



Aarohi

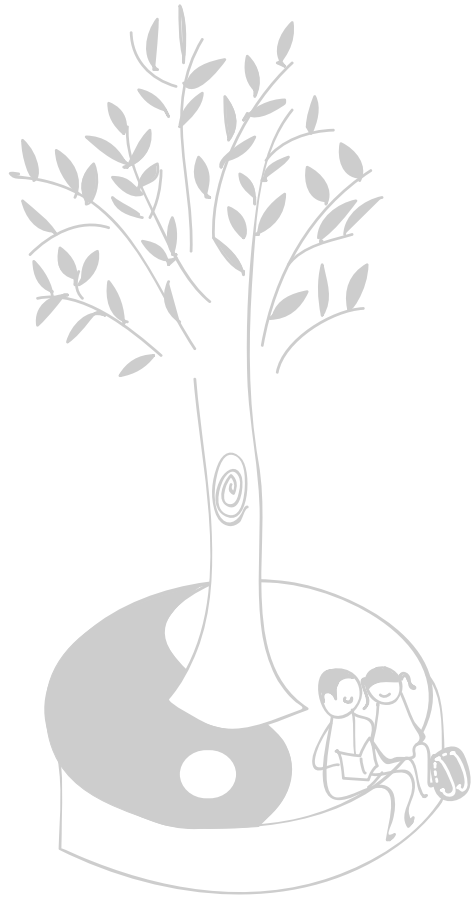
REVIEW 2013-14



यज्ञे तपसि दाने च स्थितिः सदिति चोच्यते ।
कर्म चैव तदर्थीयं सदित्येवाभिधीयते ॥ २७ ॥

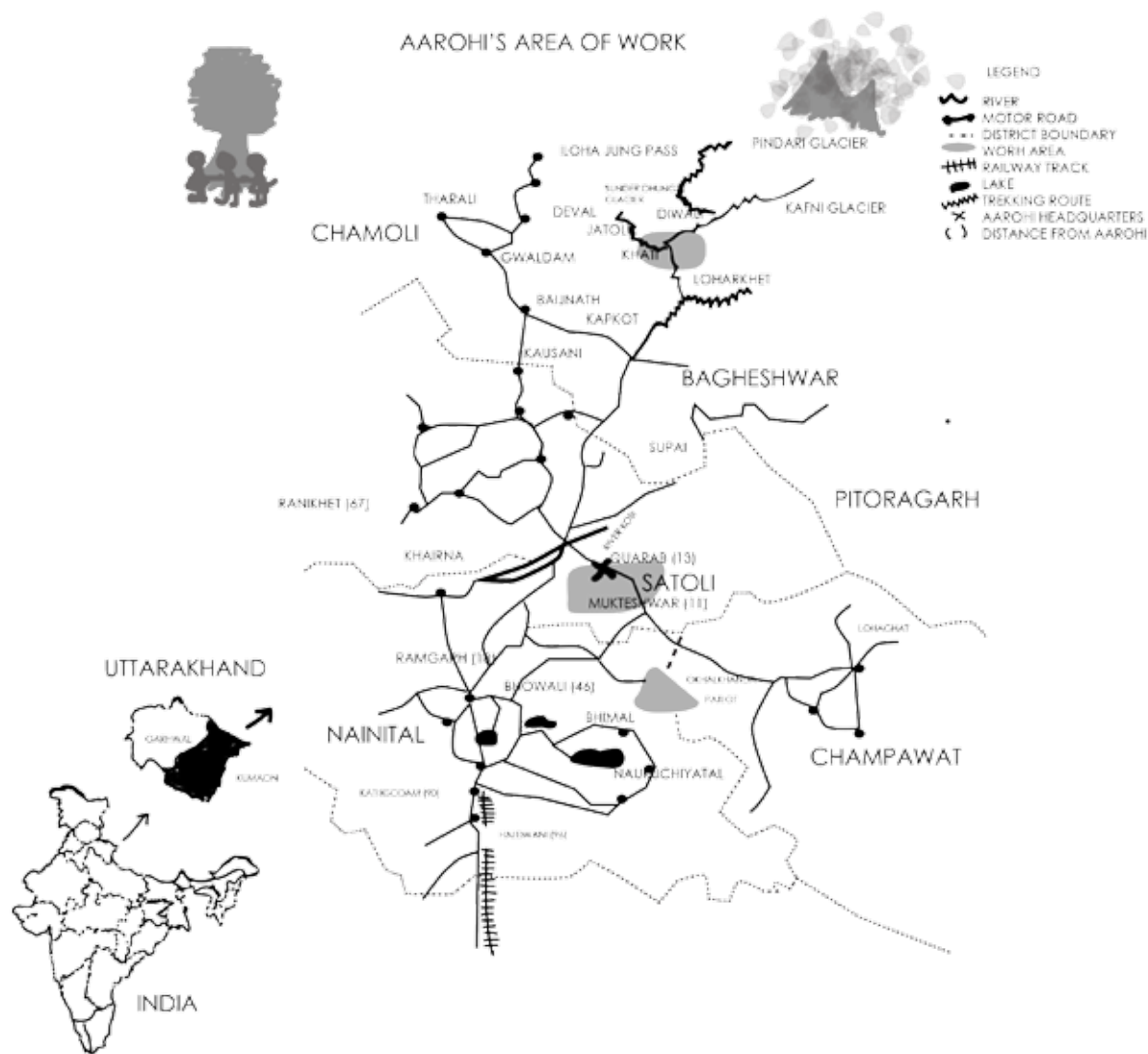
And steadfastness in sacrifice, austerity and charity is likewise spoken of as
‘Sat’ and action for the sake of God is verily termed as ‘Sat’.

