



REVIEW
2012-13



Aarohi



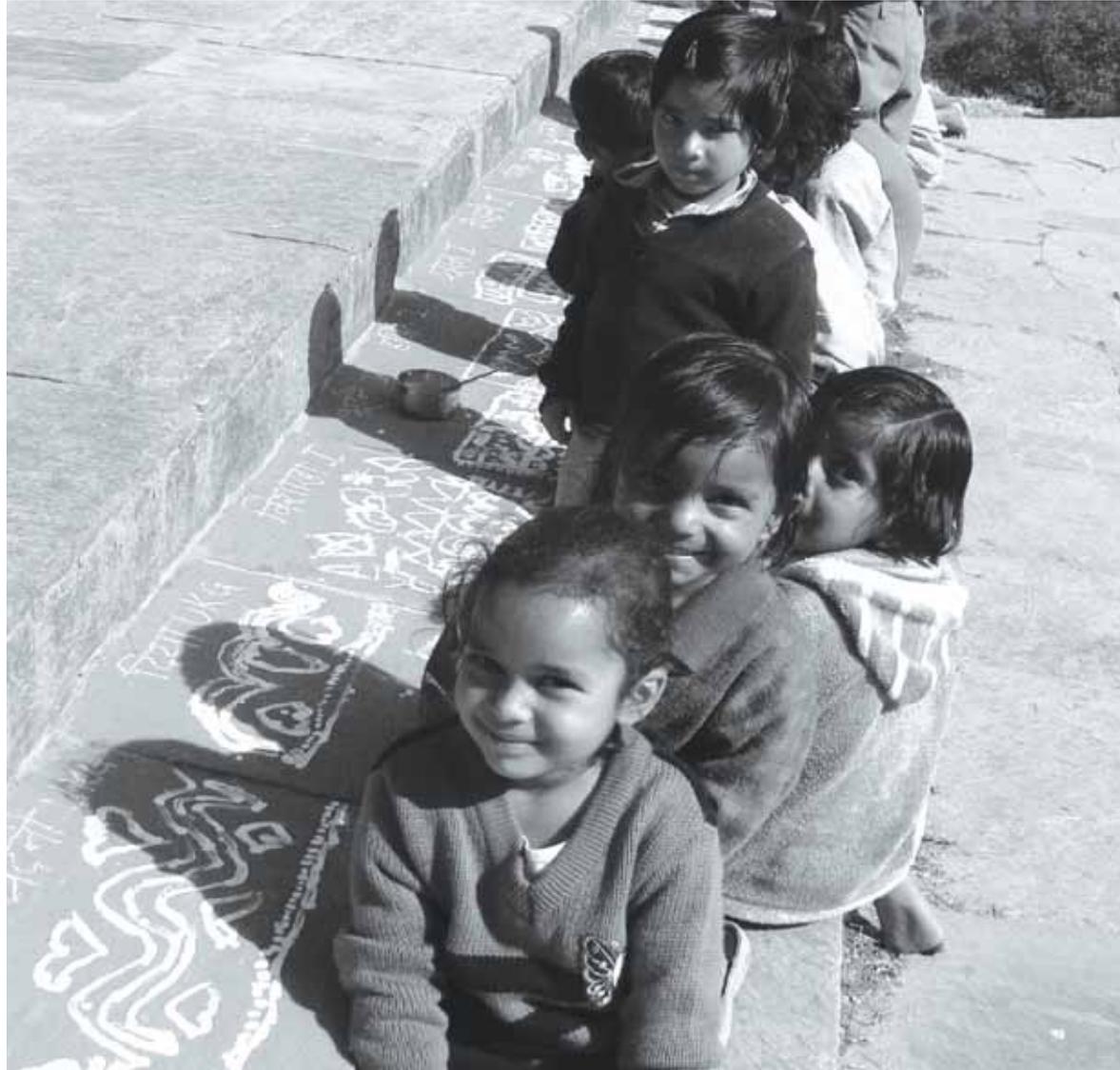
योगस्थः कुरु कर्माणि संगं त्यक्त्वा धनंजय ।
सिद्धयसिद्धयोः समो भूत्वा समत्वं योग उच्यते ॥

Perform Action, O Arjuna, being steadfast in Yoga, abandoning attachment
and being steadfast in success and failure. Harmony is Yoga.

Bhagavadgita (Verse 48,Chapter 2)

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Overview

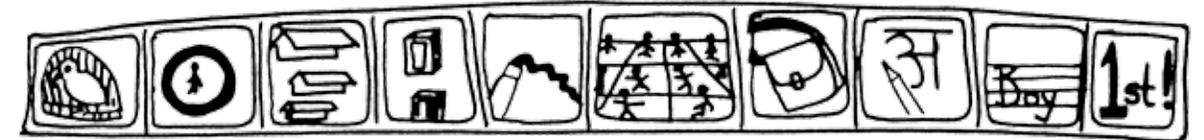
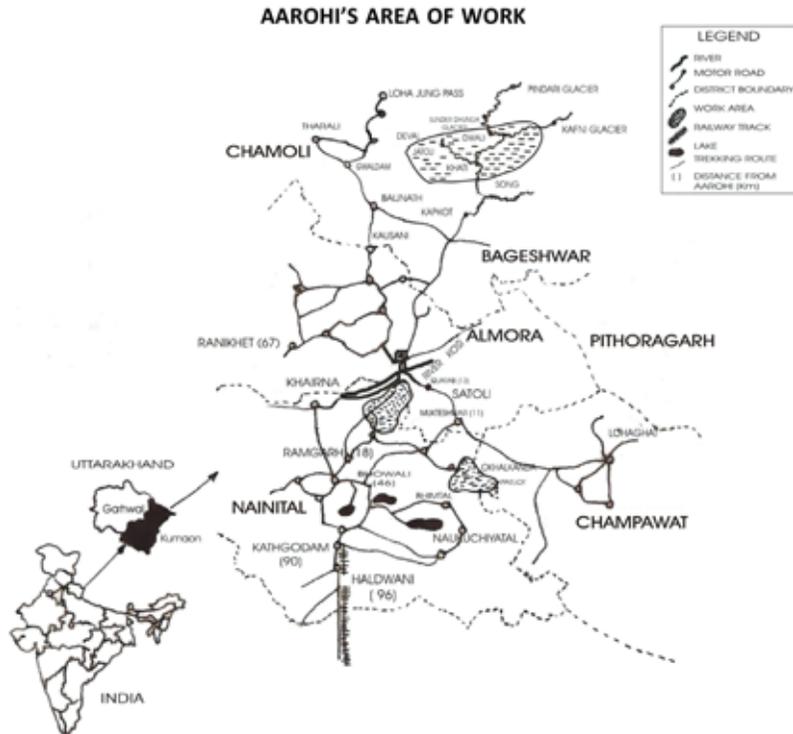
While we found it exciting to live in the mountains, the local populace of subsistence farmers lacked health facilities, meaningful education for their children, and had few livelihood options. Moreover, they depended heavily on dwindling forest reserves and their lives were wrapped in detrimental social taboos and practices.

This led us to formalize Aarohi's organizational structure in 1992, with a vision to create a more equitable society. The name 'Aarohi' derives from classical Hindustani music, signifying ascendance or growth...the growth of thought, creativity and harmony.

Oona, the founding spirit, left us barely four years after the birth of Aarohi. The foundations of this fledgling organization were shaken, but we survived and have continued our 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 is headquartered 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. Today, we are a team of 85 full-time staff, and are supported by 297 members from all over the world. We actively operate in 58 villages, working with approximately 36,800 people. Once-sleepy Satoli is today a buzzing node of grassroots action that has, in some way or other, touched the lives of over 50,000 people in some 100 mountain villages.



Executive Summary

This year marked the momentous end of two-decades of journey in rural development for Aarohi. A new and vibrant energy is with us - new people, new ideas and new beginnings.

Aarohi Bal Sansar (ABS), a Government-recognized middle school has student strength of 168, and a much healthier student-teacher ratio of 11:1 as compared with its state counterparts of nearly 25:1. Curriculum and pedagogy development continue to be our priorities and the past year saw particular stress on teaching English, Mathematics and Science.

We have drawn substantially on a variety of inputs, including specialized subject mentors, volunteers and trainings but continue to struggle with enhancing student performance and finding and retaining quality teachers. Co-curricular activities for children from ABS and government schools continue with great gusto, including art and craft, dance and music, theatre, cooking, value education and personal hygiene. Life skills training for senior students will help them cope with adolescence and develop critical thinking.

The scholarship programs at ABS have become the backbone of financial support to students and their families. This year alone a variety of scholarships supported the education of 82% of ABS children. Bal Sansar scholarships enabled 50 ABS students study for free; the Ilya scholarship promoted academic and co-curricular talent for 16 ABS students, and the Almora scholarships assisted 17 ABS students to study in Almora's best schools.

The Room to Read scholarships supported 46 economically underprivileged girls from government schools and ABS to complete Class 12. This program has run successfully for eight years. Seema Nazareth scholarships enabled 5 girls to pursue university and professional education, in both cases increasing their chances of joining the national mainstream.

Our **Youth Wing** held its third annual cycling and running event, attended by 80 enthusiasts. This introduction of competitive sport is aimed at physical and mental well-being for youth of the region.

Our **Community Health** program is building self-sustaining village-based primary health care management systems in rural Uttarakhand, which encourage good health practices and reduce maternal and child mortality. Thanks to Sir Dorabji Tata Trust (SDTT)'s 3-year project (second phase of the Arogya Project), we are now active in 30 villages, mostly in Nainital District's remote Okhalkanda block, serving a population of 12,500. In just three years, the program has achieved 100% primary immunization, 99% antenatal care and a 10%-to-42% rise in institutional deliveries. Resultantly, there has been no maternal death in these villages in the past year and a half, and malnourishment in under-3 year olds has dropped from 38% to 18% since 2011. However, infant mortality is still high (12 out of 207 live births), and needs stricter vigilance and awareness building. We have partnered with Dimagi Incorporated, USA, and introduced mobile phone technology to ten village based health workers to simplify data collection and analysis.

Our state-of-the-art hospital at Satoli continues to provide outpatient, inpatient,

diagnostic, emergency, surgical care and health outreach. This year, we treated 3,877 people from 50 villages.

Our **Livelihood Promotion Program** (LPP) provided supplementary income and employment to over 1,300 farmers from Uttarakhand and Himachal Pradesh. This year, it sold INR 4 million apricot and peach-based body care products and culinary herbs, earning INR 2 million for farmers and Aarohi LPP employees. Aarohi's association with Himjoli, a social venture marketing company, considerably boosted both sales and reach of our products. Aarohi's annual 5-day Grameen Himalayan Haat drew 23,000 people from 50 surrounding villages, resulting in local sales of INR 371,000. 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** extols Van Panchayats or local forest committees that manage their forests in a scientific manner, and underlines our commitment to deepening the rural dialogue

on natural resource management. This year, we extended the award to villages serviced by our neighbouring not-for-profit organization, CHIRAG. Two villages will receive cash prizes amounting to a total INR 15,000/- for best community practices and maintenance of forests.

This year, we raised INR 20.88 million from supporters all over the world, and utilized INR 17.18 million. Our Swiss partner, Aarohi Schweiz, alone raised a sum of INR 3.8 million (18% of our annual income) through a presentation at Zurich's Rietberg Museum and through proposals to communities.

Our student show-cum-fundraising events in Delhi raised INR 0.66 million through generous support of well-wishers. The event enthralled a gathering of some 300 people. For the children of rural Kumaon, as always, it was a fairy-tale experience of intense preparations, performances on stage and sight-seeing in Delhi.

Looking ahead: The coming year will see the beginning of a host of new projects. With the second phase of the Arogya health project completed, phase three will now expand to service all 105 villages in Okhalkanda Block, covering a population of 42,000. This

is the first time these remote villages will see such an extensive community health project. In tandem, we will further extend our operational area in the Dhaulchina Block of Almora District. Here we plan to start mobile health clinics in the village of Supai and adjoining villages. We shall also be starting a scholarship program for young girls in Supai, creating higher education opportunities. A corpus grant from the H.K. Trivedi Memorial Fund will support all Aarohi initiatives in Supai.

We will continue our research with smokeless and energy efficient wood stoves for cooking and heating and spread this technology in our new project areas.

A new partnership for long-term support for clinical services based out of Satoli along with a school health program is on the anvil with the prestigious Himalaya Drug Company, Bangalore, by which we will expand our clinical services and community health initiatives, especially amongst women and children. These are exciting new developments, whose results we will begin to see next year.

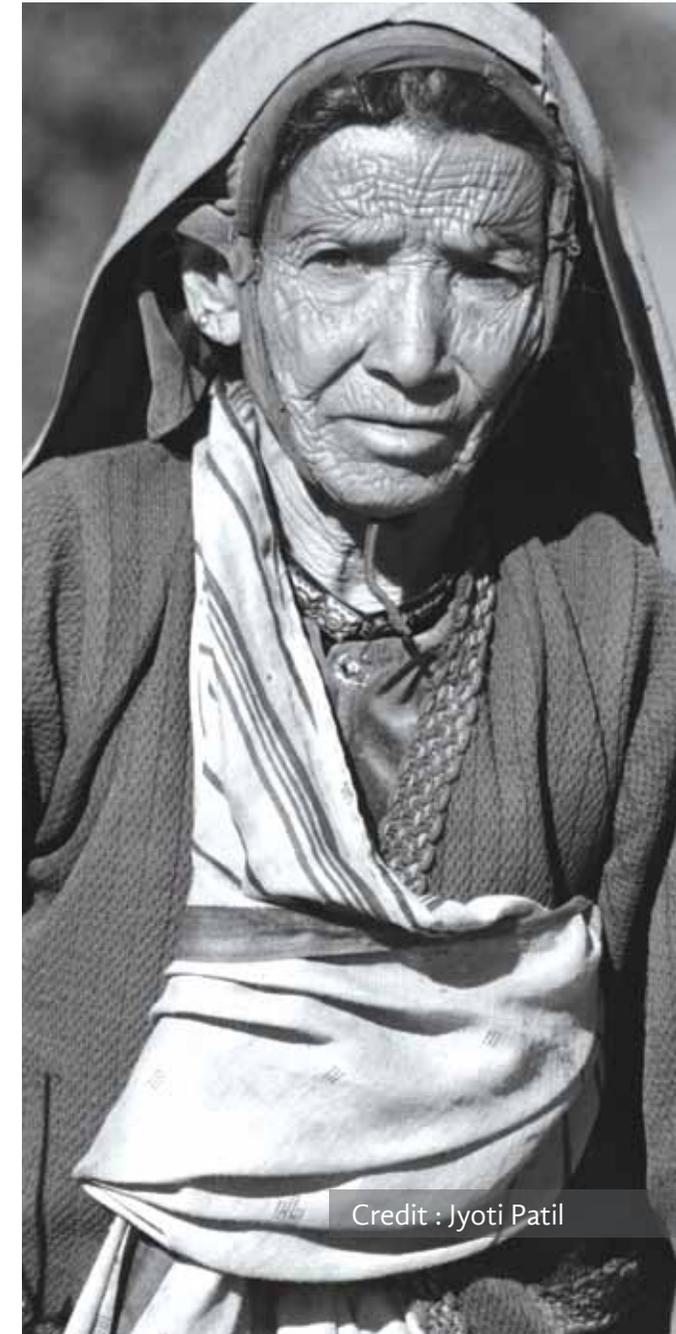
Our livelihood promotion team has developed a fabulous new range of Himalayan spice mixes, which is to be launched in the year ahead. Also planned is development of new

products and new marketing tie-ins.

This November will witness the launch of our UK chapter with an Aarohi Awareness evening in London, to initiate a long-term collaborative network in the UK.

While we spread our wings abroad, some of our well-wishers at home are already working hard to build support for Aarohi amongst Delhi's cycling community. Through various cycling trails, we aim to sensitize the people of Delhi to mountain life.

With so much to look forward to, all of us at Aarohi are filled with a renewed sense of purpose, energy and motivation and, with good wishes of our families, friends and associates, we are ready for yet another year of this thrilling journey.



Credit : Jyoti Patil

activities at a glance

Particulars	2010-11	2011-12	2012-13
No. of villages where Aarohi works	57	57	58
Population covered	35,000	35,000	36,800
No. of meetings held	709	1,620	1,358
Total attendance	10,747	20,020	13,651
Women	6,737	13,500	9,555
Men	4,014	6,520	4,096
<i>Women: Men ratio</i>	1.7:1	2:1	2.3:1
No. of patients seen (Hospital + camps)	3,773	3,859	3,805
Sale of body care & herb products (INR)	28.90	38.06	40.38
Children at Aarohi Bal Sansar	163	163	168
Aarohi members	295	299	297
Aarohi workers	68	84	85
Grants and Income (INR lakhs*)	117.00	246.75	208.79
Expenditure (INR lakhs*)	145.17	194.89	171.84

* Ten lakhs is equivalent to one million



EDUCATION

only the educated are free

Epictetus
(55 AD - 135 AD)

Aarohi Bal Sansar



The past two decades have seen a gradual but steady expansion of our efforts in the area of education. Aarohi Bal Sansar (ABS), having its genesis in a process that was need based, has developed into a vital learning ground for children of the area. It follows a vision of ‘holistic development of personality in a joyful environment’, an environment that is free of fear. Starting in 1994 with just a handful of students and two teachers, ABS today caters to 168 children coming from 12 neighbouring villages.

