has not been a primary focus in their own education, we felt the teachers were in a difficult position regarding being teachers of English themselves. They may need significant extra support to boost their confidence and thus realise the full potential of their pupils. Some of the hurdles facing them are:

- 1 **How the textbook supports learning:** The pupils need additional support in conversation and reading out loud to develop their confidence in English. Whilst the curriculum textbook needs to be followed, it uses over-complicated English and contains mistakes in grammar. It was clear the pupils had much more knowledge of the language than was appearing within the context of the lessons, but that simply following the textbook left them a little confused and uninspired. For example, they were able to find similes for words, change word order in sentences and improve their pronunciation with small additional support. We believe if these conversation and reading skills were developed their capacity to work with the curriculum textbook would also improve. It might also be helpful for someone to point out the mistakes in the textbook, as they might well be confusing the teachers too!
- 2 **Wide range of abilities:** The pupils within each class showed differing skill levels in comprehension and spoken English. This makes teaching more challenging and it felt as if some of the more gifted pupils were being held back and the inattentive ones left behind. Additionally, assessment of each pupil's individual skills within the class seemed fairly basic. This was exacerbated by the fact that most of the teaching was done on a collective basis involving the whole class, instead of breaking them into groups.
- 3 **Access to best practice teaching methods:** We cannot comment on whether teachers have developed lesson plans with learning goals and whether on-going assessment is in place. However, the tools that have been developed in teaching foreign languages in the past decades were not in evidence during our short time in the school (e.g. use of audio material, role plays etc.). We also saw little evidence of a disciplinary policy, which would help the teachers feel supported when faced with a disruptive child. In the UK these take the form of an escalating scale of interventions; starting with polite requests, followed by offering choices and ultimately using sanctions, which all the staff agree to and abide by. This gives the pupils a consistent response if they misbehave and can help them feel more secure.

### Some suggestions

- 1 Volunteers who are visiting for other projects (e.g. from Delhi) who are excellent English speakers, could spend an hour, on a one to one basis, reading or conversing with selected pupils, who need to build their confidence and fluency in the language.
  - 2 In the medium term, it should be possible to find a native English speaker or preferably a bi-lingual speaker willing to volunteer at Aarohi for a year and help to support the teachers. The longer-term challenge seems to be to make learning English a fun learning project for the teachers.
  - 3 There are sources of additional reading material, both books and comics in English, which could help develop reading fluency and comprehension for the older classes. Could the school use carefully chosen movies to help boost pupils' skills in understanding spoken English?
  - 4 Setting up a disciplinary policy, created and agreed by the teachers, may be helpful.
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### Canada World Youth Internship

Thalia Aubé



As part of my undergraduate degree in International Development and Globalization, I spent three months volunteering at Aarohi; between September to November 2011. The entire internship experience has been very interesting, rewarding and personally enriching. I had the amazing opportunity to volunteer in each of Aarohi's projects; livelihoods, education and health.

For livelihoods, I was involved in doing research on culinary herbs. Working with the livelihood project has exposed to me some of the possibilities of income generation and diversification for the rural population by promoting the cultivation of organic herbs and other plants. The livelihood sector follows a sustainable approach to development and it was a great experience to see the concept of sustainable development manifest itself during my internship.



Working with school children and English teachers at Aarohi Bal Sansar (ABS) has also been another fantastic experience. I have been involved in teaching English classes, organizing teacher-training for English and assisting the ABS staff to develop and evaluate the half-yearly examinations. It has been wonderful to see the teacher's enthusiasm to learn the language, which in future, will translate into providing high-quality English teaching at ABS.

Observing the operation of the hospital during Aarohi's medical camps has been a personally enriching experience. As I want to study in the field of nursing in the future, Dr. Sushil has been very accommodating by letting me observe the clinic and even watch the performance of a surgery! I have also been allowed by the staff to observe patient examinations including pre-natal check-ups. I am so grateful for these unique experiences that were offered to me during my internship.

Overall, I have had a wonderful experience volunteering at Aarohi. The staff has been very friendly and helpful to me during my entire experience. I wish all the best to Aarohi in its future endeavours.

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### **My Internship Experience at Aarohi**

**Angela Daniel**

Last summer, I participated in an international internship organized with my Canadian University.



For this internship, I was placed with Aarohi, working specifically in their community health project. My task for the duration of my program was to develop a children's health curriculum, teaching local school children about health, hygiene, and sanitation. In addition to this, I would be training BSPT animators on techniques to improve their teaching methodologies in health promotion. As I entered the Himalayan region for the first time, I was warmly welcomed and accepted as a local member of their organization. I was placed in the field office in Jhargaan, where I was introduced to the many

dedicated workers of the organization. To complete my curriculum, I visited various schools within our project perimeter to assess children's knowledge in health. With the help of the health team, I was able to produce a curriculum which was customized based on local customs, traditions and availability of resources. Along with this, I developed specified methodologies in teaching, learning goals, objectives, and lesson plans for each age group in schools. I was also given the opportunity to implement my curriculum by conducting a BSPT (children's groups) training workshop on the topic of First Aid. Though the curriculum was my main task as an intern, I was always recognized as an involved team member of the health group. With Dr. Sushil and the team, I participated in various meetings, workshops, and field visits where I was able to enhance my knowledge in rural development and community health work. With this, I was able to develop a true admiration for the work Aarohi has been doing in communities across the Himalayan region. I also built strong relationships with the villagers, local team members, and the whole Aarohi family. This internship provided me with a self realization of who I am and what I hope to achieve in the development field. I will never forget the experience I had at Aarohi and look forward to reuniting with the team one day.