Bhagavadgita (Verse 27, Chapter 17)



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AN OVERVIEW

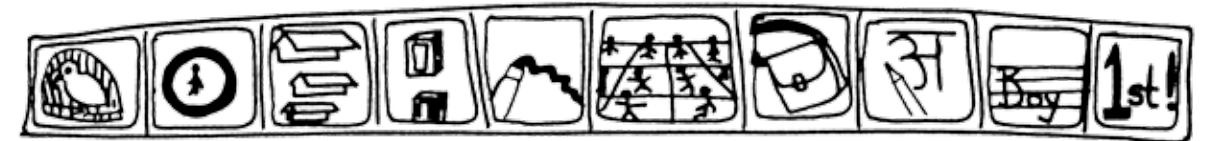
While we found it exciting to live in the mountains, we quickly realized that the local populace of subsistence farmers lacked health facilities, meaningful education for their children, and had few livelihood options. Moreover, they depended heavily on dwindling forest reserves and their lives were 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' is derived 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 survived and we 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 organisation is headquartered in Satoli, a village 6,000 feet above sea level, in Uttarakhand's Nainital District. Today, we are a team of 99 full-time staff, and are supported by 309 members from all over the world. We actively operate in 77 villages, working with some 46,353 people. Once-sleepy Satoli is today a buzzing node of grassroots action, bringing sustained change to the most underserved.





REFLECTIONS

Last year was defined by a sense of new beginnings and great expansion in our different spheres of work. **Aarohi Bal Sansar (ABS)** today, is a thriving Hindi-medium middle school with a student strength of 178, and a healthy student-teacher ratio of 11:1. ABS has drawn substantially on a variety of inputs, including specialised subject mentors, volunteers and training sessions. The academic performance of our

primary school children (up to 5th Standard) notably surpasses the Uttarakhand average, (based on the Annual State of Education Report (ASER) test). We still struggle with teacher attrition but have instituted measures like enhanced salaries and incentives to improve our retention rate.