Currently, ABS is a government recognised but not a government-aided, Hindi medium middle school. The school’s teacher-student ratio at 1:11 far surpasses national standards. An energizing mix of academic study, co-curricular activities and committed involvement from teachers, volunteers and interns keeps the atmosphere at the school abuzz.

Academic endeavours

In the academic year 2012-13, along with text books prescribed by Uttarakhand State Board, NCERT text books for English and Maths were used in some classes. To improve language skills in English and Hindi, and aptitude in Maths, workbooks were also introduced.

One step towards a more practical, holistic and integrated mode of learning has been through the introduction of ‘project learning’. This mode of learning was adopted in all classes, from nursery till class 8. Many activities were held in the field and not just in classrooms. All ABS teachers find this method more interesting, challenging and a participatory one.

Smt. Saral Tandon, an educationist and philanthropist from Delhi, conducted story-telling sessions for Class 1 to 4 students.

Mr. Arvind Kumar and Mrs. Arundhati Deosthale, who run a library in the nearby village of Chatola, also conducted a story telling session with the children at ABS.

We have had the good fortune of having Mrs. Achla Sawhney, a recent settler in village Satoli, take up teaching of English Language in classes 5, 6 & 7. Her inputs have proved to be beneficial for the children.

Building teacher capacities

The school’s Education Steering Committee comprises experienced educationists, ABS teachers and Aarohi management. It meets, online or in person, to guide many aspects of school functioning and development. This past year the Committee has focused especially on improving teaching standards, so as to lay a strong foundation at pre-primary and primary levels.

English teaching has received much attention from Meena Harisinghani, our Subject Mentor in Pune, guiding teachers and volunteers on a regular basis.

Aarohi’s senior management and volunteers conducted bi-weekly English classes for ABS teachers, using the Centre for Learning

Resources’ very effective “Enhance Your English” course and practice books.

All teachers at ABS attended a weeklong summer camp on Integral and Value Education at Aurobindo Ashram, Nainital. The vision behind this workshop was to understand that ‘ Education is not the amassing of information and its purpose is not mere career hunting. It is a means for developing a fully integrated personality’.

Later in November, Madhuban, Aurobindo Ashram, Ramgarh conducted a five-day teacher-training program in collaboration with Jodo Gyan, Delhi. All Maths and English teachers from ABS attended the program and came back enthused after learning more fun techniques on interactive teaching of concepts.

Two post-graduate HR and Labour Relations students, Tanvi and Shayoni, from the Tata Institute of Social Sciences, Mumbai, helped to develop detailed job descriptions for the ABS principal, vice principal, class teachers, and subject teachers so as to aid role clarity, efficiency and accountability.

Art and music

ABS places great emphasis on art and music education for two reasons: It initiates children into the emotionally enriching world of colour, shape, symphony and rhythm. It also familiarizes them with Indian and local dance and art traditions and musical instruments, building a sense of national pride and belonging.



Highlights of the past year

Tanvi and Shayoni also helped to develop and pilot a comprehensive art and craft curriculum for all ABS classes, using it as a basis to teach English.

An 'Aepan' (Kumaoni Folk Art) Competition was held on the occasion of Children's Day in November. The children painted beautiful Aepan motifs.

Under the Spic Macay Kumaon banner, there was a lecture-cum-demonstration by Pandit Ajay Pohankar on Indian classical vocal music, which was thoroughly enjoyed by students of Class 3 to 8, ABS teachers and Aarohi staff.

Maansi and Alexandra from the US, volunteered at ABS for one month. They made friendship bracelets. They also made flash cards for Nursery and Primary classes. The children and the volunteers thoroughly enjoyed the experience.

The festival of Dussehra was celebrated with much gusto at ABS. Children made puppets (using waste paper and plastic collected from the area) of various characters from the mythological story of Ramayana and enacted the last battle of Lanka. It was a colourful spectacle and children displayed their talents in arts and crafts.

Sports and Life Skills

At ABS, we have always considered sports as vital towards holistic development of the child. Life skills also have their importance in the life of a growing child. Sessions on life skills are conducted for middle school children where they gain understanding on their social environment; handling relationships within family and with friends; how to study and handle stress related to subjects they do not like; health and personal hygiene, adolescence and gender sensitivity; and child rights and protection.



Highlights of the past year

In the month of May, 42 students and 10 teachers went on an adventure-cum-camping trip to Vanvaas, Jadapani. Here they had the thrilling experience of rappelling, rock climbing, ladder climbing and valley crossing for the first time. It was also their first exposure to different mind games. Many returned with a noticeable new self-confidence from this testing-one's-limits experience.

A Cluster Level Sports Meet was held in September on the sports ground of Aarohi Bal Sansar. Fourteen schools participated and the event categories were drill, athletics, long jump, kho-kho, kabbadi and others. It was no surprise that the students of ABS came out with flying colours and ranked first in many events. Our students were able to participate in the Block Level Championships, and then went on to compete at the District Level Championships in Kabbadi. It was for the very first time that our children reached District Level Championships!

The Sports calendar was rounded up with the Annual Sports Days at ABS in March. The pre-primary and primary classes had a number of fun races. Students from Classes 3 to 8 competed enthusiastically in events like march past and drill, long jump, track events, tug of war, kho-kho, kabaddi and fun races. Vasundhara House bagged the first prize, followed by Dinkar and Aakash Houses.

A teacher's perspective



I joined Aarohi Bal Sansar on 5th September 2007. Initially, I planned to teach only for a year or two. However, as time went by, I started to really connect with the children I taught. I loved their innocence, smiles, naughtiness and their insatiable quest for learning. It was then that I decided to spend some more years at ABS.

At first I taught nursery children. As there was a lack of rooms, it wasn't unusual for us teachers to teach 2-3 classes in one room! There was no other way. However, once the new building got completed we had plenty of room. It was lovely to have our own individual classrooms! In addition to classrooms, the new building also had

a music room, a small library and science room for practicals and skill development classes and best of all a sports field!

Today our school looks like a full-fledged school and I am confident, in a few years we will grow to become an Intermediate School, teaching till class 12. It would be a day of glory for the school and us teachers! At ABS I have attended several training sessions and exposure visits. I love going for such visits. I have also attended a lot of computer training sessions. All these sessions have helped me become a more confident teacher and as a result now I teach higher classes as well. I love being a teacher and I want to continue teaching at ABS. I think Aarohi Bal Sansar is a world of joy and happiness for every child...

Jaya is from Village Peora and is 23 years old. She teaches Maths in class 1 and English in classes 1, 4 and 6. Jaya is an alumnus of ABS.

ABS Challenges

1

Teachers' salaries in a state school in this region can be more than four to five times that of salaries at ABS. With such a disparity we often have to accept our teachers leaving us to join the state system, even when we have invested a lot of resources, time and effort to build their capacities. A more stable financial position for ABS can give us more leverage allowing for higher salaries to what we are paying at present.

2

Capacity building for teaching of English- Our English teachers, who are mostly from the area, find it difficult to teach the language, even though they have and continue to receive extensive training in the subject. Our need here is to find a trained, full time English teacher who can work with students and teachers for one or two years and strengthen the ongoing efforts for better results.

3

For a more rigorous approach to **Capacity Building** we require sufficient resources to organise exposure visits and training sessions more often. We also need better infrastructural and multimedia facilities to tap into distance learning by making use of several innovative multimedia training resources available now. A combination of a strong financial backing, a vehicle and a full time driver for this, can ensure this aim is achieved.

4

Building a Vocational Training Resource Centre with an arm for Career Counselling for the youth is felt as an urgent need for this area. To expand our education initiative in the direction of vocational skills and exposure, there will be a need for increased long term funding for investment in collaborating with various partners to build training facilities for such a centre. Our goal is to organise this into a deliverable programme in the next 2-3 years, making it inclusive enough to be part of the curriculum at ABS and our other initiatives with our Youth Wing.

5

Funding challenges: Long term funding (3-5 years) to meet yearly running expenses of the school.

6

Human Drivers: Attracting the right people for long-term engagement to drive our initiatives.

Tapak Wali Chai - Uttarayan 2013

The sun was shining bright and the morning was crisp. The misty fog had cleared up revealing the blue sky. It was a big day for our children who had travelled all the way from Satoli, half soaked in the cold rain but their spirits not dampened.

It was for the fourth consecutive year that we brought to Delhi a glimpse of life from rural Kumaon and how Aarohi's work is interwoven with that life. This time we called it 'Tapak Wali Chai', a narrative interspersed with a medley of folk songs and dances by the children of Aarohi Bal Sansar. Vande Matram, the soulful tune to which our presentation ended, had the audience mesmerized and clapping with the beat... emotions running high on each side. Vande Matram! We salute our 'Bhoomi'. The children are hopeful... of the future... hopeful of the land they live in... hopeful that their country will give them a chance to shine one day, to reach their full potential.

The day was a spectacle of Kumaoni culture with an array of activities for the guests to indulge in. There was a full Kumaoni lunch

on offer, cooked by our very own Aarohi staff with the popular bhang chutney and madwa rotis, perfect for the crisp winter afternoon. An all-day bazaar selling premium handcrafted products, Himalayan herbs & herb teas, potpourris, apricot oil, scrubs, handmade soaps, honey, jams & chutneys, naturally dyed hand woven silk and wool scarves and shawls were an added attraction. There was a counter selling pakoras and chai, herb tea and the famous 'Bal-mithai'... a sweet typical to the Kumaon hills.

There was also a photo exhibition by amateur photographers who have come to Aarohi over the years and a screening of the feature film 'Hansa' directed by Manav Kaul and shot in and around ABS school, a sad and poignant, yet humorous, depiction of the undesirable effects of land sale on families in rural Kumaon.

The day ended with a feeling of quiet excitement. Another year down memory lane. We'll be back next year, celebrating yet another year in the life of Aarohi, yet another year of life in the mountains...



All proceeds from the event will be used to support the running and managing of Aarohi Bal Sansar.

Scholarship Programs

Room to Read Scholarships

This year the scholarship program supported 46 girls from 13 nearby villages. For the past eight years Aarohi has partnered with Room to Read scholarship program. The program caters to girls, who are keen to complete their education till class 12, but are unable to do so due to poor family financial situations. Under the program, the girls are provided with school fees, uniforms and study materials. Free medical check-ups at Aarohi Arogya Kendra are also provided.

Exposure visits, training sessions and workshops focused on entrepreneurial skills development and life skills, form an important part of the program. The aim is to encourage independent thinking and better understanding of self and inter-personal relationships. Often such visits are also the only respite the girls have from their routine everyday lives.

This year the highlights were a summer camp in Dehradun and the visit to Shri Bhuvaneshwari Mahila Ashram (SBMA), in Garhwal. The educational trip to Dr. Yashodhar Mathpal's

Museum on cultural heritage of Kumaon, Bhimtal was also a good experience for the girls. Focusing on personality development of the girls, life-skill workshops were organized at SBMA and Aarohi Bal Sansar.



Kamla Bisht

B. A. 1st Year, Kumaon University, Nainital
Village: Peora, Distt. Nainital

I passed my intermediate examination in May 2012 with the help of the Room to Read scholarship through Aarohi. My family's financial condition is not so good. My father is handicapped and my mother works as an assistant in an Aanganwadi. Along with working in the school, my mother

works in other people's homes to sustain our family. Continuing my studies further was a big challenge for me but I was very reluctant to just sit idle at home and do nothing. It was a difficult time for me.

I remember how depressed I was at the time when I first met Pradeep Sir and Chandu Didi of Aarohi. They suggested that I apply for Nursery Teachers' Training (NTT) at Jingle Bell Polytechnic, Faizabad. They assured me that I would be eligible for the Seema Nazareth Girls' Scholarship. This prospect of securing a scholarship gave me immense confidence and I decided to apply for NTT.

I discussed this with my family but my parents were very reluctant to send me away from home, especially as far as Faizabad. They had arranged a job for me in Cheshtha organization at Nainital. They wanted me to work closer to home.

I decided to discuss this matter with Chandu Didi before joining the job in Nainital. She visited my home and explained the importance of NTT to me and my family. But my parents had made up their minds. They would not send me alone for 9 months to a far away town.

Luckily I discussed this course with Deepa, who once was my class fellow. After getting detailed information about NTT, Deepa decided to come along with me. On hearing that Deepa was going to accompany me, my parents too agreed to my going away.

Now, I am back from Jingle Bell Polytechnic after completing my NTT. I want to spread the knowledge, I have learned there, among the children of Aarohi Bal Sansar.

I would like to thank Aarohi and all the teachers, and especially Smt. Manjula Jhunjhunwala of Jingle Bell Polytechnic for providing me with this opportunity and assistance throughout the course.

"Rah par chalte chalte, kathnaiyan to aati hain; par jab man me vishwas aur lagan ho to kathnaiyan bhi apni rah badal letin hain."

Bal Sansar Scholarships

This scholarship program was started in 2008 with support for 10 students and has grown to support 50 students this year. The program seeks individual sponsors for subsidizing the cost of education for ABS students, who are from families that are interested in sending their children to ABS but are constrained by economic considerations. The cost of sponsoring the education of one child for one year amounts to INR 8,000/- an equivalent of USD 160 or CHF 150. This includes tuition fee, cost of 2 sets of uniform and accessories, books and stationery, essential health care and supplementary nutrition. It also includes a 20% administrative cost for running the program that takes care of salaries of teachers. The criteria for selecting children are those from poor families, with a single parent or with parent/s with disability and there is no gender bias.

Scholarship continuation per child is based on a yearly review of the child's progress and the availability of funds.

Out of the total 50 students being supported under this program for year 2012-13, 37 are supported by funds collected and donated by Aarohi Schweiz and 13 by individual donors.



Himanshu Bhandari

a Bal Sansar Scholar

Himanshu's mother is a health worker with the government and his father works as a driver at a private company in Delhi. Financially, the household is not robust. He is the younger of two brothers, and his older brother also studies in ABS in class 6. Himanshu is a bright student and is very active in the extra-curricular activities at school.

This year he had the opportunity to play the lead child actor's role in a film produced locally. This experience has immensely helped him to build on his self-confidence.

Himanshu studies in class 3. He works hard at all the subjects. He has a 100% attendance record which demonstrates his and his family's commitment to his education. His scholarship (since 2010) has been a great relief to the family financially and emotionally.

Almora Scholarships

This program creates opportunities for bright students from Aarohi Bal Sansar, who complete Class 8, to switch over to English medium and complete their education till Class 12 from reputed schools in Almora. We believe that such an education would enable them to compete successfully for admission to professional courses.

For the academic session 2013-14, 2 students have been selected to study at Koormanchal Academy, a well reputed English medium school in Almora, taking the total number of ABS students to be admitted there to

11. In addition to this, 3 students who were slightly weak in English, managed to get admission in Beersheeba, another English medium school in Almora. Finally, 3 girls from ABS were admitted in Adams Girls' School, another well-perceived school offering higher schooling in Hindi medium. The total number of students, under this Program has now reached 17.

The annual cost per scholar of between INR 40,000/- to INR 60,000/-, 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 were able to contribute only up to 25% of the cost.

This program is being managed with support from individual donors. We have also been able to start a corpus fund that would help sustain the program in years to come. The importance of this scholarship has grown immensely with the passing years. Parents have become more ambitious regarding the future of their children and are reluctant to let them join the state schooling system after they pass out from ABS. The students themselves are keen to join the better schools in the area.

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, which 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 from Classes 4 to 8 from ABS, ten students received scholarships to encourage talent in Art & Craft and five were awarded scholarships for academic merit. The scholarship amount is INR 1,000/- per student and the recipients were given art and craft material, books, puzzles and games. One additional scholarship amounting to INR 12,000/- was given to Garima Sharma for music. She is doing Masters in Music from Kumaon University, Nainital. The scholarship helped Garima to pursue her dream in the field of music.



Seema Nazareth Girls' Graduate Scholarship

Funded by Premila Satyanand, in memory of her sister Seema Nazareth, this scholarship supports local girls desiring University education and/or professional training. 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 11 girls with amounts ranging from INR 10,000/- to INR 25,000/- for tuition fees, books and hostel lodging.

Internship diary

Pushpa Shah, Village Satoli

This is a report of my internship with Multiple Action Research Group (MARG) [<http://www.ngo-marg.org>] from 26 November to 21 December 2012 and Satark Nagrik Sangathan (SNS) [<http://snsindia.org>] from 24 December 2012 to 7 January 2013.