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### **Clichés exist for a reason**

**Pratyusha Govindaraju**

Clichés exist for a reason. My one month at Aarohi has served to increase my dependence on them. Expect the unexpected. From living alone to exploring the forest I lived a life out of a Bond novel. Fortunately for me, Ruskin, not James.

The hills, the small pathways, the old oaks and the criminal pines were straight out of the books I had read growing up. The rains in the hills meant grabbing a seat by the window and hoping that a hot cup of tea came my way. Luckily for me, a good natured family were my neighbours and would insist on sending me chai each time they made some for themselves. Chai is such an obsession here that on my visit to Almora I drank 6 cups of tea by one in the afternoon. And after that I lost count.

My project at Aarohi involved reviewing the pedagogy in English and working with the teachers to set class-wise learning goals for all classes till class VIII. In addition to this I attended a four day story telling workshop with the teachers. During the workshop we lived at the Aurobindo Ashram

in Ramgarh. Waking up at 6 for shramdaan (contributing to the community), plucking plums directly from trees and watching the teachers act like kids during the puppet making session are memories that I'll carry close to my heart.

Another cliché. It is the people who make the place. I met a wide range of people during my one month here. Friends were made instantly and evenings of light conversation and good food followed. From sitting in my neighbour's kitchen to trekking up to cottages I found a hospitable lot of people ever ready to share their space and their thoughts.

I won't promise to come back but I certainly hope to. I can promise to remember though. Remember the place I stayed in, the people I have been with, the work I did and the time I spent by myself.

Now I can't resist not ending with a much used but nonetheless sincere cliché- Farewell, but not Goodbye!

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### **A fortnight of Art and Craft with Aaroahi Bal Sansar**

**Lucy Gill**, December 5th - 15th 2011

For the last part of my north Indian travel adventure, I was very lucky to be put in touch with Aaroahi. I spent a fortnight doing craft projects with all the classes in the school.

We made a couple of mobiles from sticks and string, and they proved to be a lovely way to display a class's work. Sea creatures emerged from a story tale on the seashore to be coloured and hung from a mobile in Class 5. Class 7 made some bright butterflies to hang from a mobile in the library. A collage was another good way to put together several children's work, and it was rewarding to see the children's reaction to their class project on completion. Class 4 made some tissue paper flowers, which they made into a flower garden for their classroom wall. Class 6



Lucy with ABS teachers

used tissue paper to create some sea monsters for an 'Under The Sea' collage. The younger children did some simple colouring projects - we made a host of windmills, a class of dancing puppets and on my last day we had twenty children disguised with leopard masks loose in the school!

One of the messiest projects was making brightly coloured hot air balloons! Class 8 wove some baskets, which they then hung from balloons made from papier maché. During my fortnight, Class 8 started to practice their song and dance for the forthcoming cultural event. I decided to help Class 8 make a big collage, which they could proudly take along to their event. The collage was made from collected dried leaves, pine needles, bark, dried grass, feathers and wool. Different children in the class took on different features of the local area to create - the sun, birds, mountains, trees, fields, houses, animals, the school, children and flowers.

I found the school a very warm and friendly place to be. It was lovely to see self-confidence in the children being encouraged by the caring staff. I would like to thank everyone at Aarohi for making my fortnight a very special part of my trip to India.

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### **Memoirs of a self-professed city girl in Satoli**

**Rebecca McMurray**



L. to R., Sara Tiffany, Dr. Renu Arora, Rebecca McMurray. Aarohi Volunteers

I arrived in Satoli in September, 2011, fresh from 5 years living in London where I had completed my degree and had begun working as a fundraiser for a large UK charity. To put it lightly, I was a real city girl and I'm sure everyone I know was wondering how I was going to find life in Satoli. Despite this, I was excited at the opportunity of living and working in rural India and relished the chance to share my experience and skills as a fundraiser with the team at Aarohi.

Whilst at Aarohi I completed an updated fundraising strategy, I contributed to the team that

masterminded the wonderful fundraising events in January 2012 and I conducted some research that fed into health interventions around maternal and child nutrition. It was great to be able to get involved in the life-changing work that Aarohi does in Uttarakhand.

Whilst the entirety of my time at Aarohi was memorable there are several moments that have stuck in my mind, and now I'm back in London I tend to go over them in my head as I long for the mountains! I will never forget the wonderful feeling of waking up in the morning and being able to enjoy a lovely cup of tea whilst gazing in awe of the Himalayas. I will also always remember the trip from Delhi to Bangalore with Aarohi staff and students from ABS to perform fundraising events, the singing and dancing on the train, and of course the shows the talented students performed. Also, looking for leopards with fellow volunteer Sara. Most of all I will remember the kindness of everyone in Satoli and at Aarohi. My time in the Himalayas has certainly helped me develop my professional skills however more strikingly, I left Satoli feeling very much a part of something wonderful...Aarohi.