ABS' scholarship programs have become the backbone of financial support to students and their families. **Bal Sansar scholarships** enabled 50 ABS students to study for free; the **Ilya scholarship** promoted academic and co-curricular talent for 16 ABS students, and the **Almora scholarships** assisted 16 ABS students to study in Almora's best schools. The **Room to Read scholarships** supported 31 economically underprivileged girls from government schools and ABS to complete 12th Standard. This program has run successfully for nine years. Seema Nazareth scholarships enabled two girls to pursue university and professional education, in both cases increasing their chances of joining the national mainstream. Extra-curricular activities continue to form an essential part of education at ABS, with the construction of extra play space, sports facilities and an auditorium already underway. A fun 'used tyre' playground is another feature to be added to the grounds of ABS. Finally, our **Youth Wing** held its fourth annual cycling and running event, attended by 170 enthusiasts, a figure more than double from last year. The highlight, however, was Rakesh and Pramod, two local boys representing Aarohi in the Tour of the Nilgiris (TfN). The TfN is one of the most challenging cycle rides in the country and our young boys finished in the top 15.

Our **Community Health** program took a big leap this year. Our transition between two phases of funding entailed a lean period of six months with minimal intervention. Thereafter, we picked up steam once again to plan our largest intervention so far, in a whole Block* of Nainital District covering a population of some 42,000 people. We completed a baseline survey for the 102 villages in that block and are now implementing the project in this year's selected 35 villages. The project aims to strengthen community-driven processes that will enable households to increase control over and improve the health of mothers and children.

Our state-of-the-art **hospital** in Satoli continues to provide outpatient, inpatient, diagnostic, emergency, surgical care and health outreach. This year, we treated 5,770 people from 45 nearby villages. Our surgical work has almost doubled compared to the previous year and we ran two

* A Block is a division of a District

camps in villages of the Pindari river basin. Our school health program covering 10 schools benefitted 536 children with regular health check-ups, Vitamin A supplements and routine deworming.

Providence brought us an INR 23.2 million corpus grant for instituting a girls' scholarship and health program in and around the village of Supai in Almora District and thus began the **H.K. Trivedi Memorial Fund**. This amount was willed to our Chairperson (Dr (Col) C.S. Pant), by the late Kamla Trivedi, an ex resident of the village, after seeing the excellent services provided by a Mobile Medical Unit (MMU), a project initiated by Col. Pant. The MMU was successfully run for six years by the government and the Birla Institute in Bhimtal and have now been handed over to Aarohi for a trial run of one year.

Our **Livelihood Promotion Program** (LPP) provided supplementary income and employment to over 1,500 farmers from Uttarakhand and Himachal Pradesh. This year we sold INR 4.2 million worth of apricot and peach-based body care products and culinary herbs, providing a total benefit of INR 2.7 million to the community. Much effort was put into a branding revamp and developing an online portal for sale of products. These should be in place by June 2014. Aarohi's annual five-day **Grameen Himalayan Haat** drew 28,000 people from 50 surrounding villages, resulting in local sales of INR 497,000. The Haat, held just after the winter harvest, has emerged as a major platform for local commerce and interaction, and as a showcase for 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, 14 villages participated in the evaluation, of which two villages will receive cash prizes amounting to a total INR 15,000 for best community practices and maintenance of forests.

Through our **fundraising** efforts this year we raised INR 31.95 million from supporters all over the world and have so far spent INR 22.55 million. Our Swiss partner, Aarohi Schweiz, alone raised a sum of INR 3.8 million (18% of our annual income). 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 it was a fairy-tale experience of

intense preparations, performances on stage and sightseeing in Delhi. A momentous milestone this year, was the launch of the Aarohi-UK chapter with the help of friends in November 2013. The aim of this chapter is similar to that of Aarohi Schweiz; it will move towards creating a formal platform for raising funds and volunteer support for development initiatives in rural Uttarakhand.

Looking ahead

The coming year will see the roll-out of our ambitious health project in Okhalkanda Block, supported by the Mobile Medical Unit where 14 camps will bring radiological, diagnostic and medical services to very poorly serviced villages. We will have much more learning space in our school – new classrooms, and a wonderful tyre adventure playground. We will also have young managers in charge of all the three major sectors of our intervention i.e. Education, Health and Livelihoods as well as a couple more to help with management, coordination, communication and fundraising. We eagerly await the finalisation of a brand revamp for our products and to selling our products online.