MARG works for legal empowerment of women, children and the poor. I read books and watched films on the Right to Information (RTI), problems of working women, dowry, violence against women and children, rights of Hindu, Muslim and Christian women in marriage and property, child labour, rights before the police and other related topics.

I visited Savda Ghewra colony outside Delhi, which suffers from problems of lack of water, poor sanitation and denial of full ration. I saw how MARG mobilized women and young persons through group meetings, street plays and door-to-door visits to create awareness. MARG encouraged people to find solutions for their problems. They were divided in groups and given an issue to discuss and resolve by using the RTI.

At MARG, I also learnt to use the computer, email and internet. SNS helps people to exercise their right to information. At SNS, I learnt how to prepare RTI applications and who to

appeal to if no information is received. I found out information about the State Information Commission in my State because we don't even know who our PIO is for seeking information.

My learning : This was the first time that I left my State. It was a new experience and I am very happy for this opportunity. I found that people who had lost hope in the government system, were willing to listen to NGOs and get assistance from them. They trusted the NGOs. I learnt different ways of making people aware of their rights and how to help them. We face severe water shortage particularly in summers, in our village. We have to trek long distances to find drinking water and our crops fail because of lack of water. I would like the Jal Vibhag to survey our village and find a permanent solution for this problem. We also find it difficult to get full ration. For example, we have not received any sugar for the last 2 months. The road from Nathuwakhan to Quarab is in a very bad condition for many years though we have heard that a lot of money has been allocated for repair of this road.

I think we can use the methods followed by MARG and SNS to mobilize the people of Satoli through the use of RTI to fight for our rights and seek accountability from the government.

Aarohi Youth Wing

The Youth Wing at Aarohi is a recent chapter. In its third year now, we are mainly focusing on involving the youth of the region in sports related activities.

Aarohi organised a three day 'Cycling, Running and Volleyball Tournament' in January this year. The response was terrific! With more than 80 participants comprising of both boys and girls, aged between 15-23 years, the event was a roaring success. There were volleyball matches, cross country running, 5 km and 3 km running and cycling races. In future, we plan to integrate such events with awareness about other youth related health and safety issues.

Highlights of the past year

8 teams participated in the Volleyball tournament. Team from Delkuna village won the tournament.

Cycling- Kamlesh Rana was the winner in Cycling for the third consecutive year, in the under 18 category and Pramod Bisht was the winner of the over 18 category.

Running- Lavendra Nayal was the winner of the 5 km running in the under 18 category and Virendra Lodhiyal was the winner of the over 18 category.

Minakshi Mer was the winner of the 3 km running event for girls.

Lavendra Nayal was the winner of Cross Country running of the under 18 category and Virendra Singh the winner of the over 18 category.



ABS student performance, participation and support

Particulars	Total	% of Total Students	Girls		Boys	
			No.	%	No.	%
No. of Students in classes 3 to 5	58	—	21	36	37	64
No. of Students in classes 6 to 8	44	—	19	43	25	57
	102	—	40	39	62	61
Overall Academic performance						
No. of Students in classes 3 to 5 with 60% & above	36	62	16	28	20	34
No. of Students in classes 6 to 8 with 60% & above	21	48	12	27	9	21
Student attendance						
No. of Students in classes 3 to 5 with attendance 90% & above	40	69	17	29	23	40
No. of Students in classes 6 to 8 with attendance 90% & above	29	66	12	27	17	39
Participation in inter school sport activities						
Cluster (Sankul) Level	102	100	40	39	62	61
Block Level	75	74	36	35	37	36
District Level	18	18	8	9	10	10
Participation in cultural activities						
Independence Day celebrations	102	100	40	39	62	61
Grameen Himalayan Haat	78	76	45	44	33	32
Delhi Event-Uttarayan 2013	24	24	11	11	13	13
Students supported by scholarships (out of total 168 students in the school)	138	82	53	32	85	51

An analysis of the data reveals that:

The overall academic performance is low, it being better in classes 3 to 5 as compared to classes 5 to 8

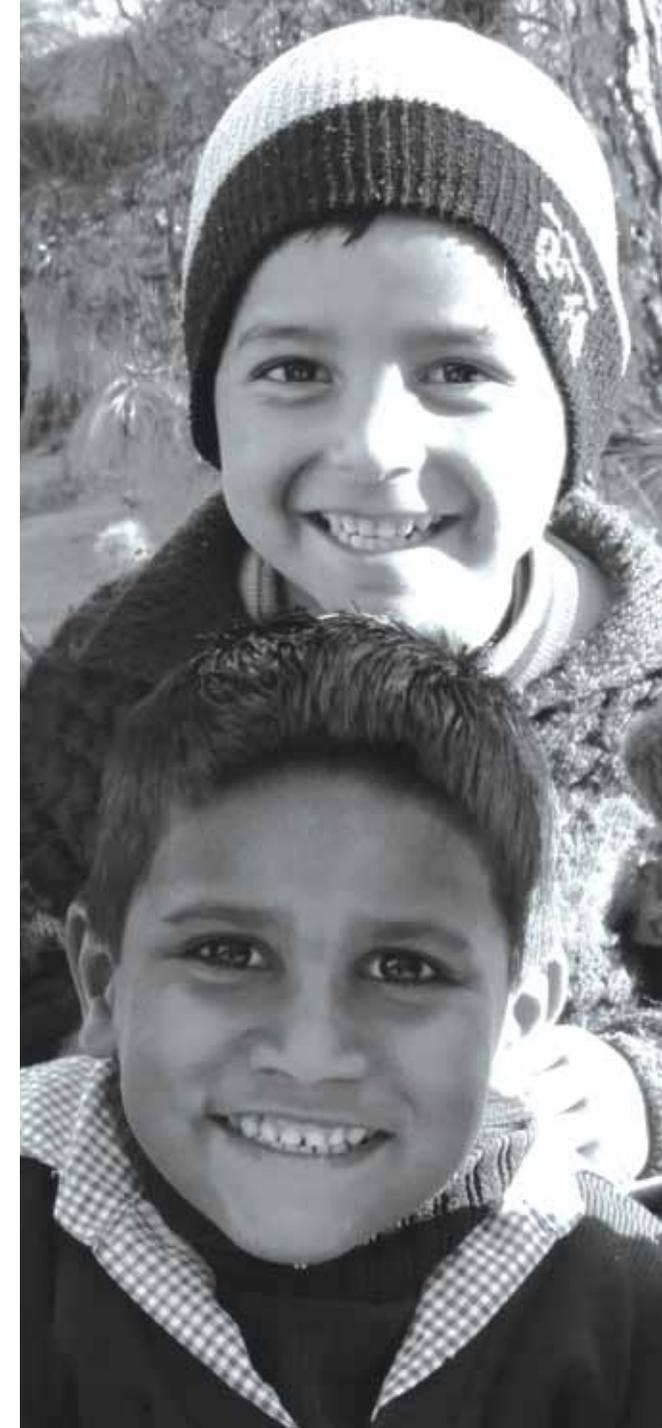
Performance of boys drops as they move to higher classes

Number of boys in the school are more than the number of girls

Attendance of boys is higher than girls

ABS is an inclusive school where admission is granted to all children from the area seeking admission. The overall academic performance is low as there are many children who have no support for study at home. The effort is on to bring up the academic performance levels in the school.

We also need to examine the prevalence of gender discrimination, if any, by families choosing to educate their children at ABS.



Programs on special days

Date	Day	Activities
05 June 2012	World Environment Day	Cleaning campaign in school and speeches on environment conservation.
15 August 2012	Independence Day	Flag hosting, cultural programs and parent teacher meeting.
5 September 2012	Teacher's Day	Cultural program and cricket match between teacher and students.
02 October 2012	Gandhi Jayanti	Speeches on life and work of Mahatma Gandhi and presentation of project activity.
14 November 2012	Children's Day	Aepan Competition (Kumaoni folk art)
20 March 2013	Mini Sports Day	Children of Nursery, class 1 and 2 enjoyed and took part in fun races and games, cheered by seniors and parents.
23 March 2013	Annual Sports Day	Students of classes 3 to 8 took part with great enthusiasm and represented their houses in competing for events.

looking ahead

In its journey of twenty years, ABS has come a long way. The question we ask ourselves is where we see the school in the next twenty years. The determination to make it a space of excellence in learning remains strong and with each passing year we are dedicating our lives towards realizing this goal.

Presently, ABS is only till Class 8. There is a strong desire of parents to take this school up to Class 12. Providing a base for completing quality schooling for children in

the area will ensure that they are in a better position to apply for reputed universities and professional colleges for higher education as compared to students graduating under the state school system. We will also be creating our resource centre for building practical skills leading to vocational training and will bring a greater focus on career counselling in our youth wing activities. The year ahead will help us crystallize our thoughts and define our strategy.



HEALTH

standing still is never an option so long as inequities remain embedded in the very fabric of the culture

Tim Wise

(Colorblind: The Rise of Post-Racial Politics and the Retreat from Racial Equity)

Community Health

Our health program focuses on rural Kumaon's most marginalized, i.e. women and children. Girls bear the brunt of the domestic workload, are married off early, are frequently pregnant and, are given second priority in education, nutrition and social rights. They are also subjected to a host of prejudices relating to menstruation and childbirth. Consequently, they have little time, energy or will to look after their children's basic needs. No wonder, Uttarakhand's Infant Mortality Rate is 41 per 1000 live births and Maternal Mortality Rate in Okhalkanda Block of Nainital District, in particular, is 353 per 100,000 live births, alarmingly above the state average of 188 as per the 2011 Census.

Our three-year SDTT supported health project closed in January 2013. It sought to create a replicable, community-based health care model to minimize maternal and child mortality while improving overall human health and wellbeing in 30 villages of Nainital District's remote Okhalkanda Block.

Health partnerships with government and other NGOs have strengthened significantly. There is better networking with ASHAs

Highlights of the past year

All 12-to-23 month old children immunized in these 30 villages, up from 87% in the 2010 baseline survey.

98% antenatal care for pregnant women, up from 34% in the 2010 baseline survey. By Aarohi's definition, this includes 3 Antenatal Care visits by a competent health care provider consisting of a physical examination, Haemoglobin estimation, 2 TT Injections, and the dispensing of 100 Iron Folic Acids Tablets.

No mother has died during childbirth (or from child birth complications) in the last one and half year.

Institutional deliveries rose to 42% against a 10% baseline in 2010, and Aarohi-trained Dais (midwives) now conduct 56% of all home deliveries in the project area.

Malnutrition in children below 3 years has dropped from 38% (first half of 2011) to 18%.

Capacity building of village level health workers (Swasthya Karmis, ASHAs and Dais) in identifying and referring high-risk mothers, in antenatal care, postnatal care, community mobilization on health issues and in treating minor illnesses.

Capacity building of organizational staff for better planning and implementation of

programs through village committees.

Successful community mobilization and sensitization of village institutions on health issues, including Gram Panchayats, VHSCs (Village Health and Sanitation Committees) and Schools.

Active participation of school teachers and students in creating health awareness in the project area.

(Government-appointed Accredited Social Health Activists), ANMs (Government-appointed Auxiliary Nurse Midwives), block NRHM (National Rural Health Mission) Coordinator and PHC (Primary Health

Centre) for implementing village level NRHM goals; regular sharing of work and six-monthly reports with CMO, Nainital (Chief Medical Officer); conducting Eye and Family Planning Camps with support from District level medical teams; liaising with the NRHM State Director for possible association with the state government under the PPP (Public Private Partnership) model, liaising with the State and District Coordinator of RSBY (Rashtriya Swasthya Bima Yojana) for empanelment of Aarohi Arogya Kendra under the RSBY Scheme; signing an MOU with "Dimagi Incorporated", Massachusetts Ave, USA to address maternal and child health issues through mobile telephone technology.



The project's key beneficiary groups are summarized below:

Detail	Figure	Remarks
Villages	30	
Households	2,058	
Population benefited	12,337	
Pregnant women attended to	1,589	3 years
Total deliveries undertaken	1,788	3 years
Children identified with sickness episodes and consulted / treated by health workers	1,991	Data for last year
Target children for primary immunization (12-23 months)	1,297	Annual
Children 0-5 years monitored for nutrition status	1,234	Annual
Children in schools for health awareness	2,967	Annual
Youth in colleges interacted with	1,062	Annual
VHSC members trained	409	3 years
VHSC meetings held	511	3 years
Total attendance in VHSC meetings	5,893	3 years. Average of 14 persons per meeting.
Trainings & workshops conducted	457	3 years
Total attendance in trainings and workshops	11,425	3 years. Average of 25 persons per meeting.

Happily, SDTT will now support the scaling-up of this project to the entire block, covering 105 villages and a population of approximately 42,000.

Core competencies of Aarohi

Extract from end term Evaluation Report by Dr Ramani Atkuri (4-8 Dec, 2012)

Aarohi's main strength lies in its credibility with the community as well as the local health authorities as an organization that is serious about the work it is doing, as well as one which is willing to work in difficult-to-reach areas. The fact that Aarohi has a field office in the project area helps them to understand the situation of the people there and make their own work more relevant.

The team at Aarohi has been able to establish good linkages with Panchayati Raj Institutions at the village level, which is crucial for bringing about sustainable change in the health knowledge and practice in these communities.

Capacity building of health personnel at the village level – of birth attendants as well as of health workers – is another strength of Aarohi. A lot of thought has gone into

defining the training curriculum and the training schedule is meticulously followed. The training team is motivated and hard working and has built the knowledge and skills of village level health workers as well as improved awareness levels of the community on various health issues.

The organization has a system in place for regular data collection and collation, as well as for analysis.

The health team of trainers, supervisors, technician and BSPT animators, led by the Assistant Coordinator and Coordinator is young, energetic and motivated. They are able to learn and adapt - amply demonstrated by the number of design modifications that the smokeless chulha (stove) has undergone to make it more user-friendly for the community here.

Challenges and Recommendations

Adapted excerpts from the end-term Evaluation Report by Dr Ramani Atkuri, M.D., 4-8 Dec 2012 (the full Report is available on our website).

Evaluators' observations relating to training and supervision

The training team's knowledge of Maternal and Child Care and some other subjects requires strengthening. Also, while the program focuses mainly on maternal and child health, other women's health issues may warrant attention, especially as uterine prolapse and vaginal infections are a common problem here.

While the team also trains Health Workers, Supervisors and Dais (Traditional Birth Attendants) to refer anything out of the ordinary, quite a few of these conditions can be handled at home or at the village level.

Aarohi needs to strengthen Health Worker supervision to ensure that all components of the planned Antenatal and Postnatal care program are systematically carried out.

Aarohi has a good system of data collection in place, and it is also collated well. However, analysis of data has remained very basic and a lot of valuable information could be inferred with more detailed analysis of the statistics already available.

Evaluators' observations on child health issues

Monitoring child growth using adult bathroom scales does not give the required amount of accuracy. It is recommended that spring scales (eg Salter) upto 25 kg be used. These are typically present in all Anganwadi centres.

While Aarohi reports show under-3 malnutrition reducing (which Aarohi staff attributes to maternal education about childhood diet and safe water, deworming and vitamin supplements), a continuing problem is that children are left to fend for themselves when mothers go out to get firewood or work in the fields.

Reduced child deaths are attributed to better health awareness in the communities thanks to i) children's teams of village health educators (Bal Swasthya Prachar Teams or BSPT), ii) improved functioning of Village Health and Sanitation Committees, and iii) Aarohi's own advocacy with the Government to improve immunization services and hospital transportation.

The BSPT is positively impacting the knowledge and behaviour of children, who will be the future agents for change. It is recommended that this initiative be continued.

Aarohi's health awareness work with adolescents is a very important initiative, though not part of the project. If strengthened and systematized, it will also go a long way in improving women's health.

Finding over 80% of water sources to be contaminated, Aarohi educated villages on the importance of boiling water and keeping water sources safe. However, Aarohi staff says that diarrhoeal disease continue to occur, though much reduced due to the ORS use and better transport to hospital. Worryingly, 25% of infant deaths appear to be diarrhea-related.

and smokeless chulhas are being used well.

Aarohi needs to consider whether it wants to tackle alcoholism, and domestic violence against women, two common and serious problems in this area.

Evaluators' observations on community related-issues

Aarohi's efforts to inform people about the various programs and entitlements under the National Rural Health Mission and the Rashtriya Swasthya Bima Yojna has been effective in terms of empowering people to access these services. Aarohi can also be commended for its efforts to strengthen Village Health Sanitation Committees and other community processes, how well they function is not entirely in the hands of the Aarohi team.

Aarohi's 'demonstration' trainings in rainwater harvesting structures, garbage pits





the smile that tells a thousand tales

This story is of a family in a small and picturesque village called Karayal, in the remote Okhalkanda Block of Nainital District, where Aarohi works.

Ghanshyam Bahuguna, 36, lives with his wife, Shanti Devi, 32 and his mother, Aama. Pankaj, their son, is one and a half years old. Shanti has

been pregnant five times already for the social and family pressure to produce a male child is overbearing in a typical mountain family. And, like her counterparts, her domestic chores are immensely demanding physically. Shanti's day starts at 5 am and ends at 10 pm. Every Single Day. Yet, she still smiles, for – as she says – happiness finds its ways in little moments, even

in a mountain woman's shattered dreams.