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### **Internship at Aarohi ... an experience of a lifetime**

**Shayoni Mazumdar**

**Tanvi Shah**

Tata Institute of Social Sciences, 19th March - 19th April 2012

As a part of our college curriculum of our post graduate course in Human Resource Management and Labour Relations at the Tata Institute of Social Sciences, Mumbai, we were required to intern with an NGO for a month. We were free to decide the location and the area of work. After a lot of research, we narrowed in on Aarohi. Looking back at the time we spent there, we're happy that we made this choice and were given the opportunity of coming here.



Working at Aarohi has been an experience by itself. Right from day one, we received support and assistance in every form from each member of the Aarohi team.

I (Shayoni) worked with the Livelihood Promotion Planning (LPP) unit to create a structure of working for the unit; distinct roles were identified and job responsibilities were chalked out for each



role. The primary aim was to create accountability for every process in the manufacturing of the products. Key result areas were designed for the LPP unit based on the past year's sales data to provide an idea of targets for the coming year.

I (Tanvi) worked with AaroHi Bal Sansar, defining the learning objectives and methodology of the Art and Craft curriculum from LKG to Class VIII. A reporting structure was created for the Education unit and job descriptions were designed to bring further clarity in each of the roles. Further, teaching gaps were identified in the current system for the primary section and possible solutions were recommended to address the same.

We also took sessions of conversational English and Art and Craft with the students of AaroHi Bal Sansar in classes from LKG to Class VIII.

But the experience in this one month is not limited to the work that we did. The time we spent: be it with children at school, the tiny ones in all their innocence, looking for a smile or an encouraging word, ready to break in Kumaoni song and dance in a jiffy, the older ones eagerly waiting for their session of 'games'; or at the LPP Unit learning new ways of processing, innovation in packaging, understanding traditional systems and body of knowledge; or even at the office, the Monday morning meetings, hoping that one day our names would be up on the board as well; or the warmth we received at our host family's house; each day has been a different learning experience.

What makes AaroHi special is the kind of family-environment that it hosts, encouraging a unique bond between each of its members, irrespective of your age or background, which unit you're in or whether you're just an intern staying for a month. The peaceful environment, the beauty of the mountains, the greenery of the hills just magnifies the richness of the experience of working here.

What made our time with AaroHi most memorable are the people here at Satoli. They did their utmost to ensure that we had no sort of discomfort or trouble. Every member of the team, in their own way made place in our daily work and interactions. As we left, it seemed as though we had known them forever.

We thank AaroHi for giving us the opportunity of being a part of the team. We shall always cherish the time that we spent here.

**Re(views) of AaroHi**  
**By Astrid Christoffersen-Deb**

Thirteen years ago, a letter of request reached Satoli from Montréal. In it, a medical student, eager to explore her Indian heritage, and feel inspired by views of the Himalayas, wrote, requesting an opportunity to come work and learn from AaroHi. Amazingly, in that era preceding email/skype and mobile exchanges, the trip was arranged over a letter, and I arrived in June 1999 for two months.

Arriving in Satoli, I didn't know what to expect. Carsick and dusty from the hilly ride, I expected only to arrive and be greeted by views of the Himalayas. I was ready to be overwhelmed. Eyes wide open, and staring out onto the horizon, I was promptly told that I had come at the wrong time of year...that in monsoon season, the mountains reveal themselves only modestly and sparingly. I would have to return again outside of monsoon season...

...and so I did...this past December. Thirteen years later.



With Keshar Singh and grandson

In returning to Satoli, I finally had a chance to behold the view from the footsteps of the AaroHi offices. Looking below to children playing at AaroHi Bal Sansar, and the busy hum of folks working away in office, I was awestruck. Ascending, growing, rising, expanding, the view of AaroHi was certainly living up to its meaning. Yet, the views were not all together unrecognizable. First, were the many friendly faces from the Health Team with whom I had worked so many years ago. Then, came into focus the familiar scenes of folks huddled around steaming cups of chai and sharing lunch. However, over the period of my visit, what I delighted in seeing again against the landscape of AaroHi activities, was the growth that is sustained through community engagement and sharing generously a sense of 'sharedness'.

In my brief return, I had a chance to attend a community health worker training, participate in a Gynaecology consultation session, enjoy the heat from the 'masseovn' in the post-operative area and admire daily the dancing steps of the selected students for the fundraiser. To reach Aarohi, I had journeyed from my current home in Eldoret, in western Kenya, where I now work with AMPATH - the Academic Model Providing Access to Healthcare. Although stated so clearly in our name, we often struggle to figure out what it means to be an 'academic model', and whether it is even possible to replicate our 'model' of inter-university collaboration in care, education and research. My view of Aarohi, presents a different model. One thoroughly dedicated to care, but one that also distinguishes itself through a commitment to growth at the level of the person, household and community.