We expect to streamline our volunteer inputs and will need to clearly define our volunteer requirements in each sector to make the program mutually fruitful, and are excited about our first ever charity bike ride in Kumaon.

All of us at Aarohi are happy with a sense of a year well lived. With the good wishes of our families, friends and associates we welcome yet another year of exciting and meaningful work, in service of the people of rural Uttarakhand.

Dr Sushil Sharma

19 May 2014

AT A GLANCE

	2011-12	2012-13	2013-14
No. of villages where Aarohi works	57	58	77
Population covered	35,000	36,800	46,353
No. of meetings held	1,620	1,358	139**
Total attendance	20,020	13,651	2,435
Women	13,500	9,555	1,802
Men	6,520	4,096	633
Women: Men ratio	2:01	2.3:1	2.8:1
No. of patients seen (hospital + camps)	3,859	3,805	5,770
Sale of body care & herb products (INR lakhs*)	38.06	40.38	42.13
Children at Aarohi Bal Sansar	163	168	178
Aarohi members	299	297	309
Aarohi workers	84	85	99
Individual contributions (INR lakhs*)	37.1	37.3	41.3
Grants and Income (INR lakhs*)	246.75	208.79	319.48
Expenditure (INR lakhs*)	194.89	171.84	225.53

*One lakh is 100,000

** This reduction in village meetings has been largely influenced by the community health project, which was put on hold between two different phases of the project. During this time funding was reduced for a period of 4 months and ceased completely for 2 months. Furthermore the first 4 months of the new phase was spent conducting a baseline survey and the following month was taken up with a training and exposure visit for newly recruited staff.

EDUCATION



AAROHI BAL SANSAR

Since its creation in 1994, Aarohi Bal Sansar (ABS) has grown steadily and continues to raise the standard of education amongst children of the local area, the vast majority of whom speak Kumaoni as their mother-tongue. As a thriving Hindi-medium school, ABS caters to children aged 3-14 from nursery to 8th

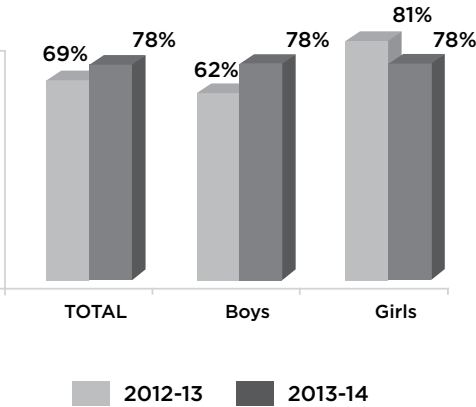
Standard, with a much healthier teacher-student ratio of 1:11 than national standards. This year ABS brought together 178 children (81 girls and 97 boys) from 14 local villages into a small community. Their incredible energy and eagerness to learn, play and see their teachers and class-mates is evident in the long distances many travel daily on foot over difficult mountainous terrain, some walking as much as 5km twice a day.

ABS is an inclusive school where admission is granted to all children from the area whatever their background, social status or religion. Numerous scholarship programs allow children from families of limited financial means to attend ABS and to pursue further education afterwards. Given that many of the children attending ABS are first generation students and have little support for their studies at home, academic performance is a challenge. Despite this, testing conducted last year, showed that the basic literacy and numeracy of ABS students in Standards 1-5 is far superior to that of the average amongst children in the State of Uttarakhand (as compared to ASER 2013 data).