Shanti had a miscarriage during her first three pregnancies, and given the family's indifference, bore both her emotional and physical suffering alone. The family's only interest was that she deliver a male child. But, life would give Shanti another chance. She became pregnant a fourth time, just as Aarohi started working in her village, teaching women the importance of ante-natal care and training/organizing Swasthya Karmis (health workers) to conduct regular check-ups. Shanti went for a check-up, where the Swasthya Karmi – discovering a breech presentation - advised hospital delivery. However, Shanti was not free to act on this advice, since family elders still typically take all decisions in rural Indian households. Shanti's conservative mother-in-law, Aama, ruled that her daughter-in-law would deliver at home as she had, assisted by the village mid-wife.

But Aama and the midwife could only get the baby half way out. Lodged firmly inside its mother, the baby died and Shanti lay for hours in a pool of blood - physically and emotionally broken. Yet, the family refused to take her to hospital! Here, Aarohi's intervention was crucial. The Swasthya Karmi mobilized the

village to get Shanti's family to take her to hospital. Miraculously, she survived, though with the continued stigma of childlessness.

A year later, Shanti was pregnant again. But, by now, Aarohi was well established in Karayal; and its Swasthya Karmi's made regular home visits to check on expecting mothers and ensure their families gave them utmost care. So, Shanti was closely monitored. Once again, the baby was in a breech position. But, this time the family cooperated, and Shanti delivered a healthy baby boy in hospital by Caesarean Section. Both mother and family were overjoyed.

We ask Ghanshyam how he feels today. Thoughtfully, he says, 'yadi hamne Aarohi walon ki salaah pahle hi maanee hoti to hamen itna pareshaan nahi hona padta...'. (Had we heeded Aarohi's advice earlier, we would not have had to suffer so much).

Shanti's tale is not different from that of many rural mountain women. When life presents an unending tedium, happiness finds its ways in little moments. Perhaps that is the secret behind Shanti's smile.

Improving the Birthing Skills of Dais

(Traditional Birth Attendants): 3 years of Arogya Health Project

Dais - Before

We trained 70 Dais from 30 villages, over 3 years, as part of the health project that aimed to reduce maternal and child mortality. Earlier, the Dais practiced techniques that could be extremely harmful for the mother and baby, both.

For instance, massaging the abdomen in labour was widely practiced. There was no awareness that this could cause in-coordinate uterine action, delays in birth and could be potentially disastrous. There was no practice of removing the placenta from the mother once the baby was delivered. There was no concept of referring a complicated case for hospital delivery.

Every baby would be delivered at home, no matter what the situation. There was no knowledge of how to deal with an emergency situation.

Food taboos were encouraged including not giving breast milk to the newborn for 3 days and babies were bathed immediately on delivery, even in the coldest weather. Antenatal and postnatal care was completely unknown as was any concept of safe delivery.

Dais - Now

It has been extremely encouraging to see the difference in the Dais' approach, post training.

These women may not be educated but they have shown a keenness to learn and have built very well on their practical experience with some very essential theoretical knowledge provided in the training sessions. They were able to reply satisfactorily to all questions put to them on training topics.

They have proved to be worthy care providers in the project bringing mothers for ante natal assessments and when necessary advising and helping new mothers with breast feeding techniques and tips on baby care. They have recognized complicated pregnancies and labour and have convinced families to refer them in time. They have managed normal deliveries, prolonged labour, unusual presentations, complicated deliveries and retained placenta under extremely challenging social and weather conditions.

The credit of not having a single maternal death in the project area for the past one and a half years goes largely to them.

Curative Health



We continued essential routine outpatient, inpatient, diagnostic, emergency services from the hospital at Aarohi. Multi-specialist camps were conducted on a monthly basis providing surgical, ultrasound, medical, paediatric and eye care.

During the year, special camps for reconstructive surgery were organized twice, along with ENT camps, and Cataract and family planning camps were conducted in conjunction with the district government facilities.

Mobile camps in remote mountain regions were conducted once in Pindari river basin. One camp was aborted due to heavy monsoons that washed the roads away. These camps were clubbed with school medical check-ups in the local schools with deworming and vitamin and calcium supplements for children. The children were monitored for their growth and advised accordingly.



Health at a glance

The table below summarizes the leading performance parameters of our hospital-based services this year:

PARTICULARS	2010-11	2011-12	2012-13
OPD patients treated at Aarohi Arogya Kendra	1,806	1,640	1,894
Female	769	630	754
Male	918	909	1,063
Children	157	101	77
Inpatients treated	62	76	62
Home visits / Emergencies	2	1	10
Laboratory test	586	1,120	1,535
X Ray	174	111	113
Ultrasound	208	185	269
Total villages covered	50	50	50
School children screened for health problems	112	103	134
No. of dental camps	9	8	11
Dental screenings for school children	151	102	102
Total dental screenings	505	635	412
No. of total dental extractions	109	386	130
No. of dental fillings	79	50	27
Other specialists camps	33	13*	13*
Total patients treated in specialist camps	1,071	1,104	1,116
Total surgeries done in camps	46	69	55
Mobile health camps	11	16	10
No. of patients seen in mobile health camps	279	377	303
Total number of patients benefited	3,773	3,859	3,877

*Figure less compared to 2010-11 as we are now doing larger and more multispecialty camps but at a lesser frequency.



Saraswati gets a new lease of life

This story is of Saraswati, from Khansyu village in Okhalkanda Block. Educated till class 5, she is married to a Block Development Committee member and her three sons now live away from them.

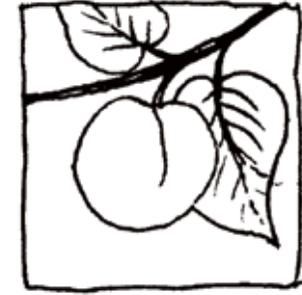
Saraswati's tale is like that of many a woman from the area. She was married at the tender age of 16 and became a mother a year later. During her second delivery, her uterus prolapsed. This fact was kept secret due to an innate hesitancy, ignorance and family constraints. When she delivered her third child, her problem increased in severity and the local midwife informed her husband. Saraswati and her husband were caught

in the routine of village life of bringing up children, managing livestock and the farm and could not find the time to get proper medical consultation.

With heavy workload, Saraswati's problem grew worse and she had great difficulty in sitting and passing urine. She was eventually advised surgery 4 years ago by a doctor and again a year later by the Aarohi health team members. On consulting with various hospitals in Haldwani, they found out that the expenses involved would amount to around INR 25,000/-. They were unable to afford this and surgery was once again postponed.

Saraswati was finally operated at Aarohi's monthly surgical camp in March 2013. Her postoperative recovery was remarkable and the entire cost of her surgery and stay in hospital was just INR 5,000/-.

In her words *'Aarohi has given me a new lease of life. You have saved not just me but preserved my family life. The attitude and care of the staff at the Aarohi hospital has been really good. There are many others here who have a similar problem and I will ask them to get operated at Aarohi. God Bless all of you.'*



LPP

LIVELIHOOD PROMOTION PROGRAM

opportunities multiply as they are seized

Sun Tzu

Program history and objectives

Creating alternate means of livelihood remains one of the most urgent development challenges. While farming and agriculture have sustained our communities for generations, yields are diminishing due to climate change, injudicious natural resource use, dwindling forest cover, and a heightened vulnerability to ecological disaster.

Farming alone is no longer a reliable means of livelihood, as is clear from increasing male migration to the plains. Increasingly urgent, therefore, is to create a range of alternate livelihood options for village mountain folk, not only to enable survival but also to raise standards of living.

The Livelihood Promotion Program (LPP) takes up this challenge by developing new types of enterprise-based rural income opportunities. The Program started in 1992 producing and marketing apricot oil and culinary herbs (parsley, rosemary, thyme and oregano), which were sourced from local farmers.

Today, we produce ten apricot or peach based natural body-care products and

eighteen dried indigenous/ European herbs in the small-scale unit at our warehouse and market these throughout the country, raising the income of over 1,300 rural households by an average amount of INR 365 per year through raw material procurement, INR 9,110 through processing activities and for 20 people, an average of INR 69,580 through direct employment. Raw material for these products are procured mostly from within Uttarakhand (around 20% from Kumaon region and 46% from Garhwal region), and the remaining shortfalls from Himachal Pradesh (around 34% from Kullu).

LPP earnings also help to finance our key health and education programs, bringing further benefit to its rural supplier households.



Major LPP performance indicators are summarized below:

PARTICULARS	2010-11	2011-12	2012-13
Production and processing			
Total producer beneficiaries	1,113	1,318	1,335
No. of procurement village	163	172	195
No. of village samitis involved in procurement	3	3	5
Apricot nuts purchased (quintals)	54	35	31
Apricot kernels purchased (quintals)	34	60	32
Apricot kernels processed (quintals)	47	44	38
Total quantity of dry herbs purchased (kg)	250	190	160
Benefit to farmers – purchase of nuts/kernels/herbs (INR)	492,920	563,515	487,527
No. of families benefited from processing activities	7	16	12
Benefit to farmers through processing (INR)	82,812	1,31,000	109,315
Overall benefit to community (including salaries) (INR)	1,548,000	1,657,000	1,992,000

Marketing and Innovation

Aarohi products are available in 38 cities across India through 73 retail outlets. Himjoli, Products (P) Ltd, Kathgodam, remains our major distributor contributing 26% of the total sales. Majority of the sales are within Uttarakhand with a steady but growing demand in the cities. In addition, the Nature Shop, our own small outlet in Satoli contributes significantly in showcasing our products and those of sister NGOs. Finally, our long awaited online shopping portal is in the

final stage of development and is expected to be operational soon. We expect our online sales to be an area that will see most growth in the coming years. The LPP's research and product development team is made up entirely of locals, whose skills, ambition and ability to tap new products and markets have grown with each passing year. Their entrepreneurial energy and commitment is a fine example of 'social business' and its positive impact on rural communities.

PARTICULARS	2010-11	2011-12	2012-13
Marketing			
No. of products	9	9	11
Total sale of products (INR, lakhs)	28.90	38.06	40.38
Sale of body care products (INR, lakhs)	24.50	33.87	35.86
Sale of herbs & fragrances (INR, lakhs)	4.40	4.19	4.52
Sale of products in Uttarakhand (INR, lakhs)	20.67	26.49	27.85
Sale of products outside Uttarakhand (INR, lakhs)	8.23	11.57	12.53
No. of outlets in India	65	67	73
No. of cities/ towns through which marketed	31	35	38
No. of exhibitions attended	4	7	9

This past year, we developed three varieties of Himalayan Herb Salt, namely Spicy Parsley Herb Salt, Continental Mixed Herb Salt and Mint Medley Herb Salt. These tasty seasonings can be used as table condiment or as seasonings for pizzas, pastas, soups and salads and omelettes. We plan to launch these products in our outlets in 2013-2014.

Aarohi's premium and high-quality 'Oil of Apricot' is rapidly increasing its customer base. Both domestic and international demand is growing, as consumers learn of the merits of cold pressed natural oils. For this reason, we hope to expand our body care range to include natural, chemical free shampoos, conditioners, body lotions and foot creams in 2013-2014.

Expanding our Herbs Initiative

Last year, we expanded our herb-growing program by starting cultivation, as also a 'mother nursery', on a vast tract of land in Bhadrakot, Nainital District's remote Okhalkanda Block, where livelihood options are limited to subsistence agriculture and daily wage labour. Aarohi's expanding health

program in Okhalkanda Block will facilitate the LPP team's drive to mobilize farmer groups (especially women) in this remote region to raise incomes by growing saleable culinary herbs alongside traditional cereals and vegetables.





Shanti Suyal

"I have heard your name before. People used to say, 'If you can't find any herb variety in this area, contact Shanti Suyal.'"

Mr. Kuldeep Singh Negi,
Principle Scientist, NBPGR, Bhowali

I live in Suyalgarh village. After my husband's death, the responsibility of looking after our family of 8, came entirely upon me. While agriculture was once enough to provide for our families, soon this was no longer the case. We needed extra income, but did not know how to earn it.

I first met Oonaji in 1994. She would talk to us about protecting our forests, something no

one else had spoken to us about before. When one lives in a remote village, every day needs are so burdensome that we never consider the consequence of our cutting oak for wood or for fodder for our animals.

I found Oonaji very inspiring and decided to join the program that year. As part of the forestry program, Aarohi also started a Livelihood Promotion Program (LPP) in our village. Under it, we learnt the value of apricot kernels. We harvested wild apricot (chuaru) in summer but, since they perish very quickly, were unable to sell them. So when Aarohi talked of using apricot kernels to extract and sell oil, it interested and excited me immensely, as did the training on growing different types of herbs.

Aarohi gave my family a new means of livelihood. Today, I earn an average of Rs 7,000 yearly by collecting apricot kernels and selling herbs. I have worked with Aarohi for nearly twenty years, fundamentally changing my life. Extra income apart, Aarohi has helped develop my personality, as also that of my children and grandchildren. I cannot thank Aarohi enough for coming to my village all those years ago and partnering us.

Village Home Stay Initiative

Recognising the growing interest in rural tourism, we have started a pilot 'village home stay' program in Peora village, just below the Aarohi office. We have held two village meetings to introduce the concept and explain how home stays can reliably supplement household incomes.

We also explained how it might help with home improvement design and financial support. Two Aarohi employees who run home stays on their properties shared their own experiences and challenges. While there were some initial reservations, many villagers now seem excited by the idea and we plan to launch the program with a few families this summer.

2012 - 2013 at a glance

For the Livelihood Promotion Programme, this past year would be encapsulated in two words – 'consolidation' and 'innovation'. We consolidated relationships with existing retailers and distributors, and introduced new products. We have also begun to explore a new brand identity for many of our products

to boost market visibility and sales. We aim to introduce these new brands this year.

The Livelihood Promotion Program sustains itself financially, requiring no donor subsidy. Sales rose to INR 40.38 lakhs this year, indicating a marginal increase of 2.32 lakhs over last year. This year, the unit registered a net surplus of INR 4.41 lakhs against a surplus of INR 6.78 lakhs recorder last year.

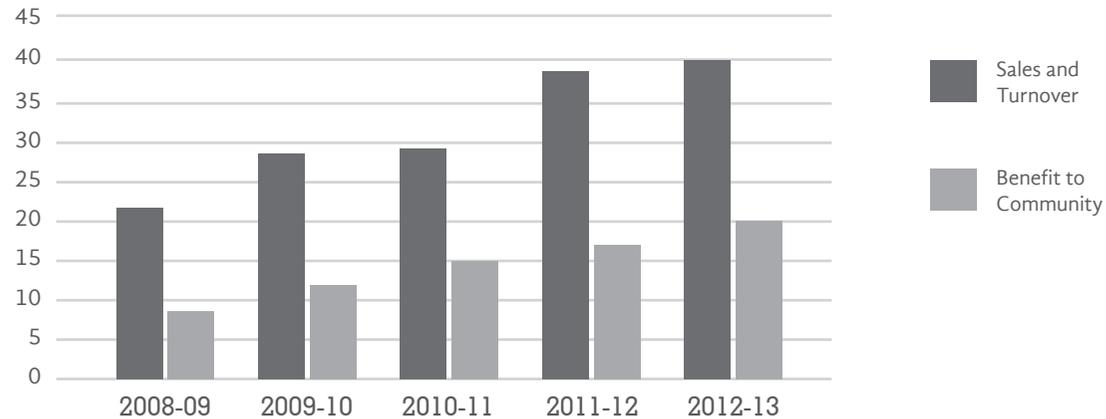
Along the year, we have been investing our profits in developing the new project area in Okhalkanda block for expanding our herbs initiative. In addition, we have also invested in strengthening our presence online by introducing efficient online payment portals and a much more user friendly e-commerce page on our website, both of which will be launched in the next quarter.

Local communities earned INR 19.92 lakhs from raw material purchase, processing activities, and salaries and wages, up from INR 16.57 lakhs last year.

Benefit to families

Nature of Benefit	2010-11		2011-12		2012-13	
	No. of Households	Benefit to family (INR)	No. of Households	Benefit to family (INR)	No. of Households	Benefit to family (INR)
Procurement	1113	492,920	1318	563,515	1335	487,527
Processing	7	82,812	16	131,000	12	109,315
Salaries & wages	17	972,268	17	962,485	20	1,391,588
Combined Benefit	1137	1,548,000	1351	1,657,000	1367	1,988,430
Average Benefit	1361		1226		1455	

Sales Turnover versus Benefit to Community



Challenges ahead

1

The biggest challenge we face in our program is a secure line of procurement of raw materials. While our efforts at marketing, branding, sales continue, we must ensure we are in a position to meet increased demands as well.

As we work with small farmer groups and individual families, it is not always guaranteed or even known how much raw material will be available locally.

Presently, we meet the shortfall in raw materials for apricot and peach based products by sourcing kernels from Garhwal and Himachal regions.