In many ways, much of what we aim to do in Kenya now through the development of primary care, is very much inspired by the way Aarohi has grown and continues to grow. We are learning with each day, the importance of working with communities, to nurture peer support and advocacy through health workers and village committees. We are understanding that 'it takes a village' for women to survive their pregnancies; but equally so, that 'it takes women' for villages to survive and thrive. Hence, the commitment to improving women's education, access to healthcare and position of power within their communities, which this report - as well as every previous one details - is one that is clearly visible in the growth that Aarohi nurtures.

However, beyond the numbers that testify to the impact of Aarohi's work in Kumaon, it is the generosity in love and peace that sustains Aarohi, that provides such a powerful model of collaboration and growth that I hope can be replicated and multiplied the world over. From walking together to work, to sitting together in meetings, feasting together at lunch, working to improve the very communities in which you reside, carrying each other down difficult paths, and blessing your schoolchildren with cheer and dream, every moment - it seems - is given the opportunity to be shared. It is precisely in sharing a sense of 'sharedness' among those working and living with Aarohi that no doubt draws folks from all over India and the rest of the world to participate and experience it. For in fact, such a view of people sharing so generously of themselves is rare.

Over the last thirteen years of my friendship with Aarohi, I have always delighted in how modestly the organization boasts its many accomplishments, and so sparingly praises itself. This time around, at every glance, the views were majestic, inspired and thoroughly inspiring.

And yes. The snow peaks were pretty nice as well.



## APPENDICES

### Founder Members

Late Pratap Bhैया, Advocate	Chairman till 30.11.2009
Late Ms. Oona Sharma	Secretary till 28.8.1996
Dr.Sushil Sharma	Chairman till 16.3.2012
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. (Col) Chandra Shekhar Pant, Retd	Chairman
Dr. Sushil Sharma, Anesthesiologist	Vice Chairman
Mr. Pradeep Kumar Gupta, Ex Banker	Secretary
Mr. Jagdish Singh Nayal, Lab Technician, Chatola	Treasurer
Mr. Peter Sydney Chowfin, Director, SOTEC, Bareilly	Member
Shri Bhawani Dutt Kharakwal, IPS (Retd.) Formerly DGP, Assam	Member
Dr. Jiwan Singh Mehta, Ex Silviculturist, Almora	Member
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Mr. Mohan Chandra Kandpal	Satoli	Mr. Ibadat Singh Dhillon	Delhi
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Mr. Praveen Sharma	Nainital	Dr. Puneet Singh	Delhi
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Mrs. Maya Sinha	Allahabad	Mr. Kaushik Chatterjee	Mumbai
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		Ms. Liz Roberts	U.K.
		Mr. Kenneth Robbie	U.K.

Ms. Jodie Giles	U.K
Ms. Lucy Lloyd Price	U.K
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Mrs. Yasmir Bisal	USA
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Dr. Sandeep Gupta	USA
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Mr. Romi Sahai	USA
Mr. Abhinav Saigal	USA
Dr. Seemin Qayum	USA
Mr. Sinclair Thomson	USA
Dr. Sanjeev Arora	USA
Dr. Madhu Arora	USA
Ms. Anita Arora	USA
Ms. Sarah Arora	USA
Ms. Siddhi Gupta	USA

Mr. Joshua Kearns	USA
Dr. Anjali Niyogi	USA
Mr. Patrick Staiger	USA
Dr. Vineeth Varanasi	USA
Dr. Subhashini Allu	USA
Ms. Medha	USA
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Mr. Vikram Suresh Nerurkar	Mumbai
Ms. Surbhi Bhalla	New Delhi
Dr Astrid Christoffersen-Deb	Canada

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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
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Village Health and Sanitation Committee	Sirmoli
Van Panchayat	Gargari Malli

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Ganga Singh	Bana	Hema Devi	Khansyu
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Devki Devi	Chamoli	Pushpa Devi	Khansyu
Jagdish Singh Nayal	Chhatola	Bhagwati Devi	Khansyu
Pramod Singh Bisht	Chhatola	Sraswati Devi	Khansyu
Deepak Nayal	Chhatola	Manju Devi	Khansyu
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Rama Devi	Chhatola	Nardi Arya	Kherda
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Bhuwan Chandra Sunori	Diyairi	Mohini Bisht	Meora
Harish Arya	Diyairi	Hemanti Devi	Meora
Govind Singh Bisht	Danya	Bhagwati Devi	Meora
Rewati Devi	Galni	Kamla Devi	Meora
Kamla Devi	Galni	Meera Devi	Meora
Kishni Devi	Galni	Pushpa Devi	Meora
Pan Singh	Galni	Kamla Devi	Meora
Janki Devi	Galni	Heera Devi	Meora
Geeta Devi	Gargari Malli	N. R. Arya	Meora
Khima Devi	Gargari Malli	Parwati Devi	Meora
Pushpa Mehta	Gargari Malli	Lakshman Singh Bisht	Mona
Champa Thuwal	Hairakhan	Harish Chandra Singh Negi	Nigrar
Munni Suyal	Haldwani	Sunder Singh Negi	Nigrar
Aaisha	Haldwani	Poonam	Nigrar
Devki Bhatt	Jhargaon Malla	Diwan Singh Bisht	Nainital
Bhawana Bhatt	Jhargaon Malla	Pradeep Panda	Odisha
Geeta Ghaghalia	Kala Agar	Kishan Singh Bora	Okhallkanda
Tulsi Arya	Kala Agar	Mamta Devi	Okhallkanda
Shobha Mewari	Kala Agar	Hema Devi	Okhallkanda
Sunita	Kala Agar	Basant	Okhallkanda
Pushpa Devi	Kala Agar	Priyanka Bisht	Peora
Rajendra Prasad	Khansyu	Jaya Bisht	Peora
Dayakishan	Khansyu	Bhupendra Bisht	Peora