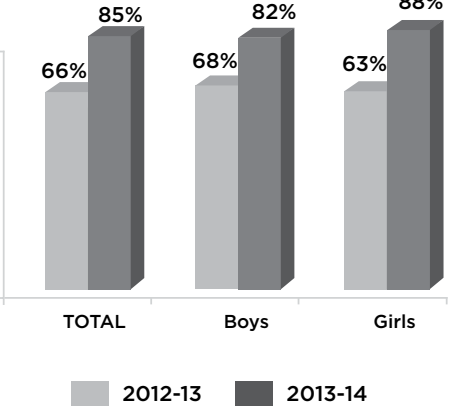
ABS aims to institute a process of social change at an early age in order to help children become responsible citizens of society. Its vision is “Holistic development of personality in a joyful environment”. The school’s spirit is captured by various events throughout the year, where students showcase Kumaoni cultural song and dance, their sporting abilities and their creativity in the areas of science, art & craft and theatre. ABS prides itself on welcoming a large number of volunteers who expose the students to a great variety of activities and this year has been no exception.

ACADEMIC PROGRESS

Students with Attendance over 90%
(Stds 3-5)



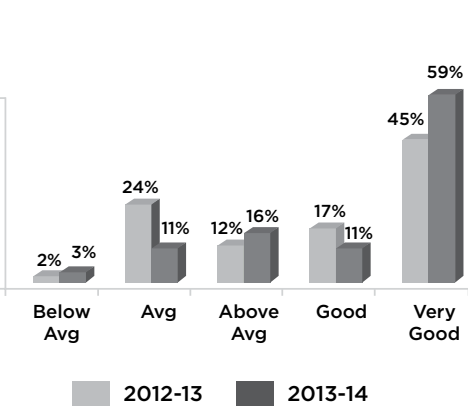
Students with Attendance over 90%
(Stds 6-8)



This year ABS has seen an improvement in both attendance and academic performance as compared to previous years. The number of students with an over 90% attendance has risen since the last academic year, from 69% to 78% in Standards 3-5, and from 66% to 85% in Standards 6-8. The latter is a significant increase of 19%. This is probably due to teachers monitoring absenteeism and talking to both parents and children about the importance of attending school regularly. We are pleased to note that the tendency in rural homes to hold back girls from school for household chores or looking after siblings is not evident in ABS.

Academic performance is measured throughout the year by monthly tests, a half-yearly exam and a final year exam. A comparison between this academic year (2013-14) and the previous (2012-13) shows that a significant number of students have improved from average to above average and from good to very good. Reasons for this are multiple. Students in Standards 6-8 may well have been motivated to work harder given the possibility of being awarded an Almora Scholarship to pursue their studies after 8th Standard. The fact that teachers have provided more regular remedial classes for weaker pupils in Standards 3-5 who are struggling, is likely to have contributed to improved academic performance across those classes.

Comparison of Academic Performance
(Stds 3-5)



Teachers have also been working harder to improve their classroom teaching and setting homework more regularly. The more timely availability of textbooks and stationery this year as compared to previous years has aided teaching. Furthermore, teachers have been making use of e-learning material for Standards 1-5, and have felt motivated to improve their own performance and attendance given the prospect of being awarded the Saral Tandon Teacher Award. Finally, the involvement of volunteer teachers, notably Achla Sawhney who has taught English in Standards 7 and 8, has undeniably helped to raise both attendance and academic standards. This is evident in the way that students take to the teachers who travel from afar to work with them.

The Annual Status of Education Report (ASER) is generated from an annual household survey conducted by volunteers under the aegis of Pratham, a leading Indian NGO in the education sector. The survey aims to provide annual estimates of children's enrollment and basic learning levels for each district and state in India. As regards academic performance, the ASER survey includes tests for children's basic literacy and numeracy. In 2013, arithmetic and reading in Hindi were tested in Uttarakhand. In early 2014, volunteers tested ABS students in Standards 1-5 using the same ASER test papers. A comparison of the ABS results and the Pratham sample

in Uttarakhand shows that ABS students perform better than the Uttarakhand average in both Hindi literacy and numeracy (see Tables 1 and 2 below). In terms of arithmetic (subtraction), ABS students in younger classes (Standards 1 and 2) are notably much more capable than the Uttarakhand average. In Standards 3-5, ABS students also far out perform the Uttarakhand average in terms of division and subtraction.