Our challenge is to restrict our procurement to Kumaon region by expanding our reach to many more farmer groups in the region.

2

Working in harmony with nature remains our priority. To meet the increasing demand, we must ensure there is increased production. However, this must be done in a sustainable manner. In order to do that, our challenge is to tie in our livelihood efforts with forest management - an approach we started with initially in 1992.

We must encourage and mobilize farmers to plant more wild apricot (Chuaru) trees to secure a supply chain in the long term.

3

Climate change, water crisis, increasing menace of wild animals, vanishing forest cover- all remain serious problems in the mountains. More collaboration and long term interventions are necessary to integrate forestry, natural resource management and livelihood initiatives.

4

Dedicated research into exploring other potential means of livelihood in the region is the need of the hour, especially programs that are focused on involving women.



Grameen Himalayan Haat

The 12th Grameen Himalayan Haat was held from 1st to 5th November at the Aarohi Bal Sansar. It was organized for the first time by Aarohi and the local community in December 2001. The motivation behind it was to promote a spirit of cultural exchange, local entrepreneurship and festive fun among the people of rural Kumaon. Twelve years later, the Haat is a major annual event in the local calendar and has come to represent a beacon of Kumaoni culture.

Independent rural producers lack access to 'markets'. They depend on Haats (village markets) to sell their produce. Haats are also the socio - economic and cultural nerve centres of a rural economy. Aarohi's Grameen Himalayan Haat proves to be both. With each passing year, the Haat has ignited and promoted local economy in the region. It has provided an important platform for local entrepreneurs and artisans to showcase their products and talents. It has also greatly helped in building the confidence of young people who are trying to generate livelihood from their local environment.

The event, additionally, preserves the cultural heritage of rural Kumaon by promoting local

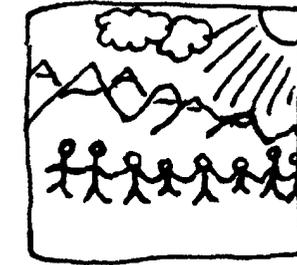
culture and arts. The cultural programs are a big attraction for the rural women who rarely ever get a break from their back breaking daily routine.

This year, the Haat was inaugurated by chief guest, Smt. Sarita Arya, MLA from Nainital and special guest Mr. Dan Singh Bhandari, MLA, Bhimtal. There were fine cultural performances by five professional groups from the Information & Broadcasting Department, Dehradun. Our own children from Aarohi Bal Sansar, gave a memorable performance of Kumaoni folk dances and charmed the public hearts. A Children's Film Festival was also organized as part of the event. It proved to be a fun way of introducing the children from the region to quality entertainment, and they loved it!

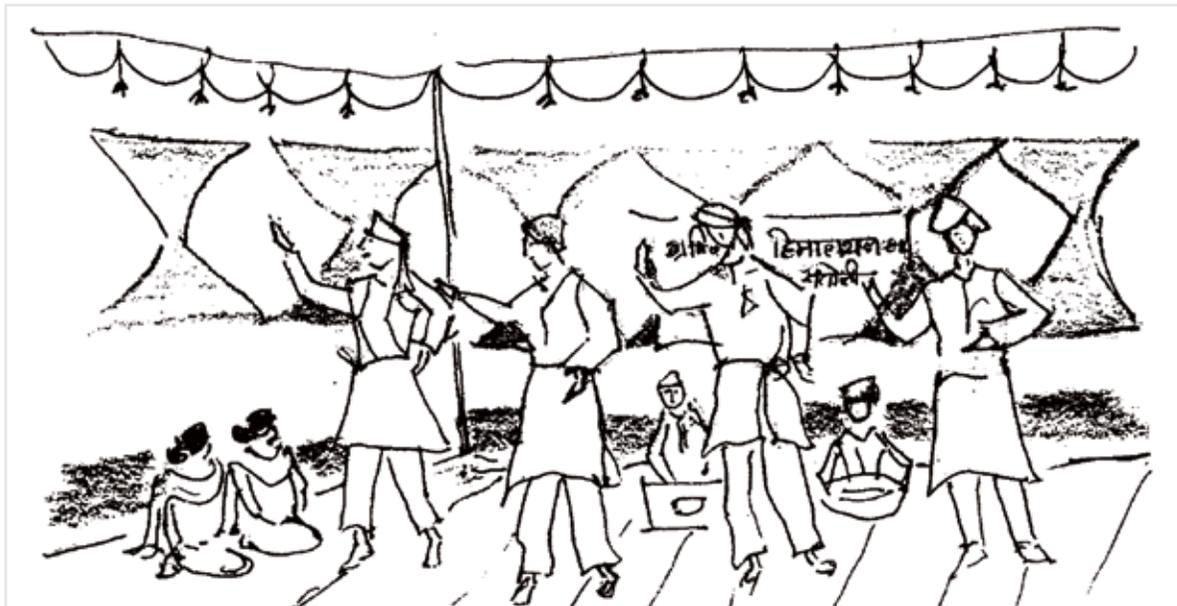
This year, 39 organizations, entrepreneurs and SHGs participated in the Haat, recording a total sale of INR 371,000.

at a glance

Particulars	2010-11	2011-12	2012-13
Total no. of Stalls	33	45	39
No. of Organizations + SHGs	12	18	10
No. of Entrepreneurs	21	27	29
Total Attendance (approx)	20,000	21,000	23,000
Total Sales (INR, lakhs)	2.48	3.82	3.71
Community Contributions (INR)	43,194	17,567	36,611



FORESTS & ENERGY



*the clearest way into the universe is
through a forest wilderness*

John Muir

General Gurbir Mansingh Van Panchayat Award

Uttarakhand has established 12,089 Van Panchayats (Village Forest Committees) to date. These manage some 4,000 sq. km of forests, or about 12% of the State's total forest area. When these Van Panchayats were formed, village communities had the power to manage and protect their forests, but time has brought a shift toward increasing bureaucratic authority.

Against this backdrop, Aarohi worked extensively to strengthen community forestry from 1992 to 2002, supporting community processes and ecological protection in 11 villages covering 240 hectares. In each village, it helped revive the otherwise defunct Van Panchayat, and worked with the community to protect and regenerate forest plots. This effort noticeably impacted forest/biomass regeneration and aquifer recharge, through measures as simple as social fencing in village commons. Since Aarohi's driving aim was to make each Van Panchayat – a 'people's institution' – self-reliant, it has gradually withdrawn from each village once it felt the forest committee was sustainably active and empowered.

However, Aarohi continues to encourage local communities to actively protect their natural resources, forests in particular. To this end, it instituted the Lt. General Gurbir Mansingh Van Panchayat Award in 2007. This award of INR 15,000/- recognizes community efforts to conserve and scientifically manage forests, not just in the eleven villages that participated in the Aarohi programmes but in all hamlets of the area. Only villages in which forest conservation efforts have been inclusive, consultative and participative qualify to win the award. Typically, villages spend 80% of the award money on forest-development and other 20% on village development, as proposed by Aarohi.

This year marked a happy departure from local communities' apathy towards last year's awards. Raging forest fires had caused such terrible destruction that several community disputes flared. This year, villages were willing to participate and collaborate once again. Aarohi evaluated 9 villages (Tanda Talla, Gajjar, Chaukhuta, Buribana, Kafrar, Bhadyun, Gagarkot, Chapad and Mona), in each conducting village meetings and special interviews with Van Panchayat and

Self-Help Group members, among others. It surveyed the village community on the Van Panchayat's success in mobilizing forest protection efforts, and visited each protected forest. This year, Aarohi also shortlisted villages outside its operational area for the first time to bring awareness and benefits to a much larger population.

Buriibana village won first prize (INR 10,000/-) and Bhadyun Village second prize (INR 5,000/-). In Buriibana, the Van Panchayat worked transparently, reporting to the village community on its work and building a healthy relationship with it. The whole community thus actively joined to defend its forests. Buriibana also plans to

impose an eco-tax on adjoining hotels, which use its forests as nature trails for tourists. Bhadyun devised a special method to patrol its forests. The Van Panchayat now offers a financial reward to anyone who reports on forest misuse or destruction. This incentivizes the entire community, including women and children, to guard their forest. Interestingly, women seem to be most active in those forest protection efforts Aarohi has evaluated over the years. They work hardest at patrol and are thus emerging as the 'real' heroes of natural resource conservation, in Aarohi's operational area at least.

¹These villages fall within the operational area of CHIRAG's, the non-governmental organization that works in the neighbouring valley.



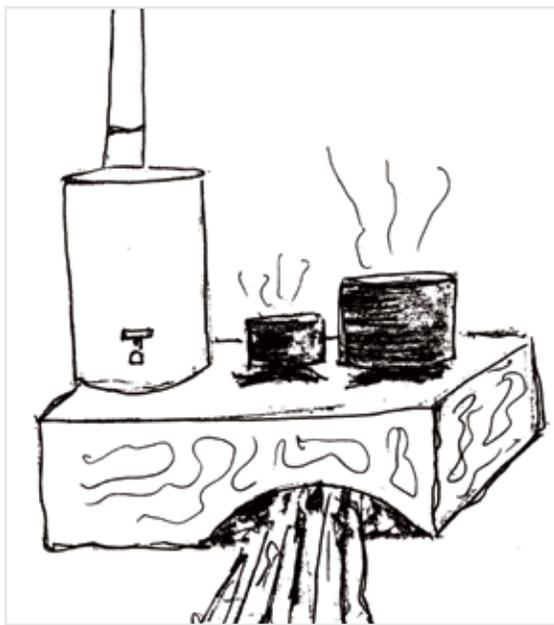
Women's meeting at Mona Village

Energy

An exciting development has emerged over the last few years in the area of Energy Research. We have successfully imported the technology of the Danish 'masseovne', a wood stove that stores heat in a masonry mass and slowly releases this over the next 24 hours to give gentle radiant heat for room heating.

We have made four such models in the mountains, one of which is in the Aarohi hospital and keeps the patients and nursing staff amazingly warm during our surgical camps in the cold winter months. A further development has been learning and construction of one 'rocket stove' with technology imported from the Netherlands. This uses similar principles of clean combustion, is significantly cheaper than the masseovne and can be adapted further to be used in local village homes.

Based on our learning from these stoves, we associated with ARTI (Appropriate Rural Technology Institute), Pune and have now constructed 400 improved cook stoves (chullahs), which suit the cooking habits of local women. The important additions in these models have been chimneys, which have



made homes smoke free, and a more efficient air entry, thus enhancing combustion and reducing wood consumption by about 50%. Three hundred and fifteen or 79% of these stoves are currently in use. Further research, trainings and spread of these chullahs in planned in the next year.

This area of action research will yield rich dividends in making lives in village homes comfortable, reducing the drudgery of women in sourcing firewood and eventually easing the immense pressure on forests.

TRAINING & 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 and children from schools participated in the following trainings and exposure visits:

Education

TRAINING / EXPOSURE	DURATION	INSTITUTION / PLACE / PEOPLE	CONSULTANTS
Soft Adventure Camp	16-17 May 12	Vanvaas, Jadapani, Dhanachuli	Vanvaas, Jadapani, Dhanachuli
Training on Library Management	27-28 May 12	Madhuban, Aurobindo Ashram, Ramgarh	Librarian and Principal of ABS
Workshop on Integral Education	16-22 June 12	Aurobindo Ashram, Nainital	All Teachers of ABS
Workshop on Project Approach to Learning	29 May-1 June 12	ABS, Mrs. Manjula Jhunjhunwala	All Teachers of ABS
Kumaoni Music Workshop	4-7 July 12	J BA, JBS, YBM, Faizabad	Chandrakala
Workshop on Art & Craft	30 July-10 Aug 12	ABS, Maansi and Alexandra student volunteers from USA,	Students form class 3 to 8 of ABS
Story Telling Workshop	31 July 12	ABS, Arvind Kumar & Arundhati Deosthale from Grameen Pustakalay, Chhatola	Students form class 4 to 8 of ABS
Mirambika Madhuban Youth Camp – The Circle Project (Story and Dialogue)	27-28 Oct 12	Madhuban, Aurobindo Ashram, Ramgarh. Sankalp Khanna & Dr. Anju Khanna	Six students of Class7 with teacher, Jaya
Teacher Training on Maths & English	31 Oct-4 Nov 12	Madhuban, Aurobindo Ashram, Ramgarh Shah Ji from Jodo Gyan Delhi and Dr. Anju Khanna	All Maths and English Teachers of ABS

Mirambika Madhuban Youth Camp- The Circle Project (Health, Nutrition and Yoga)	24-25 Nov 12	Madhuban, Aurobindo Ashram, Ramgarh, Dr. Bijlani & Sankalp Khanna	Six students of Class 7 and two teachers of ABS - Kailash and Vijendra
Exposure on Project Mode of Learning	16 Dec 12	Cultural and Archeological Centre, Bhimtal	Students of class 7 and 8, Pradeep, Taradutt, Chandrakala and Jyoti
Teacher Training on English	31 Dec-2 Jan 13	Meena Harisinghani at Sukoon	All English Teachers of ABS
Art, Craft and Science Workshop	7-12 Jan 13	Colby University Student and ABS teachers	150 Students from ABS and 7 Government schools
Exposure visit on Class Observation	22- 23 Jan 13	Mirambika School, Delhi	ABS teachers - Neema, Poonam and Jaya
Mirambika Madhuban Youth Camp- The Circle Project (Art & Craft)	2- 3 Feb 13	Madhuban, Aurobindo Ashram, Ramgarh, Ami & Sankalp Khanna	Twelve students of class 7 of ABS with teacher, Jyoti
Mirambika Madhuban Youth Camp- The Circle Project (Theatre and Dialogue)	2-3 March 13	Madhuban, Aurobindo Ashram, Ramgarh, Ashaina Gamat	Six students of Class 7 and two teachers of ABS - Poonam and Vijendra

Room to Read

TRAINING / EXPOSURE	DURATION	INSTITUTION / PLACE	PEOPLE
Room to Read Review Meeting	20 - 22 June 12	Haridwar	Chandrakala, Mamta, Minakshi and Gopal Negi
Entrepreneurial Skills Training Program	18 - 19 Aug 12	Chirag, Orakhan	15 Room to Read scholars, Chandrakala and Mamta
Exposure Visit & Life Skills Training	6 - 9 Oct 12	SBMA, Tehri Garhwal	33 Room to Read scholars, Chandrakala Mamta, Minakshi
My Own Venture (MOV) –Entrepreneurial Skills	1 - 5 Nov 12	ABS Playground during Haat	15 Room to Read scholars, Chandrakala, Mamta, Minakshi
Review Meeting & Life Skills Training	21 - 23 Nov 12	Dehradun	Chandrakala, Mamta, Minakshi
Exposure Visit	7 Dec 12	Bhimtal	33 Room to Read scholars, Chandrakala, Mamta, Minakshi
Life Skills Workshop	12 - 13 Dec 12	Aarohi Bal Sansar, Jaya Swarup, Faizabad	8 Room to Read scholars, Class 7-8 girls & boys, Chandrakala Mamta
Exposure Visit & Participation in Uttarayan	18 - 22 Jan 13	Sanskriti Kendra, Delhi	13 Room to Read scholars with Aarohi team
Review Meeting	6 - 8 March 13	Dehradun	Chandrakala Bisht, Mamta, Minakshi

Health

TRAINING / EXPOSURE	DURATION	INSTITUTION / PLACE / CONSULTANT	PEOPLE
Menstrual Hygiene; Antenatal & Postnatal care; Haemoglobin by Sahli's method; high-risk pregnancy; care of the newborn including premature babies; , Breech- lie, diagnosis, dangers- emergency referral; Anemia – cause, prevention, diagnosis, dangers, referral; referrals in pregnancy and labour, & difficulties in referring; Safe Delivery; food taboos and local customs; breast feeding and weaning; Family Planning; women's problems, Leucorrhoea, backache; Sexually transmitted Diseases; Infertility; , Puerperal Psychosis; Growth Monitoring; Pneumonia, Tuberculosis, AIDS & HIV; IEC material utilization.	1 April 2012 -31 March 2013	Aarohi / Khansyu & Satoli Training Centre / Health Project Trainers(3)	Swasthya Karmis & Health Supervisors
Safe delivery discussion /role play, "Do not deliver at home", The high risk mother; importance of ANC, Breech –diagnosis & importance of ultrasound, Breech dangers & emergency delivery; Resuscitation of the newborn, care of premature baby; importance of "5 cleans", use of Dai Kit, when and how to refer; Anemia; management of third stage; family planning, food taboos during Antenatal & postnatal period.	1 April 2012 -31 March 2013	Aarohi / Khansyu & Satoli Training Centre / Health Project Trainers(3)	Dais & Health Supervisors