Vikram Bisht	Peora	Poonam Chauhan	Satkhol
Kamla Devi	Peora	Basant Thapa	Satkhol
Pushpa Devi	Peora	Dhana Devi	Satkhol
Geeta Devi	Peora	Godhan Singh Bisht	Satkhol
Khim Singh Bisht	Peora	Tikam Singh Bisht	Satkhol
Reba Ram	Peora	Bhagwati Bisht	Satkhol
Kamla Negi	Phathari	Sushila Bisht	Satkhol
Savitri	Querala	Pushpa Devi	Satoli
Pradeep Gupta	Satkhol	Mohan Chandra Kabdwal	Satoli
Prakash Pandey	Satkhol	Hema Kabdwal	Satoli
Sanjay Bisht	Satkhol	Govind Singh Negi	Satoli
Yashpal Arya	Satkhol	Tara Dutt Kabdwal	Satoli
Puran Nayal	Satkhol	Chandra Negi	Suralgaon
Harish Arya	Satkhol	Deepa Devi	Sangila
Neema Devi	Satkhol	Neema Devi	Saal
Janki Tamta	Satkhol	Devendra Sharma	Simayil
Janki Thapa	Satkhol	Suresh Kapil	Simayil
Anita Bisht	Satkhol	Parwati Pargai	Tanda
Jeewan Singh Bisht	Satkhol	Chandra Bisht	Tanda
Mamta Bisht	Satkhol		



### 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, Livelihood
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
Lushal	61	Health, Education
Matiali	42	Health, Education
Sirmoli	24	Health, Education
Sonarkhola	22	Health, Education
Paiyyakholi	17	Health, Education, Livelihood
Karaya	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
Mona 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	Yoganand & Maya Sinha	Allahabad	50,000	Education
	Asima Bhargava	Allahabad	5,000	Education
	Harsh Kakkar	Almora	3,000	Education
	Sanjeev Aggarwal	Auroville	10,000	Education
	Sheena Arora & Simon Gray	Australia	30,000	Education
	Ravi Kul Bansal	Banda	2,100	Education
	Dr. Shalini Venugopal Menon	Bangalore	50,000	Education
	H. K. Kejriwal	Bangalore	20,000	Education
	Manish Jain	Bangalore	20,000	Education
	Ravindra Singh Bangari	Bangalore	20,000	Education
	Namita Gupta & Gaurav Lochan	Bangalore	15,000	Education
	Amit Jajodia	Bangalore	11,000	Education
	Ikian Furnitures Pvt. Ltd	Bangalore	11,000	Education
	Mysore Exports Pvt. Ltd	Bangalore	10,000	Education
	Ambasador (Retd.) Akbar Khaleeli	Bangalore	10,000	Education
	Vikram Singh	Bangalore	5,000	Education
	Rupa Govind Kamat	Bangalore	5,000	Education
	Mohini Gupta	Bangalore	5,000	Education
	Uday & Priya Mehra	Bangalore	5,000	Education
	Brigadier G. J. Gonsalves	Bangalore	5,000	Education
	Mitali Tandon	Bangalore	5,000	Education
	Dr. Krishna Saha	Bangalore	5,000	Education
	Vidyadhar Kusur	Bangalore	2,500	Education
	Sheela Sawhney	Bangalore	2,000	Education
	Sharachchandra Lele	Bangalore	2,000	Education
	Meenakshi D' Souza	Bangalore	2,000	Education
	Rajluxmi V. Murthy	Bangalore	2,000	Education
	Reena Chengappa	Bangalore	2,000	Education
	A. B. D'Souza	Bangalore	1,000	Education
	Sylvan Rego	Bangalore	1,000	Education
	Girish Patil	Bangalore	1,000	Education
	Champalal	Bangalore	1,000	Education
	Arushi Poddar	Bangalore	1,000	Education
	John Nazareth	Bangalore	1,000	Education
	Peeyush Jain	Bangalore	1,000	Education
	Bharath K. S.	Bangalore	1,000	Education
	Indira Chowdhury	Bangalore	1,000	Education
	Pushpa Thantry	Bangalore	1,000	Education
	Clara Pintio	Bangalore	1,000	Education