Arithmetic (% of children by standard and numeracy level)

	STD 1		STD 2		STD 3		STD 4		STD 5	
	ABS	UK	ABS	UK	ABS	UK	ABS	UK	ABS	UK
Not even number recognition	8	30	0	16	0	7	0	3	0	3
Number recognition (1-9)	15	34	6	35	9	32	0	22	0	14
Number recognition (10-99)	0	30	11	29	32	30	6	28	13	25
Can subtract (2 digits)	77	5	83	16	45	22	33	25	34	23
Can divide (3 digits)	NT	1	NT	4	14	8	61	22	53	35

Legend: ABS is Aarohi Bal Sansar, UK is Uttarakhand and NT is Not tested.

How to read this table : Each cell shows the percentage of children in a particular Standard and their highest level of achievement in numeracy. The lowest ability is the first row progressing to the highest ability, which is division in the last row. Those with the highest ability have all prior abilities. For example in ABS Standard 1, 77% of children can subtract (as compared to only 5% of the children in the ASER Uttarakhand sample); the 0 in the previous row indicates that all children who can identify numbers 10-99 can also subtract; 15% can recognise numbers 1-9; and only the remaining 8% cannot even recognize numbers 1-9 (as compared to 30% of the children in the ASER Uttarakhand sample).

Reading in Hindi (% of children by standard and literacy level)

	STD 1		STD 2		STD 3		STD 4		STD 5	
	ABS	UK	ABS	UK	ABS	UK	ABS	UK	ABS	UK
Not even letters	8	36	0	21	0	10	0	5	0	4
Letters	23	32	0	28	4	24	0	17	0	11
Words	15	15	0	17	5	14	0	13	0	10
Paragraph	31	10	0	17	9	23	6	17	7	14
Story	23	7	100	17	82	29	94	48	93	61

How to read this table: Each cell shows the percentage of children in a particular Standard and their highest level of achievement in literacy. The progression of ability is from the lowest in the top row to the highest in the bottom row. For example in ABS Standard 1, 23% of children can read a story fluently (as compared to only 7% of the Uttarakhand average), 31% can read a paragraph composed of simple sentences but not a story, 15% can read words but not a paragraph, 23% can read letters but not more, and only the remaining 8% cannot even read letters.

Anjali, a volunteer, with ABS children in village Kumati



SCHOLARSHIPS

Scholarship	Beneficiaries	Criteria for selection	Annual cost per scholar	Number awarded 2013-14
ABS	Children from the local area who need financial help to attend ABS.	Families with limited financial means, with a single parent or parent with a disability.	INR 8,000 (school fees, uniform, books and stationery, health check-ups and supplementary nutrition three times a week)	10
Ilya (ABS) In memory of an ABS student	ABS students	Strong academic performance, talent in sports, music, arts and crafts or showing leadership potential	INR 1,000 (school bags, story-books, puzzle and mind games, and art and craft materials tracksuits, sport shoes and sport equipment)	15 (five for academic excellence and ten for achievement in sport)
Ilya (non-ABS) In memory of an ABS student	Local children wishing to pursue studies beyond 12th Standard.	Talented in a particular area and limited financial means.	INR 12,000 (Fees for Masters in Music at Kumaon University)	1
Almora	ABS 8th Std students who wish to pursue their education in Almora until 12th Std	Strong academic performance	INR 40,000-70,000 (admission fee, tuition fee, boarding, extra coaching, uniform, books and stationery). Parents contribute up to 50% of the cost.	16 (11 in Koormanchal Academy, 2 in Adams Girls School and 3 in Beersheba School)
Room to Read	Girls who wish to pursue their education until 12th Std	Limited financial means, academic performance	School fees, uniforms, study materials and health check-ups	31
Seema Nazareth (In memory of Seema Nazareth)	Girls wishing to pursue graduate-level or vocational education	Limited financial means, academic performance	INR 10-25,000	2 to study for a Nursery Teacher Training Diploma



Kalpana Bisht, Standard 5: A prospective Ilya scholar

Divya Bisht, ABS scholar

Divya joined ABS in 1st Standard and a Bal Sansar Scholarship has funded her education over the last three years. She is now in 4th Standard and is developing exceptionally well. She scored 84% in her end of year examination in March 2014. This is a dream come true for her father, Godhan, who would never have imagined that, given his modest background, he would have a child performing so well academically. Godhan has been struggling to support a family of seven including his wife, who works hard as a housewife, their three children and his parents. His principal occupation is farming but given that he has little land, that there is limited water in his village, and due to the prevalence of pests such as monkeys and wild boars, he manages to cultivate food for his family for just 2-3 months every year.