Life skills training; domestic, personal & environmental hygiene; Anemia and Night blindness; ORS; diarrhoea; vomiting and First Aid	1 April 2012 -31 March 2013	Aarohi / Khansyu Training Centre / Health Project Trainer	BSPT Animators & Teams
Smokeless Chullah Preparation	10-11 Sep 2012	Aarohi / Khansyu Training Centre / Project Trainer	Local Village People
Project evaluation on monthly basis, report presentation, feed-back on reports, staff problem solving, experience sharing and monthly planning	1 April 2012 -31 March 2013	Aarohi / Khansyu Training Centre / Coordinator & Assistant Coordinator	Health Supervisors, BSPT Animators, Trainers, Assistant Coordinator & Coordinator
Introduction and overview of CommCare application, training on phones set up & how to install CommCare application, Orientation of HQ, reporting & data export, adding & managing users, introduction to CommCare help site, Mobile troubleshooting, how to access & use case details, case searching & form submission, future planning and application monitoring	26 Feb 2013 -12 Mar 2013	Aarohi / Khansyu & Satoli Training Centre / Natasha & Sri (trainer from Dimagi)	ASHAs, Health Supervisors, Trainers, Clinical Coordinator, Assistant Coordinator & Coordinator
Village Health Microplan, VHSC role for village, Role of ASHAs/SKs in Villages & their follow-ups, Evolution of community level activities under the project.	May-Aug 2012	Aarohi / Khansyu Training Centre / Project Trainer	VHSC Members & Health Supervisors
Personality development and document preparation	Sep-Oct 2012		Health Supervisors

Importance of Blood circulation & precaution for BP patient, techniques to stimulate heart manually, Primary treatment for bite by dog, monkey, snake, rat etc; primary treatment for long term unconscious person; chest compression, artificial respiration using mouth to mouth technique, primary treatment if something stuck in throat; precautions for asthma patient and clear passage way if asthma attack occur, primary treatment for fire burn etc.	17-18 Mar 2013	Aarohi / Khansyu & Satoli Training Centre / Trainers (2) from Maulana Azad Medical College, Delhi	SKs, Health Supervisors, Trainer, Clinical Coordinator, Coordinator
Rocket Stove workshop	11-13 Oct 2012	Sjang, Amsterdam	Dr Sushil Sharma
Cervical cancer screening training, exposure to the workings of AMPATH, Kenya	15-21 Oct 2012	Dr Astrid Christoffersen Deb, AMPATH, Kenya	Dr Sushil Sharma

ACCOUNTS & FINANCES

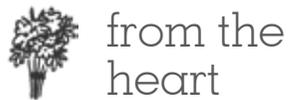
The following organizations contributed to Aarohi during the last financial year:

Partner Funding Organizations	Sector of Support
Sir Dorabji Tata Trust, Mumbai	Health
Aarohi Schweiz, Switzerland	Health, Energy, Education & Scholarships
Montreal Westward Rotary Club, Canada	Health
Global Giving Foundation, USA	Health
Jila Andhata Niwaran Samiti, Nainital	Health
U. W. Linsi -Stiftung Trust, Switzerland	Education
Bani Jagtiani Trust, New Delhi	Education
Johnson & Johnson Ltd., Mumbai	Education
Ruttonsha International Rectifier, Mumbai	Education
Vashketu Foundation, Mumbai	Education
Samaj Kalyan Vibhag, Nainital	Education
Metores Trust, New Delhi	Education
CJI Porcelain Pvt. Ltd, New Delhi	Education
Colby College, USA	Education
Room to Read, New Delhi	Girls Scholarship
Sujata Vepa Memorial Trust, Delhi	Scholarships
L& S Architects, Bangalore	Scholarships
Himjoli Products Pvt. Ltd., Delhi	Scholarships
Dsquare Solutions Pvt. Ltd, Bangalore	Aarohi Youth Wing
State Bank of India, Bangalore	Aarohi Youth Wing
Japan Metal Building Systems, Bangalore	Aarohi Youth Wing
Grundfos Pumps India P. Ltd., Chennai	Aarohi Youth Wing
Sharda & Bahuguna, Chartered Accountants	Grameen Himalayan Haat
Amrapali Institute, Haldwani	Grameen Himalayan Haat

Summarized Financial Results for the year 2012-2013 (INR)

PARTICULARS	2012 - 2013	2011 - 2012
Unutilised grant B/F	4,523,643.92	1,359,649.60
GRANT AND INCOMES FOR THE YEAR		
Indian Institutions	6,180,792.00	9,521,560.00
Foreign & International Organizations	4,859,609.00	4,582,465.00
Government - Central & State	35,711.00	61,818.00
Livelihood Promotion Program	5,485,673.35	5,287,573.46
Donation, Interest, Misc, AAK, ABS & Aarohi (L)	4,469,170.51	5,221,750.69
Total Income	21,030,955.86	24,675,167.15
TOTAL EXPENDITURE DURING THE YEAR		
Education Program	2,829,826.60	5,096,242.67
Health Program	3,484,565.00	4,166,671.44
Livelihood Promotion Program	3,000,623.75	3,170,998.85
Energy & NRM Program	50,861.00	31,028.00
Community Organisation Program	103,567.10	150,598.08
Salary & Stipend-Program	4,281,363.00	3,941,138.00
Salary & Stipend-Administrative	815,700.00	713,471.00
Travel	714,585.00	343,466.00
Administrative Expenses	1,442,558.52	1,632,358.50
Depreciation	232,563.00	243,034.00
Total Expenditure	16,956,212.97	19,489,006.54
Transferred from Capital to Corpus Fund		
Health Corpus Fund	500,000.00	1,000,000.00
Education Corpus Fund	500,000.00	-
Aarohi (L) Main Corpus Fund	100,000.00	1,000,000.00
Bani Jagtiani Trust – LC	156,680.00	-
Total	16,956,212.97	2,000,000.00

Unutilised Grant Carried Over	4,715,766.40	4,523,643.92
Excess Income over Expenditure	2,625,940.41	22,166.29
ABSTRACT OF BALANCE SHEET		
LIABILITIES		
Capital Fund	6,974,194.71	6,373,975.36
Corpus Fund		
Health General	2,000,000.00	1,500,000.00
Dr. B.C. Joshi Health Fund	500,000.00	500,000.00
Education General	1,751,000.00	1,055,000.00
Shrawan Tandon Teacher Award Corpus	500,000.00	-
Shrawan Tandon Scholarship	1,000,000.00	1,000,000.00
Aarohi (L) Main	1,100,000.00	1,000,000.00
Bani Jagtiani Trust Corpus	1,000,000.00	-
Reserve & Surplus	23,960,078.47	22,142,789.41
Unutilized Grant	4,715,766.40	4,523,643.92
Current Liabilities & Provisions	825,940.54	703,174.99
Total	44,326,980.12	38,798,583.68
ASSETS		
Fixed Assets	18,369,320.16	17,997,624.16
Fixed Deposits	14,161,073.00	12,618,588.00
Mutual Fund	6,096,373.00	4,464,000.00
Current Assets, Loans & Advances	5,700,213.96	3,718,371.52
Total	44,326,980.12	38,798,583.68



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 & Bahuguna Chartered Accountants, Kathgodam and Bahuguna & Associates, Haldwani (auditors), our bankers SBI, Mukteshwar and Almora, Canara Bank, Almora, our financial advisors Mohan Chandra Kandpal and Rajiv Kapoor and Studio Brahma (for the design, layout and printing of this edition), 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 Dr Raju & Dr Smita Usgaocar, 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 T D Rakholiya and his team, Dr Anil Misra, Dr Sunil Kumar for taking out time for various surgical, medical, eye, dental and diagnostic camps at

the Aarohi hospital. Special thanks to Dr S.C. Pant (CMO Nainital) and Dr (Mrs) Chandra Tiwari, CMO Bageshwar for their support in joint medical camps and Vikram Maira of Sitla Estate for waiving all costs for doctors staying in his lovely resort during these camps. Thanks to Wg Cdr Santosh Asthana and Saptarshi Roy for their photo documentation of our work.

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 and connects more people to the organization.

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 the Aarohi Schweiz members (Dr. Sarah Marti, Dr. Corina

Wild, Philip Loskant, Rahel Marti, Panco Giorgiev, Bernadette and Reinhard Sigg, Jan Egli and Robert Maringer, Dr. Robert Graf) and other equally active friends in Switzerland David Bresch, Silvia Muheim and Noemi Hopf, Anita, Patrick, Nicole and Ralph in actively spreading awareness about our work of.

Aarohi Schweiz organized a highly successful fundraising presentation of Aarohi's work at the Rietberg museum at Zurich; thanks are due to Dr Johannes Beltz, Curator Indian Art at the museum, for hosting the presentation there once again.

The effort of Aarohi Schweiz members and other friends helped in raising funds to the tune of INR 3.8 million (18% of our annual income) in Switzerland from individuals and the U.W. Linsi Stiftung Trust;

Thanks are due to Mohan Chandra Kabadwal, Manjula, Ram, Meeta, Meena, Maya, Smriti and for their continued guidance of the education program as members of our Education Steering Committee; Manjula for introducing the Project Mode of Learning at ABS; Meena Harisinghani for her support in development of English language learning practices at ABS, and help in building systems for student and teacher assessment; Beena Kala and Akshara Vadalikar of SBMA, Tehri Garhwal, Jaya Swarup from Faizabad, Bindiya,

both the Sonals and others from Room to Read for conducting life skills training for our students and teachers; Taradidi, Dr. Anju Khanna and Dara Lorenzen of Aurobindo Ashram for their committed enthusiasm on capacity building of teachers in rural schools of Kumaon; Sankalp for his dedicated enthusiasm in building co curricular skills of ABS students through the Circle Project; Doris Shivpuri and Asha Sharma of Spic Macay, Kumaon Chapter, for bringing a soulful lecture cum demonstration performance of Indian classical vocal music to students of our region; Madhu Khati for giving opportunity to two more students from ABS for further education at Koormanchal.

Sincere thanks to Shri H.K. Dua, Rajya Sabha MP, for donating funds under MPLADS for construction of second floor of our school building; to Smt. Sarita Arya, MLA, Nainital and Shri Dan Singh Bhandari, MLA Bhimtal, for inaugurating the 12th Grameen Himalayan Haat and sanctioning funds from their MLA fund for repair of the school playground retaining wall.

Thanks to Ravi Kamat and Ganesh Shanbhag, friends of Ram Vaidya, for helping with new product development and spreading awareness of Aarohi's work in Mumbai through distribution of our calendars; to Sonya Bhagat for helping with website content review and development; to Lalit

Bhandari for all his enthusiastic help with design inputs related to our newsletter, annual review and website; and Pallavi for Van Panchayat Award related work.

Special thanks to Arun D'Silva for being our charity rider for the third consecutive year in the Tour of Nilgiris, and raising substantial funds for supporting sport activities and health care; to Ram for coming all the way from Bangalore and helping with organization of the 3rd biking, running and volleyball sport event for youth in our area; to Dr. Renu, Sridhar and other friends from Ride A Cycle Foundation for their backend support; to Rajiv & Geetika Mehta from Puma for yet again donating sports gear for the event and our school.

For the fundraising event at Delhi, sincere thanks are due to Mr O.P. Jain, Munnilalji, Pankaj and Shubhrajji, and so many others at Sanskriti Kendra, Delhi, for hosting our team again; Mrs. Jasjit Mansingh and Naniji, Mr. Om Wadhwa and Mrs. Manjula Jhunjhunwala for their gracious presence and encouragement; Dr (Col) C.S. Pant (Retd) for sponsoring our board and lodge in the beautiful campus of the Kendra; to Pradeep and Praveen Tripathi, Nishi and Praveen Tripathi for logistics and entertainment support for the fourth consecutive year; Joseph of Udipiwalla, Kathgodam and Dr. S.K. Basu, and his team at RMC, Delhi for sponsoring meals; Salim and Vinod from Salaam

Balak Trust, for training the performers;

Purnima, Pankaj and Premila for being active fundraisers and on the spot help in conducting the event, for which Triveni, Shubha and Raghav also deserve special mention. Thanks to Jyoti and our professional photographer friends, Mohit Satyanand, Magali Couffon, Dushyant Parasher, Sumedh Tandon for putting together a selection of great photographs for the photo exhibition.

Special thanks to Iiti for her most valuable assistance in design and printing of invites, posters, the Aarohi calendar, printing and framing of photographs and putting up the exhibition; and thanks to Punnag for constantly being there with Iiti. Thanks are due to Puma, Delhi for sportswear, shoes and footballs; Dr (Col) C.S. Pant (Retd) for a desktop; Vineet Chhatwal for a new laptop and Jasjit Mansingh for books.

We are also grateful to our friends and family who extended hospitality and help where required to make this event a success.

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

Kamya Dargan, ICICI-iVolunteer Fellow, who during her six months stay worked in many ways helping the school with English teaching,

training of teachers, driving the project mode of learning, Independence Day program, the Aarohi Newsletter, and more; Maansi & Alexandra from the US for their engagement with the school making flash cards, teaching children how to make friendship bracelets; the very young Tushar Khurana for his enthusiastic interaction and work with school kids in Maths, sports and music; Claude Al Tabar from Mckinsey, Dubai, for his work with the livelihoods team, coaching ABS kids in Volleyball and above all his persistent encouragement in making us start the Aarohi Facebook page; Saralji our keen supporter from Delhi, Arvind and Arundhati, friends from Chhatola, for their interesting story telling sessions in the school; our very own locally residing, Achla Sawhney, for her dedicated involvement with teaching of English at ABS; Anindyo Roy and Keith Gordon for organizing the Colby College, USA, Science and Art Projects Week for over a 100 students at ABS and surrounding government schools.

Dr.Narendra Kardile, Dr.Dnyaneshwar Gangurde, Navdeep Kaur of the MHA course in TISS, Mumbai for doing the following studies: Government health facilities in Okhalkanda Block; a critical analysis of the Health Management Information System; Process of Strategy Formulation for expansion of the health project; Community Organization techniques; Improved cook stoves;

Cost Analysis of the health project; Drug Store management; Social determinants of menstrual health and the Dai Training program of Aarohi. Their fresh academic insights have helped us look with a new perspective and the opportunity given to them is a great learning experience for such students.

Our deepest thanks are due to thousands of people of the region who have been friends, partners and fellow travellers 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
17 May, 2013

experiences and letters

29 Nov 2012

Hello Sushil,

I hope you are well! I was just looking over my pictures from Supi, and I realize how much I miss India! I think of the children I taught almost every day, and I remember the silly songs I taught them, and sing them to myself sometimes. I hope I can come back some time in the future and visit Supi and Satoli again!

Because of my experience with Aarohi, I have decided to pursue a Masters degree in international education. I hope to enhance my knowledge about educational techniques and curriculum development. Can I please include you as a reference for my application? You know of the work I did in Supi, and I think that this information will be very persuasive in the application process. I can write a small summary of what I accomplished in Supi, as a reminder to you, if you need it. Please let me know.

Thanks, and I hope to talk to you soon!

Best regards,

Mallory (mallorybikinas@yahoo.ca)

Mallory came along with two of her colleagues and was with us for the better part of the period between May and July 2011. She and another volunteer David, were placed in an extremely remote village called Supi. Aarohi had been conducting six -monthly medical camps along with school health check-ups for people of villages around Supi. The village of Supi itself is a good 8-hour driving distance on rough roads away from Satoli, the headquarters of Aarohi. Many neighboring villages can be approached only on foot and take an average of 3-4 hours of tough trekking to reach. The villages do not have Internet connectivity and rarely have a mobile telephone connection. Electricity is unreliable and living conditions are basic.

It was under these challenging conditions that Mallory and David lived for two months to try and use their aptitude to teach English to children in local schools, interact with youth and help to design an intervention program in these remote villages for health and education.

Mallory in particular achieved the following during her stay:

Designed, implemented, and taught an innovative, interactive English language curriculum at 4 primary and

secondary schools.

Wrote songs and poems to support the children's learning, and designed and facilitated interactive individual and group activities related to the lessons.

Initiated an art class for children of the village who had shown interest in the creative activities during lesson time.

Coordinated and facilitated gender-specific conferences within the community to discuss local needs and issues.

I found Mallory to be extremely creative and withstood her challenging situation with remarkable cheer. She was able to use her spare time to invent new learning material for the teaching of English that is still remembered fondly by children from the village of Supi. Mallory has proved to be tough and has great leadership qualities. Her sensitivity towards children and women in extremely marginalized situations has led her take a decision to pursue study in Education sector. She has a deep desire to work in a field that will allow her to design curricula and lesson plans for children in remote and developing areas. I feel that she is well placed for such a career and wish her the very best for her study.

Dr Sushil Sharma

Extract from her reference letter



29 Nov 2012



Claude Al Tabar

Consultant at McKinsey & Co.,
August 14th - September 5th 2012

It was a Tuesday afternoon when I first arrived at Aarohi, completely tired I slept in the guest house for 12 hours, and to my surprise no one woke me up. Apparently there was a holiday, India's Independence day, so I spent the whole day reading and chasing the stunning sceneries all around, especially Trisul and Nanda Devi the highest Himalayan peaks that can be seen from that area.