Contributions for the Year	P. S. Chowfin	Bareilly	2,000	Education
	Shreekant W.Date	Canada	50,000	Education
	Premila Nazareth Satyanand	Delhi	25,000	Education
	Martin Graham	Delhi	25,000	Education
	RKBK Fiscal Services P.Ltd.	Delhi	25,000	Education
	Dr. Purnima Dhar	Delhi	25,000	Education
	Radha Modi	Delhi	21,000	Education
	Dr. Anjila Aneja	Delhi	11,000	Education
	Dr. Geeta Pant	Delhi	10,000	Education
	Rajini Dasgupta	Delhi	10,000	Education
	Dr. Kusum Gupta	Delhi	10,000	Education
	Suman Dubey	Delhi	10,000	Education
	Smriti Kundra	Delhi	10,000	Education
	Dr. M. Kharbanda	Delhi	10,000	Education
	Punag Bhuyan & Iti Seth	Delhi	10,000	Education
	Associated Buying Services Pvt. Ltd	Delhi	10,000	Education
	Team Work Films Pvt Ltd	Delhi	10,000	Education
	Brinda Singh	Delhi	10,000	Education
	Ava Gopal Khullar	Delhi	10,000	Education
	Viadesh Holidays Pvt. Ltd.	Delhi	6,400	Education
	Kanika Satyanand	Delhi	5,000	Education
	Bhakti Parekh	Delhi	5,000	Education
	Dr.(Mrs) Neelam Vasudeva	Delhi	5,000	Education
	Sanjay Pant	Delhi	5,000	Education
	Cmint Design Pvt. Ltd.	Delhi	5,000	Education
	Sanjay Joshi	Delhi	5,000	Education
	A.D. Pathak	Delhi	5,000	Education
	Afsha Talwar	Delhi	5,000	Education
	Manju Lata	Delhi	5,000	Education
	Dr. V. Bhatnagar	Delhi	5,000	Education
	Ashish Gupta	Delhi	5,000	Education
	N. K. Sharma	Delhi	5,000	Education
	Bharminder Kaur	Delhi	5,000	Education
	Padmini Nambiar	Delhi	5,000	Education
	Renu Malhotra	Delhi	5,000	Education
	Sushila Gupta	Delhi	3,100	Education
	Accelerate Ideas	Delhi	3,100	Education
	Mansi Bajoria	Delhi	3,100	Education
	Rohit Krishan Gulati	Delhi	2,500	Education

# Contributions for the Year

Arun Swarup	Delhi	2,000	Education
V.B. Eswaran	Delhi	2,000	Education
Subir Kumar Lahiri	Delhi	2,000	Education
Huma A Berry	Delhi	2,000	Education
Keshav Anand Dhar	Delhi	2,000	Education
Kartik A Dhar	Delhi	2,000	Education
Prabuddha Sircar	Delhi	2,000	Education
Subha Sen	Delhi	2,000	Education
Randeep Miglani	Delhi	2,000	Education
Indu Gupta	Delhi	2,000	Education
Nancy Tiwari	Delhi	2,000	Education
Surbhi Bhalla	Delhi	1,500	Education
Mithun Rebello	Delhi	1,500	Education
Dr. Anju Khanna	Delhi	1,000	Education
Sunita Bhalla	Delhi	1,000	Education
Dr. Kiran Seth	Delhi	1,000	Education
Dr. Divya Chhabra	Delhi	1,000	Education
Harjit Haer	Delhi	1,000	Education
Rakesh Gupta	Delhi	1,000	Education
Debjani Dutta	Delhi	1,000	Education
Manjula Jhunjunwala	Faizabad	10,000	Education
Deep Kalra	Gurgaon	25,000	Education
Pushpa Paul	Gurgaon	15,000	Education
Bondal & Nirmala Jaishankar	Gurgaon	10,000	Education
Achla Sawhney	Gurgaon	10,000	Education
Gaurav Sadana	Gurgaon	10,000	Education
Raju Verma	Gurgaon	10,000	Education
Arjun Khanna	Gurgaon	10,000	Education
Iram Sultan	Gurgaon	10,000	Education
Mario Schmidt	Gurgaon	5,000	Education
Rubita & Pradeep Gidwani	Gurgaon	5,000	Education
Gp. Capt. Satish Joshi (Retd.)	Gurgaon	5,000	Education
Sarita Gupta (E & Y)	Gurgaon	3,750	Education
Nebha Maheshwari (E & Y)	Gurgaon	2,500	Education
Pinki Pathak (E & Y)	Gurgaon	2,500	Education
Nikhil Alva	Gurgaon	2,000	Education
Shubha P. Bahl	Gurgaon	2,000	Education
Subodh Chandra Pande	Gurgaon	2,000	Education
Ankita Kakkar (E & Y)	Gurgaon	1,250	Education