The family was for a long time dependent on Divya's grandfather's army pension to meet their daily expenses. Godhan was forced to migrate to Ghaziabad near Delhi to take a job in a factory. Sadly he lost his job in June 2011 due to the closure of the factory. He spent the next year without work before eventually finding a part-time job as a chef in the local ashram.

Given the family's economic limitations, Godhan and his wife are thrilled to see their youngest daughter receive a scholarship to study at ABS as this means she is receiving a good education and has a bright future ahead of her. Since Divya began studying at ABS, her parents have noticed how much confidence she has gained and how she is able to take initiative and take on tasks independently, whether it be her homework or household chores.

Poonam Arya, Seema Nazareth Scholar : *In her own words*

"I am from a large family of four children living in Lweshal village. My parents have little money - my father works the land and runs a dairy. I study in a Government school and was selected for a Room to Read Scholarship by Aarohi on the advice of my headmaster and the village head back in 2007 when I was in 6th Standard. This was fantastic as it meant that I was able to continue studying until 12th Standard rather than being married off by my parents, who are struggling to afford the school fees for all of their children.

Thanks to this scholarship, I benefitted from life skills sessions in which I learned how to successfully run a



small business in the local area. As a result, I was able to take over the running of my father's dairy a year ago allowing him to concentrate on cultivating his land with my brothers. I did this whilst continuing my studies but this was hard as it meant rising early, walking 2km to the dairy and working there from 4-6am every day. Given my increased confidence, creativity and ability to build relationships with people, I also found new ways to sell the organically-grown seasonal vegetables and pulses from my parents' land. My father used to take his produce all the way to Almora to sell. However, I decided to promote the produce in the local area and to sell it to NGOs through the contacts I made with Room to Read and Aarohi staff. I established the possibility for clients to place orders by phone and I send their produce to them by bus or taxi. I even managed to provide produce in bulk for small functions such as a birthday party, meaning that clients didn't need to travel to Almora to buy such quantities. As a family, our income has now increased, and we have expanded our house by three extra rooms.

As a result of participating in the entrepreneurial program and the life-skills workshops, my mindset has changed. I have become resourceful and independent. In the future, I would like to study for a Bachelor of Arts in languages. I want to do so through distance learning so that I can continue to run my family business. My whole family and I are immensely grateful to Aarohi and the Room to Read program."



EXTRA CURRICULAR HIGHLIGHTS



Culture and Language

Six students participated as delegates in the 18th International Children's Film Festival of India. The children learned how to make a film and performed a traditional Kumaoni dance on the evening of cultural performances.

ABS also organized an inter-house Hindi Elocution Competition for parents, a popular event!



Sport

Hosting the inter-school cluster-level sports rally, organizing an inter-house football tournament, teachers challenging the students to a cricket match on teacher's Day and the annual sports day.



Uttarayan: Spirit of the Mountains

What started primarily as a fundraising event for our school has additionally become a means of spreading awareness of Kumaoni culture and an amazing annual exposure for our school children. This year, we hosted this event at Sanskriti Kendra in New Delhi for the fifth consecutive year. More than 300 guests attended.

RESPONDING TO CHALLENGES

Teacher Salaries: We raised considerable funds from institutional and individual donors from within the country and abroad this year, allowing us to increase teacher salaries within a range of 20-60%. The considerable increase that we have been able to provide this year has increased the motivation of the teachers at the school.