Well rested, and boosted with a lot of energy, I started my day in Aarohi by planning for the three

weeks journey that, not knowing at that time, will be a life changing experience for me. Jyoti, the lively Livelihood Program coordinator, was helping me to draw the plan, when she reminded me that I am in the Himalayas; "Claude, our office hours are from 10 to 5, and not 15 hours"; it was a gentle reminder that I should not overkill myself.

With the full support of Aarohi staff, I was able to cover four different areas:

1. Teaching: teaching the children Volleyball and English in Aarohi Bal Sansar was the dearest work to my heart and the most spectacular experience I had at all time; connecting with these children and exploring the unmatched enthusiasm they have for life inspired me to have the courage to chase my dream.

2. Aarohi on social media: With the help of the leadership, I defined the strategy of Aarohi on facebook and worked on the implementation with the new facebook team leader Dr.Tanmay- the dentist at Aarohi.

3. Revamping the volunteers coordination: Aided by the superstar dentist, Tanmay, we designed the volunteering process and created all the necessary templates.

4. Defining the Marketing and Sales strategy for Livelihood: With the help of Jyoti, "tall Rajneesh" and Livelihood staff we designed the high level Marketing strategy of the livelihood, by optimizing our product and customers portfolio.

The beautiful memory I had in Aarohi is not one, its a collective of snapshots that I recall of all the beautiful smiles in the different parties we had at Basant's place, Pradeep's place and Jyoti's place. They were full of savour, taste of kindness, friendship, lovely songs (even though it was impossible to understand one word of them), and definitely juicy Indian food.

Aarohi, you are full of inspiring people, from great leaders to happy and driven employees; I promise you that I will never forget these three weeks and I will actively try to come back to you.

Au Revoir Aarohi

Dear friends at Aarohi

Each of you has inspired me to push myself to limits that I could never imagine! You are responsible for me achieving things that men would never even try at the age of 55 yrs. When the roads are rough and climbs are tough, I think of you and the pain is gone. I tell myself that what I am doing is just a small sacrifice compared to the dedication that all of you demonstrate every day!

On the occasion of the Youth Sports Day, let us commit ourselves to building an Aarohi that nurtures young people who are physically strong, pushes them to work hard to achieve their goals, and develops in them a deep love for the society they live in. Let us constantly remind ourselves to focus on our work and believe in ourselves.

I am truly proud to be associated with Aarohi!

Have a wonderful year!

God Bless you All

Arun D' Silva

15 Dec 2011



Hi Everyone

It is a pleasure to convey the gratitude of the kids at Aarohi for your wholehearted support in sponsoring me as their rider on the Tour of The Nilgiris 2011. It is an equally great pleasure and an honour for me to ride with the good wishes of all of you, and thus demonstrate your support to Aarohi. The field consisting of 70 riders is being flagged off tomorrow morning (16th Dec) from the Manekshaw Parade

grounds in central Banagalore, and will culminate at the same venue on 24th morning after covering a total distance of over 1000 kms (of which the cycling distance would be 850 kms) through the states of Karnataka, Tamilnadu and Kerala. From a height of 1000 mtr here in Bangalore, we will descend to sea level and reach the town of Cannanore, and then climb 4000 mtrs to Ooty to finish the tour at the top of the Nilgiris. I have been training hard for this, and hope to be riding in the top 15 -20 of the field for the entire tour.

If you have the time, do track us on www.tourofthenilgiris.com where there will be regular updates and anecdotes of the experiences of the riders, as well as action photos.

With the advent of the festive season, I also take this opportunity to wish each of you best compliments for the Season, a Merry Christmas, and a really wonderful New Year!

God Bless you all!

Arun D' Silva

15 Dec 2011

<http://www.thehindu.com/features/education/school/a-school-above-the-clouds/article4626823.ece>

A learning centre in the mountains of Kumaon is working to put a unique face to the region's education



“Thoda hi aagey hai” (it’s a bit further), squeaks the figure, obscured from behind by the huge backpack bobbing up and down on his shoulders. With a short bouncy stride, and a tendency to jump into a trot every now and then, you wouldn’t believe that this

10-year- old had just walked four kilometres after a full day of school. As if to prove a point, a few of his classmates run forward, climb an apple tree and swing into a pile of raked up leaves, screaming “Watch me!” on their way down.

Well, these are the Himalayas, and in sync with the mountains, the residents’ sense of distance and space also seems to have been distorted to incomparable proportions. But more importantly, after spending a day at the Aarohi Bal Sansaar, the ‘short’ commute back home is worth it. Right now, ‘a bit further’ could mean anything.

The Aarohi Bal Sansaar is a non-government, non-profit school that was begun in Satoli, a village just beyond the popular Kumaoni getaway town Mukteshwar, and tries to provide a higher standard of education than the other institutions in the area. And for a number of reasons, they definitely can’t be called conventional.

One difference, it seems, is the atmosphere. “The environment of the school is welcoming to children,” says Kamiya Dargan, a longtime volunteer at the school. Unlike most nearby institutions, she points out, “here teachers laugh and smile with children during casual interaction.”

The evidence certainly points that way. School begins at the comfortable time of 9:30 am, but students often leave home much earlier, and begin pouring in from all corners of the mountain by 8 am. Not to meet their friends or sneak in some games before school, but to clean up. Voluntarily. In an astonishing example of self organisation, the kids independently open up the building, form groups and begin a comprehensive wash down of the entire structure. Indeed, snuggled into a groove in the mountainside, the only way a visitor can hope to locate the school at this time is the industrious buzz that it seems to radiate.

A typical class is never too typical here; children working on Mathematics workbooks or listening to a teacher are interspersed with sessions involving song, art and dance, and 'classes' which aren't even in the classroom; student teacher groups walking outside looking at plants or studying the land in their "aas paas" (surroundings) class. As Kamiya informs me, at Aarohi, "they stress on holistic development of a child".

An old stereo set is belting out some Kumaoni folk music in the background, and in between guiding a group of students through a few forms, the dance teacher, Vijendra Kumar, says introspectively, "Maybe I do push them a bit hard, but the reason they do

whatever I tell them to is that they know they want to learn what I'm teaching." Vijendra is a young teacher at the school, who choreographs commercial dance videos in his spare time. Later, he says, "here students are shown so many things that they can do, I wish I had been in a school like this."

However, when it comes to academics, there is a lot that they would like to work on. As Kamiya tells me, "they are trying to introduce more and more activity based learning." She adds, "while interacting with a few parents I realized parents want the school to pay more attention on academic achievements rather than extra-curricular activities." Even though they realise that students become more confident when they come here, parents are still grounded in their traditional perception of school. The teachers, mostly local residents from nearby villages, continue to work on new techniques. The organisation also has an education steering committee which sits in every six months and discusses possible improvements.

While Kumaon affords the school a spectacular location, its remoteness tends to offer less opportunity in terms of exposure. Luckily, every year the school attracts a host of volunteers -- non-profit veterans, interested students, or professionals looking for a change of scene -- each with something unique to offer.

And so, along with the more routine activities that go on at school, students tend to have an eclectic repertoire of skills which you would never expect; astonishing screen acting talent, the ability to make a friendship wrist band, and the knowledge of volleyball techniques are just a few.

For the past few years, the management has also been organising student trips to different cities in India. "The students put up a very decent cultural show, you could tell they had worked hard on it," says a Delhi college student, referring to a show put up a year ago.

Chancing upon the school for the first time, it isn't easy to believe that an organisation tucked in the central Himalayas could be pioneering educational practices that average city school can't boast of. In a region where English is uncommon, interested teachers tend to be rare, and the nearest town that stocks school provisions is a bumpy two hours journey away, learning faces a number of drawbacks. But just like their uncanny dance performances, at Aarohi, education is something that is continuously worked at, and it is improving all the time.

Tushar Khurana (Ex- Rishi Valley)

Dear Dr. Sushil,

I am sorry that it has taken so long for me to get back to you!

Allie and I had a wonderful time with everyone at Aarohi. Though I have been to India many times before, it was a very new and exciting experience for Allie. We both thoroughly enjoyed the experience and the people who we had the pleasure of meeting while there.

Our favorite aspect of the trip was having the opportunity to teach the children how to make the string bracelets, an activity that we know they all really enjoyed! I have been making the friendship bracelets since I was very young myself. Although I knew the process myself, teaching the children was a little bit more difficult because of the language barrier. Despite the difficulties, however, both the children and the teachers loved making the bracelets. As the children walked past the library, they would stop to watch Allie and me making the bracelets.

We would also often stay back after the school day had ended to make bracelets with the teachers in the library. It seemed that everyone greatly enjoyed the activity, and I hope they will continue teaching it in the school! I understand Hindi relatively well, but I speak

very little, making it hard for me to communicate what to do sometimes. Allie, of course, knew nothing of the language. However, the children took quickly to her and wanted to teach her various Hindi phrases. We loved watching the children rehearse their play for the Independence Day festivities, and we regret that we were unable to stay long enough to take part. Basant and Janaki were very hospitable and we miss them terribly. Please tell them we say hello!! Though we regret that we will be unable to return again this year, as we must prepare to go on to college, we had a wonderful time last summer and hope to come again! We hope that everyone is doing well!

Thank you,
Maansi Vatsan

Volunteer Account

In March two young doctors from Switzerland joined our health team. Written below is an account of their time at Aarohi, in their own words.

It was the 2nd of March 2013 when we took the train from Delhi to Kathgodam, ready for a big adventure in a small village at the foothills of Himalayas. For the last few months we were imagining and wondering how life would be in Satoli. The people, the food,

the house and last but not least the work in the hospital. Arriving in Satoli we found a beautiful place with wonderful people, exceeding our expectations in every aspect! It took us some time to learn a few words of Hindi, to get to know the local customs and to understand what an immense impact Aarohi is having in the rural area of Uttarakhand. After a short time our house became a home, our work in the hospital became a routine and people became friends. Our stay ended with a trek to the Pindari Glacier as a highlight where we held medical camps in some very remote villages in the Himalayas.



This letter is way too short to express all our feelings, ideas and adventures we experienced in incredible India. But what we can say is for sure, that it was a wonderful, meaningful and enriching stay, one that we will keep in our hearts for the rest of our lives.

With love,
Nina and Vinzenz

An inspiring and humbling experience

With a natural fascination and love for mountains and after about two years of listening to inspiring stories about Aarohi from friends Priti, Sushil, Pradeep, Shubha and Sheeba, I finally decided to visit Aarohi in February earlier this year. Having spent a day and half in Satoli, I found myself sitting on the return train from Kathgodam to Delhi reflecting about one of the most inspiring and humbling experiences I had had in such a short period of time. The passion with which the team have built Aarohi, the immaculate healthcare system, the dynamism within the livelihoods team and the serene and idyllic school setting convinced me of an exemplary ecosystem in operation.

I have been given the fantastic opportunity to co-organise an Aarohi awareness event in London in November 2013, which I hope will be the first step towards setting up the UK chapter of Aarohi. I believe that our network of friends in the UK would be delighted to hear about Aarohi and its activities. A key objective for the UK chapter will be to enable building longer term relationships between potential UK based volunteers and Aarohi and explore sustainable fund-raising activities. A dedicated web space will be created to keep all our friends at Aarohi informed and I hope you will join me in making this UK chapter a success.

Dr Arun Harish, Newcastle upon Tyne,
United Kingdom, arun.harish@gmail.com



Dear Aarohi,

Three months have passed since I arrived in Satoli and time has only managed to manifest its importance somewhere in the background- making itself known only through the changing seasons, the flowering blossoms and, now, with the sweet fruit delights offered by forest trees.

My connection with Aarohi seems rather inexplicable. There is a sense of a moral duty towards Aarohi that

has transpired over the past few months and that has softened the boundaries between work, a way of life and fulfilling my bit owed towards the people of the mountains. This wholesome feeling has indeed made me observe, understand, learn the niceties of working in the mountains and I strongly 'feel' in just a short but intense period of three months alone, the need of the work that Aarohi set out to do two decades ago.

In this time I have also been developing my own ideas of how I view the difficult and complex socio-economic issues that exist in mountain communities and have already begun to develop them deeper. I also learnt a lot about a 'way' of working, which is free flowing, inclusive and very 'human'. Aarohi's office building and environment instil a sense of vitality, humility and make working so much more fun.

Everyone is down to earth and the usual hierarchical structure synonymous with NGOs is not there. People work collectively, consult and respect each other's views, creating an atmosphere of openness - an atmosphere I found most conducive to working efficiently. The Monday morning meeting prayers were a particular highlight for me. All staff, congregated together, starting the week with a prayer to the forces that be, to the forces that help us fulfil our duties...a beautiful rhythm set for the work to be done in the week.

This year, even though I will not be physically present in Satoli, I will continue to work with all earnestness from the confines of my other home...and continue to fulfil my duties towards Aarohi. Thank you for laying faith in me, welcoming me with open arms, accepting me and most of all, loving me and allowing me to be, to learn and work at my own pace. As it is always with time, it does tend to fly and I believe in my heart, before I know, it'll be time for me to return to Satoli... back to my Aarohi family. Till then, I'll leave a part of me behind and also take the liberty of taking a part of Aarohi with me...to hold on to in moments when I will need the strength to carry on fulfilling my duties.

With the mountains being witness to my feelings,

I will miss Aarohi, every day.

Yours

Sheeba

APPENDICES

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3	Rekha Arya	Bageshwar	9	Deepa Devi	Chamoli
4	Indu Tamta	Bageshwar	10	Jyoti Joshi	Chapar
5	Ganga Singh	Bana	11	Jagdish Nayal	Chhatola
6	Girish Bahuguna	Bhadrakot	12	Pramod Bisht	Chhatola

13	Bhuwan Chandra Arya	Chhatola
14	Shobha Arya	Chhatola
15	Raju Durgapal	Daruthan
16	Chandra Shekhar	Deari
17	Kuldeep Arya	Deari
18	Bhuwan Suneri	Deari
19	Harish Chandra Arya	Deari
20	Mamta Dumka	Dol
21	Jayanti Devi	Galni
22	Basanti Bohra	Galni
23	Parvati Pargai	Galni
24	Pradeep Kumar	Garampani
25	Munni Suyal	Haldwani
26	Moti Ram	Jhargaon Malla
27	Laxmi Datt Bhatt	Jhargaon Malla
28	Krishna Chandra Bhandari	Kaphura
29	Trilok Bhandari	Kaphura
30	Leela Devi	Kaphura
31	Neema Bhandari	Kaphura
32	Hema Bhandari	Kaphura
33	Deepa Bhandari	Kaphura
34	Dikar Singh	Kaphura
35	Godhan Singh	Kaphura
36	Kamla Bhandari	Khansyu
37	Pushpa Mehta	Khansyu
38	Geeta Devi	Khansyu
39	Munni Belwal	Khansyu
40	Hema Devi	Khansyu

41	Prema Pargai	Khansyu
42	Leela Devi	Khansyu
43	Hema Devi	Khansyu
44	Premlata Pargai	Khansyu
45	Kamla Devi	Khansyu
46	Pan Singh Aeri	Khansyu
47	Yamuna Devi	Khansyu
48	Bhawna Tripathi	Khansyu
49	Rajendra Prasad	Khansyu
50	Gopal Datt Joshi	Kumati
51	Parvati Bisht	Meora
52	Hema Devi	Meora
53	Manju Bisht	Meora
54	Chandra Bisht	Meora
55	Diwan Singh Bisht	Nainital
56	Priyanka Bisht	Nigrar
57	Harish Chandra Singh Negi	Nigrar
58	Raees Khan	Pantnagar
59	Hayat Singh	Peora
60	Nandan Singh	Peora
61	Heera Singh	Peora
62	Bishan Singh	Peora
63	Reba Ram	Peora
64	Jaya Bisht	Peora
65	Bhupendra Bisht	Peora
66	Shoban Singh	Peora
67	Krishan Kumar Singh	Peora
68	Neelu Joshi	Ramnagar

69	Devki Devi	Saal
70	Geeta Devi	Satkhol
71	Heera Devi	Satkhol
72	Raghvendra Singh	Satkhol
73	Pushpa Bisht	Satkhol
74	Janki Tamta	Satkhol
75	Uma Bisht	Satkhol
76	Heera Lal	Satkhol
77	Tulsi Arya	Satkhol
78	Shubham Thapa	Satkhol
79	Anita Bisht	Satkhol
80	Basant Thapa	Satkhol
81	Janki Thapa	Satkhol
82	Harish Chandra Arya	Satkhol
83	Yashpal Arya	Satkhol
84	Sunder Ram	Satkhol
85	Minakshi Arya	Satkhol
86	Khima Devi	Satkhol
87	Pushpa Devi	Satkhol
88	Geeta Devi	Satkhol