# Contributions for the Year

Megha Kapoor (E & Y)	Gurgaon	1,250	Education
Vini Rattanpal (E & Y)	Gurgaon	1,250	Education
Rakshit Mehta (E & Y)	Gurgaon	1,250	Education
Garima Garg (E & Y)	Gurgaon	1,250	Education
Anubhav Modi (E & Y)	Gurgaon	1,250	Education
Shashi Nath	Gurgaon	1,000	Education
Raghav Mehta	Gurgaon	1,000	Education
B.D.Kharkwal & Mrs. Nirmala Kharkwal	Haldwani	10,000	Education
Gopal Negi	Kaphura	6,710	Education
Himjoli Products P. Ltd.,	Kathgodam	5,000	Education
Dip Prakash Pandey	Kathmandu	1,000	Education
Orient Blackswan Pvt. Ltd.	Lucknow	8,364	Education
K. R. Rastogi	Lucknow	2,000	Education
Justice B. C. Saksena (Retd)	Lucknow	1,000	Education
Vikash Goel	Mumbai	5,000	Education
Surabhi Bikhchandani	Noida	25,000	Education
Sujata Gupta	Noida	11,000	Education
Sumita Singh	Noida	11,000	Education
Rajesh Tope	Noida	10,000	Education
Dr. V. Murlidhar	Noida	10,000	Education
Dr. Mrs. Ramesh Sarin	Noida	5,000	Education
Kenneth D'Souza	Noida	5,000	Education
Jayesh Desai	Noida	5,000	Education
Sangita & Puneet Gupta	Noida	2,000	Education
Shobhana & Pradeep U Rao	Noida	1,001	Education
Chandrakala Bisht	Nainital	6,000	Education
Meena Harisinghani	Pune	20,000	Education
Brig. Vivek Saptnekar, VSM (Retd)	Pune	20,000	Education
Shanta Devi Sharma	Pune	10,000	Education
Nirmala Kapadia	Pune	5,000	Education
Sanjana Mule	Pune	1,000	Education
Pradeep & Shubha Gupta	Satkhoh	10,000	Education
Aarohi Staff	Satoli	20,000	Education
Dr. Sushil & Seema Sharma	Satoli	5,000	Education
Urs Ingold	Switzerland	39,750	Education
Nicole Thut	Switzerland	10,300	Education
Richard Dickerson	U.K.	4,198	Education
Judith Furman	U.K.	2,099	Education
Amanda McMurray	U.K.	2,099	Education

Contributions for the Year	Ho-On To	U.K.	1,259	Education
	Lorraine Worsley	U.K.	1,050	Education
	Sarah Richardson	U.K.	1,050	Education
	Sudhir Kumar	U.S.A.	2,500	Education
	Others ( below 1000)		14,255	Education
	<b>Sub Total</b>		<b>1,193,685</b>	
	Dr. Deepa Joshi	Bangalore	8,000	Bal Sansar Sponsorship
	Rajesh & Smita Srivastava	Delhi	16,000	Bal Sansar Sponsorship
	Arun & Geeta Sethi	Delhi	8,000	Bal Sansar Sponsorship
	Vishal & Vivian Khurana	Delhi	8,000	Bal Sansar Sponsorship
	Souvik & Indira Roy Chowdhury	Kolkata	8,000	Bal Sansar Sponsorship
	Pramod & Ruchi Jain	Noida	8,000	Bal Sansar Sponsorship
	Dr. Samar Kumar Basu	Delhi	6,000	Bal Sansar Sponsorship
	Dr. Vanmala Basu	Delhi	6,000	Bal Sansar Sponsorship
	Ashish & Deepa Arora	Satoli	7,950	Bal Sansar Sponsorship
	K. D. Krishnanand	USA	4,080	Bal Sansar Sponsorship
	Dr. Subhashini & Dr Vineeth Varanasi	Vishakhapatnam	10,000	Bal Sansar Sponsorship
	<b>Sub Total</b>		<b>90,030</b>	
	Dr. Shubham Pant	Delhi	50,000	Almora Scholarship
	Vineet Chhatwal	Delhi	50,000	Almora Scholarship
	Om Wadhwa	Delhi	25,000	Almora Scholarship
	Dr. S. Jayalakshmi	Delhi	1,000	Almora Scholarship
	Maneesh Nene	Pune	7,000	Almora Scholarship
	Pratima & Narsinha Lele	U.S.A.	4,665	Almora Scholarship
	<b>Sub Total</b>		<b>137,665</b>	
	Saral S. Tandon	Delhi	<b>1,000,000</b>	Shri Shrawan Tandon Almora Scholarship Corpus Fund
	Dr. Geeta Pant	Delhi	30,000	Education Corpus Fund
	Rajesh & Smita Srivastava	Delhi	4,000	Ilya Scholarship
	Vishal & Vivian Khurana	New Delhi	4,000	Ilya Scholarship
	Pramod & Ruchi Jain	Noida	2,000	Ilya Scholarship
	Souvik & Indira Roy Chowdhury	Kolkata	2,000	Ilya Scholarship
	Arun & Geeta Sethi	Delhi	2,000	Ilya Scholarship
	<b>Sub Total</b>		<b>14,000</b>	
	Premila Nazareth Satyanand	Delhi	50,000	Seema Nazareth Girls' Graduate Scholarship
	<b>Sub Total</b>		<b>50,000</b>	

Contributions for the Year	Ranga Swamy Ramaswamy	Bangalore	30,000	Aarohi Youth Wing
	Ramakrishnan K	Bangalore	20,000	Aarohi Youth Wing
	Charulata Akshay Renavikar	Bangalore	10,000	Aarohi Youth Wing
	Ravi Ranjan Kumar	Bangalore	10,000	Aarohi Youth Wing
	Lester Herbert	Bangalore	10,000	Aarohi Youth Wing
	Veena Padmanabhan	Bangalore	10,000	Aarohi Youth Wing
	Deepak	Bangalore	5,000	Aarohi Youth Wing
	Dr. J. M. Shahani	Bangalore	5,000	Aarohi Youth Wing
	Dr. Renu D. Arora	Bangalore	5,000	Aarohi Youth Wing
	Kala & V Chandra Mouli	Chennai	5,000	Aarohi Youth Wing
	M. P. Paul	Chennai	5,000	Aarohi Youth Wing
	Lionel & Sunipa Herbert	Mysore	20,000	Aarohi Youth Wing
	<b>Sub Total</b>		<b>135,000</b>	
	Rajiv Khaitan	Bangalore	16,000	Health
	Mark Anderson	Bangalore	10,001	Health
	Arun Marc D'Silva	Bangalore	10,000	Health
	Teresa Mathai	Bangalore	5,000	Health
	Ashim D' Silva	Bangalore	5,000	Health
	Marisa D' Silva	Bangalore	5,000	Health
	Arun Thakur	Bangalore	5,000	Health
	Capt. G. N. Khanna	Bareilly	1,000	Health
	Jagdish Singh Nayal	Chhatola	24,640	Health
	Sunder Lal	Chhatola	6,100	Health
	Shree Jan Jeevan Kalyan Sansthan	Dehradun	2,000	Health
	Dr. Puneet Kumar Singh	Delhi	141,425	Health
	Kusum Haidar	Delhi	10,000	Health
	Tarun Thapar	Delhi	10,000	Health
	Sandeep Sharma	Delhi	7,100	Health
	Anju Yadav	Delhi	2,500	Health
	Latika Tandon	Delhi	2,500	Health
	Arun Kumar	Delhi	2,100	Health
	Dr. Meera Luthra	Delhi	2,000	Health
	Nalini Khullar	Delhi	2,000	Health
	Neeta Puri	Delhi	2,000	Health
	Afsha & Sanam Talwar	Delhi	1,500	Health
	Sunit and Babita Agarwal	Delhi	1,100	Health
	K. N. Monga	Delhi	1,100	Health
	Dr. Kiran Rawat Singh	Delhi	1,000	Health

Contributions for the Year	Vijay Kumar	Delhi	1,000	Health
	Neha Gupta	Delhi	1,000	Health
	Neha	Faridabad	1,500	Health
	Azad Singh	Faridabad	1,100	Health
	Barun Kumar	Faridabad	1,100	Health
	Rajesh Kumar	Faridabad	1,100	Health
	Bondal & Nirmala Jaishankar	Gurgaon	15,000	Health
	Humra Quraishi	Gurgaon	1,000	Health
	Ramesh Kacholia	Mumbai	51,000	Health
	M/s Retail Interface Pvt. Ltd	Mumbai	5,000	Health
	Sushila Bisht	Nainital	7,420	Health
	Raj Kapoor	Noida	2,000	Health
	Vinita Pandey	Noida	2,000	Health
	Vinita Bewoor	Pune	25,000	Health
	D. Narang	Pune	10,000	Health
	Prakash Pandey	Satkhoh	26,620	Health
	Meenakshi Arya	Satkhoh	4,800	Health
	Vinit Joshi	U.K.	500,111	B.C. Joshi, Health Corpus Fund
	Other Donors ( below 1000)		900	Health
	<b>Sub Total</b>		<b>933,717</b>	
	Mohan Chandra Kandpal	Almora	1,100	Haat 2011
	Vikram Maira	Sitla	1,100	Haat 2011
	Other Donors ( below 1000)		15,367	Haat 2011
	<b>Sub Total</b>		<b>17,567</b>	
	Mrs. Premila Nazareth Satyanand	New Delhi	<b>12,000</b>	Harish Welfare Fund
	Dr. Surjit Mansingh	USA	<b>100,000</b>	Lt. Gen. Gurbir Mansingh Van Panchayat Award
	<b>Grand Total</b>		<b>3,713,664</b>	
	Jasjit Mansingh	New Delhi	Books	
	Puma	Bangalore	Sportswear, Shoes, Bags & Footballs	



### **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.

*"We make a living by what we get. We make a life by what we give."*

*Winston Churchill*





## 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
Luxury Soap	70 g	75	OREGANO 15 g	105
Apricot Cream	50 g	150	MIXED HERBS 15 g	125
Apricot Kernels	1000 g	450	GIFT SET OF 5 HERBS	475
Gift Pack		275	GIFT SET OF 3 HERBS	315
			PEPPERMINT TEA (10 bags)	105
			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

### at a glance

	2009	2010	2011
Life members	147	162	166
Institutional members	15	16	16
Ordinary members	116	117	109
Villages covered	57	57	57
Households covered	6,341	6,341	6,341
Population benefited	35,000	35,000	35,000
Individual contributions (INR millions)	1.54	1.84	3.71

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.

Front Cover : Girl from Khaljuni

Photo credit :Magali Couffon De Trevros

Back Cover : Molten gold as the sun rises on Maiktoli, 6803m

Photo credit : Jyoti Patil

Back Cover inside : Prize distribution at ABS

Consul Printers, Nainital

All contributions to Aarohi are exempt from Income Tax under Section 80 G of the IT Act. Contributions can be made in the name of Aarohi by way of demand draft or cheque, or through direct bank transfer (NEFT/RTGS). Transfers using SWIFT can be made for out of country contributions. Please mail us for details.