89	Bhagwati Bisht	Satkhol
90	Jiwanti Devi	Satkhol
91	Puran Nayal	Satkhol
92	Neema Devi	Satkhol
93	Laxman Singh	Satoli
94	Mohan Chandra Kabdwal	Satoli
95	Renu Kabdwal	Satoli
96	Tara Datt	Satoli
97	Puran Kabadwal	Satoli
98	Neema Kabdwal	Satoli
99	Bhuwan Chandra Kabdwal	Satoli
100	Devendra Sharma	Simayal
101	Meena Devi	Sirmoli
102	Kailash Chandra	Suyalbari
103	Shanti Suyal	Suyalgarh
104	Janki Suyal	Suyalgarh
105	Sunita Arya	Tushrar
106	Lavanya	Switzerland
107	Sara Tiffany	USA

Aarohi's Village Partners

Village	No. of households	Programs currently running
Satoli	59	Education, Livelihood
Soon	48	Education, Livelihood
Kaphura	68	Education, Livelihood

Deari	69	Education, Livelihood
Nigrar	33	Education, Livelihood
Chapar	70	Education
Dankanya	48	Education
Sinoli Malli	34	Education
Kumati	41	Education
Satkhol	130	Health, Education, Livelihood
Chhatola	120	Health, Education, Livelihood
Sangila	15	Health, Education, Livelihood
Bhayalgaon	92	Health, Livelihood
Peora	98	Health, Education, Livelihood
Lueshal	67	Health, Education
Matiali	42	Health, Education
Sirmoli	27	Health, Education
Sonarkhola	22	Health, Education
Paiyyakholi	17	Health, Education, Livelihood
Karayal	40	Health
Bhadrakot	89	Health, Livelihood
Hairakhan , Aezer	114	Health
Okhalkanda Talla	114	Health
Tanda	87	Health
Rekhakot	69	Health
Khansyu Bazaar, Village	109	Health
Galni and Galni Jamni	141	Health
Chamoli and Chamoli Kitora	165	Health
Kalaagar	218	Health
Querala Talla, Malla	163	Health
Gargari Malli	100	Health
Gargari Talli	89	Health

Sirayal	89	Health
Saal	97	Health
Jhargaon Malla	68	Health
Jhargaon Talla	115	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	114	Livelihood
Mona Talla Malla	142	Livelihood
Birkhan	16	Livelihood
Kool	95	Livelihood
Simayil	47	Livelihood
Kherda	80	Livelihood
Suyalgarh	103	Livelihood
Suralgaon	50	Livelihood
Meora	78	Livelihood
Orakhan	35	Livelihood
Simayil Raikwal	115	Livelihood
Nathuakhan	247	Livelihood
Ramgarh	23	Livelihood
Dol	9	Livelihood
TOTAL HOUSEHOLDS	6,690	

Individual contributions

Education					
P.K. Bansal I.P.S.	Ahmedabad	2,000	Sanjay Pant	Delhi	5,000
Maya Sinha	Allahabad	50,000	Dr. V. Bhatnagar	Delhi	5,000
Sanjeev Aggarwal	Auroville	11,000	Keshav Anand Dhar	Delhi	5,000
Ravindra Singh Bangari	Bangalore	20,000	Kartik Dhar	Delhi	5,000
Christine Colaco	Bangalore	10,000	Smriti Kundra	Delhi	5,000
Ambassador (Retd.) Akbar Khaleeli	Bangalore	10,000	Pranav Kapur	Delhi	5,000
Peter S. Chowfin	Bareilly	2,000	Dr. Prachi Renjhen	Delhi	5,000
Dr. Neelesh Jain	Canada	10,001	Dr. Mallika Kapur	Delhi	5,000
Kaushalya Ramdas	Chennai	5,000	Arjun Gole	Delhi	3,000
Dr. Col. C. S. Pant	Delhi	82,000	Rohit Gulati	Delhi	3,000
Vinod & Shubhra Malhotra	Delhi	50,000	Kanta Mehta	Delhi	2,100
Metores Trust	Delhi	50,000	Arun Kumar	Delhi	2,000
Dr. Purnima Dhar	Delhi	50,000	Anuroop Singh	Delhi	2,000
Om Wadhwa	Delhi	25,000	Manoj Kumar Kurup	Delhi	2,000
Sanjeev & Surabhi Bikhchandani	Delhi	25,000	Dr. Dinesh Kumar Singal	Delhi	2,000
Achla Sawhney	Delhi	20,000	Nancy Tewari	Delhi	1,000
Dr. Om Prakash Yadav	Delhi	20,000	Neerja Pant	Delhi	1,000
Premila Satyanand Nazareth	Delhi	15,000	Deep Kalra	Gurgaon	25,000
Saral S. Tandon	Delhi	10,000	Manisha Kumar	Gurgaon	10,000
Dr. Bharminder Kaur	Delhi	10,000	Sheela Kohli Joshi	Gurgaon	10,000
Meera Kharbanda	Delhi	10,000	B. Jaishankar	Gurgaon	10,000
Sudha Sastri	Delhi	10,000	Rubita & Pradeep Gidwani	Gurgaon	5,000
Brinda Singh	Delhi	10,000	Mario Schmidt	Gurgaon	5,000
Dr. Subhash Chawla	Delhi	10,000	Shubha P. Bahl	Gurgaon	5,000
Jennifer Collins Foley	Delhi	5,500	Iram Sultan	Gurgaon	5,000

Jati Shankar Banerjee	Hong Kong	31,747	Dr. Mrs. Ramesh Sarin	Noida	5,001
Dr. G. Sukhani	Jodhpur	25,000	B. N. Tandon	Noida	2,000
Rashim Sukhani	Jodhpur	25,000	Rashmi Pant	Noida	3,000
Madhuri Pant	Lucknow	30,000	Christine Gonsalves	Pune	5,000
Ganesh Shridhar Shanbhag	Mumbai	50,000	Dr. Neeraj Dwivedi	Ranikhet	5,000
Dipali D. Mhatre	Mumbai	10,000	Prakash Pandey	Satkhoh	4,840
Tulsi Gurbaxani	Mumbai	7,000	Aarohi Staff	Satoli	20,000
Ruttonsha International Rectifier Ltd.	Mumbai	5,000	Dr. Chandajit Bajaj	U.S.A.	25,000
Vashketu Foundation	Mumbai	5,000	Charles Frank & Eleanor Seabster	UK	5,097
Chandrakala Bisht	Nainital	2,000	Colby College	USA	25,000
Sumita Singh	Noida	11,000	Others (below 1000)		3,650
Sujata Gupta	Noida	11,000			
Debjani Mazumdar	Noida	10,361			
			Sub Total		982,297

Bal Sansar Sponsorship

Shubhra Kapur	Delhi	8,000	Souvik & Indira Roy Chowdhury	Kolkata	8,000
Sujata Vepa Memorial Trust	Delhi	8,000	Ashish Arora	Satoli	3,000
Souvik & Indira Roy Chowdhury	Kolkata	8,000			
			Sub Total		27,000

Almora Scholarship

L&S Architects	Bangalore	30,000	Neeraja Joshi	Gurgaon	100,000
Dr. Shubha Nagesh	Dehradun	10,000	Udit Agrawal	Moradabad	100,000
Vineet Chatwal	Delhi	100,000	Priti Rao	Mumbai	50,985
Dr. Shubham Pant	Delhi	50,000	Ramchandra Vaidya	Mumbai	25,000
Harsha Madhok	Delhi	10,000	Rajesh & Neeraja Arora	Pune	6,000
Himjoli Products Pvt. Ltd	Delhi	8,511			
Shoumi Das Gupta	Delhi	2,000			
			Sub Total		492,496

Shri Shrawan Tandon Teacher Award Corpus Fund

Saral S. Tandon	Delhi	500,000
Sub Total		500,000

Education Corpus Fund

Dr. Sudhir P. Srivastava	Delhi	100,000
Dr. Geeta Pant	Delhi	50,000
Metores Trust	Delhi	25,000
CJI Porcelain Pvt. Ltd.	Delhi	11,000
Kamini Gangwal	Delhi	10,000
Sub Total		196,000

Ilya Scholarship

Souvik & Indira Roy Chowdhury	Kolkata	2,000
Sub Total		2,000

Seema Nazareth Girls Graduate Scholarship

Premila Satyanand Nazareth	Delhi	60,000
Sub Total		60,000

Aarohi Youth Wing

State Bank of India	Bangalore	200,000	Lester Herbert	Bangalore	10,000
Grundfos Pumps India P Ltd.	Bangalore	50,000	Mark Prem Paul	Bangalore	10,000
Sita Ramaswami	Bangalore	20,000	Dsquare Solutions Pvt. Ltd.	Bangalore	5,000
Arun Marc D' Silva	Bangalore	10,000	Ramaswami Anantharam	Bangalore	5,000
Japan Metal Building Systems	Bangalore	10,000	David Lobo	Bangalore	5,000
Aparjeet Nakai	Bangalore	10,000	Sandra Fernandes	Bangalore	5,000
Marisa D' Silva	Bangalore	10,000	Deepak Mehra	Bangalore	2,000
Chandra Mouli. V.	Bangalore	10,000	Bertie Val	Bangalore	1,000
Ashim D' Silva	Bangalore	10,000	Usha Mani	Bangalore	1,000
Veena Padmanabhan	Bangalore	10,000	Sub Total		384,000

Health

Bangalore		Anuradha Shah	50,000
Vikas Mehra	100,000	Rahul Nainwal	20,000
Aparjeet Nakai	15,000	Gurdeep Singh Sabhikhi	15,000
Trilochan Sastri	15,000	Salman Haidar	10,000
Jacqeline Colaco	2,000	Saral S. Tandon	5,000
Canada		Smita Choudhary	5,000
Dr. Astrid Christoffersen-Deb	8,320	Anju Yadaav	5,000
Chatola		Padmini Nambiar	5,000
Jagdish Nayal	26,860	Arun Kumar	3,100
Delhi		Nawed Masood	2,500
Sunder Lal	25,520	Asha Gupta	2,100
Dr. Puneet Kumar Singh	113,900	Swati Nawani	2,100
		Shivani Khare	2,000

Faizabad			
Tushar Pant	1,000	Krishna Saha	4,661
Dr. Nandita Ray	1,000	Dr Mala Pande	4,661
		Radha Ahluwalia	4,661
		Dr Rajan Narula	4,661
		Rishiksha Krishnan	4,661
		Sara Tiffany	4,661
		Subhashini Allu	4,661
		Dr Sunil Gupta	4,661
		Trilochan Sastry	4,661
		Vineeth Varanasi	4,661
		Hari Gupta	4,386
		Sunil Chopra	4,386
		Dr Sushil Sharma	4,386
		Anuj Garg	4,167
		Vasudha Pande	3,948
		Ramu Damodaran	3,822
		Ashwinikumar Walde	3,728
		Hitesh Bhatnagar	3,728
		Luke Mansingh	3,728
		Meena Harishinghani	3,728
		Meeta Garg	3,728
		Neeta Tolani	3,728
		Neha Tanna	3,728
		Nimmi Harisinghani	3,728
		Puneet Kumar Gupta	3,728
		Radha Viswanathan	3,728
		Rajiv Gupta	3,728
		Rohit Chib	3,728
		Ruchi Sinha	3,728
Global Giving, USA			
Anonymous (11)	41,553		
Dr Anukul Goswami	23,303		
Venkata Ravi Kumar Chandran	16,449		
Geeta Paulmer	13,708		
Premila Nazareth Satyanand	11,651		
Priya Pavithran	9,806		
Dr Kumud Rai	9,321		
Dr Sanjeev Arora	9,321		
Kanishk Jain	9,109		
Dr Partha Sarathi Banerjee	7,408		
Ravindra Bangari	7,457		
Anna Kazanchyan	5,483		
Brig Anupam Saha	5,483		
Deepak Chhibba	5,483		
Lisa Knutson	5,483		
Panco Georgiev	5,483		
Shalini Cornelio	5,483		
Vishal Bhan	5,448		
Pilar Palacia	5,209		
Andrew Cooper	4,935		
April Open Challenge Bonus Day	4,935		
Deepak Deo	4,661		
Dr Eric D'souza	4,661		
Jagannath Raju	4,661		

Sajiv Gupta	3,728
Sandeep Sharma	3,728
Sanjay Thapar	3,728
Suranjan Banerjee	3,728
Vishal Khurana	3,728
Dr Arun Harish	3,728
Judith Furman	2,742
Gautam Gupta	2,536
Peter Jansz	2,193
Emily Ramsay	1,974
Air Cmde Ajoy Mahen	1,864
Divya Dwaraknath	1,864
Nikhil Ravi	1,864
Sashi Jha	1,864
Vidya Sarangapani	1,864
Vivek Gole	1,864
Diana Morrow	1,119
Goa	
Anup P. Keny	3,000
Gurgaon	
Anup P. Keny	3,000
Maya R. Bodke	2,000
B. Jaishankar	15,000
Kolkata	
Rajendra Dhawan	5,000
Lucknow	
Dr. Sanjay Sen	10,000

Mumbai	
Ramesh Kacholia	100,000
Shilpi Gupta	2,000
Sushila Bisht	7,100
Nainital	
Program Manager, Jila Andhata Niwaran Samiti 5,425	
NOIDA	
Dr. Mangla Telang	3,000
Ranikhet	
Dr. Neeraj Dwivedi	6,000
Satkhoh	
Kamal Pande	2,000
Satoli	
Prakash Pandey	19,360
Dr. Sushil Sharma	5,000
Bangalore	
Magali Cuffon	5,000
Other Donors (below 1000)	6,095
Sub Total	1,022,163

Grameen Himalayan Haat					
Bharat Suri	Delhi	1,100	M/S Amrapali Institute	Haldwani	5,000
Meera Sahni	Delhi	1,100	Lakhan Singh Negi	Nathuakhan	1,500
Navdeep Gahunia	Delhi	1,000	Debbie & Andy Law	Scotland	1,500
Bhavna Bali	Delhi	1,000	Other Donors (below 1000)		29,411
Sharda & Bahuguna Chartered Accountants	Haldwani	6,000		Sub Total	47,611

Harish Welfare Fund		
Premila Satyanand Nazareth	Delhi	12,000
	Sub Total	12,000



join
us

In the twenty 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.

contribute financially

To create and run world class health and education facilities in remote villages.

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.

spread the word

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

"Don't ask yourself what the world needs; ask yourself what makes you come alive. And then go and do that. Because what the world needs are people who have come alive."

Howard Thurmann... famous civil rights leader

aarohi natural products

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

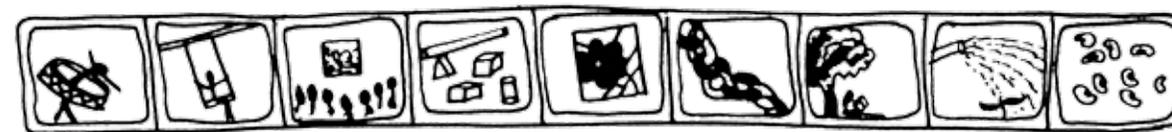
For bulk as well as retail orders
e-mail : aarohibiz@gmail.com

or call

+91 97586 25455 (Office)
+91 94129 91916 (Deepak)
+91 94115 45770 (Basant)

at a glance

Particulars	2010-11	2011-12	2012-13
Life members	162	166	173
Institutional members	16	16	16
Ordinary members	117	109	107
Villages covered	57	57	58
Households covered	6,341	6,341	6,690
Population benefitted (approx)	35,000	35,000	36,800
Individual contributions (INR)	1.84	3.71	3.73



Front cover : girl from Wacham

Back cover : terrace farming in Kumaon

Back cover inside : Bubu

INR Donations

Demand Draft or Multicity Cheque, payable at Almora, may be sent by registered or speed post to our village address.

Details for direct credit or transfer using NEFT/RTGS:

Name and address of Bank: Canara Bank, Mall Road Branch, Almora, Uttarakhand

IFSC No: CNRB0002324

For supporting Education Program and Scholarships

Account Name: AAROHI EDUCATION FUND

Account Number: Savings A/c 2324101004007

For supporting the Health Program

Account Name: AAROHI AAK

Account Number: Savings A/c 2324101004008

USD/GBP Swift Transfers

Grantee: AAROHI

Grantee Bank Account Name: AAROHI

Grantee Bank Account Number: FOREIGN CURRENCY C/A 11576142018

Local Bank Name: State Bank of India, Mukteshwar – Branch Code 02582

Local Bank Address: Mukteshwar Branch, P.O Mukteshwar, District Nainital, Uttarakhand, India, Pincode 263138

Swift Code of SBI, Nainital Branch, India, Intermediary Bank in India: SBININBB506

For Donations in USD

US Intermediary Bank Name: State Bank of India, New York

US Intermediary Bank Swift Code: SBINUS33

For Donations in GBP

UK Intermediary Bank Name: State Bank of India, London

UK Intermediary Bank Swift Code: SBINGBL2

You can also support us through www.globalgiving.org

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 at aarohi2000@gmail.com.

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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.



Credit: Magali Couffon De Trevros



Village Satoli, P.O Peora, District Nainital, Uttarakhand - 263138, INDIA
Phone: 09758625455 | Email: aarohi2000@gmail.com | Website: www.aarohi.org
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