Teacher Capacity/Motivation Building: A new initiative to increase teacher motivation is the offer of an award for teachers who have shown the greatest professional development. The recipients of the Saral Tandon award will be judged according to criteria of greater rigour and discipline in their general approach to work, and innovation in their teaching.

The initial steps taken to make better use of the internet and e-learning facilities have contributed significantly to building the capacity of teachers and students. We installed a television in our library and received a generous donation of three tablets and e-learning materials. These facilities have been used to enhance the teaching of Hindi, English, Maths and Environmental

studies. From nursery to 5th Standard, students now have one e-learning session a week. An area for improvement is teacher's willingness to seek out e-learning material online.

Although ABS teachers have benefitted over the last year from a number of external training sessions, they haven't necessarily been able to apply what they learned as the training courses aren't completely tailored to the context in which they work. Furthermore, only a limited number of teachers benefit as they can't all attend, and the students inevitably suffer due to the absence of their teacher for a certain period of time. The plan this year is to conduct a thorough needs analysis of teacher capacity and attract the human resources to provide in-house training and to subsequently guide the implementation of what the teachers have learned into their daily work at ABS.

Funding challenges: As a result of successful fundraising efforts on behalf of the Aarohi UK chapter, we have had a steady stream of donations coming in from the UK and USA through Global Giving, an online fundraising platform. These funds will be utilized towards meeting the running costs of ABS this year. In addition, a group of individual donors from the UK have shown initiative in supporting us by pledging one-time donations. Our aim, this year, will be to convert these leads into long-term commitments (3-5 years).

Capacity building for teaching of English: A number of English-speaking volunteers have worked with teachers and students to improve their understanding and use of English. Although incredibly valuable, as this provides more exposure to the English language, this approach is rather ad hoc, and doesn't necessarily provide the continuity that is required for effective capacity-building. The challenge of attracting long-term qualified English teachers or trainers as volunteers has not yet been met.

LOOKING AHEAD

The initial in-roads made towards securing longer-term funding have allowed us to envisage turning previous challenges into exciting opportunities for strengthening the school's capacities and advancing further towards our goals in the coming years. Current funding is enabling us to grow our infrastructure. In the coming year we look forward to opening more classrooms, a

multi-purpose hall with an auditorium, training space, sports facilities and changing rooms. Furthermore, an exciting children's playground using old tyres will be built in May 2014.

In the short-term, we look forward to the arrival of a new education coordinator in June 2014. The coordinator will run a multimedia learning pilot project to explore ways of building a stronger digital and e-learning capability at ABS and training our teachers accordingly. The results of the project will determine our path forward in this direction. This step will aid us in adopting a more sustainable way of reducing teacher attrition by systematically building their capacity, particularly as regards English-teaching. The benefits of which will be felt over the long-term.



Like any group of young people the youth of rural Kumaon seek varied ways of engaging themselves. However they have limited opportunities to do so. Living in a remote part of the country they connect with the outside world only through mobile phones, radio and television. A lack of sporting, cultural and vocational activities

mean that the Kumaoni youth easily feel disillusioned and bored, leading to known problems such as teenage pregnancies and alcoholism. It was in response to this need in the community that we decided to start the Aarohi Youth Wing four years ago. The objective is to encourage physical and mental fitness of young girls and of the region through the medium of sport. A simple concept, in just four years alone the initiative has matured to be a pivotal part of our education work.

This year has been one in which the initiative took a big leap forward. We reached out to more than 170 participants from 17 villages, a figure nearly double from that of the 80 young people we engaged with last year. We took a step forward by sponsoring exceptional boys and girls in sports events taking place in other parts of the country. Our youth wing veterans, Rakesh and Pramod, participated for the first time in the prestigious Tour of Nilgiris (TfN) in December 2013, the toughest cycling challenge in the country. It was a new dawn for all of us to see our young boys representing Kumaon, riding alongside some of the most distinguished riders from around the world.



Rakesh and Pramod at an early morning practice session

Rakesh, 24 years old, helps his father run a tea shop, works as a caretaker at a nearby hotel and leads treks as a guide. After learning cycle repair and maintenance skills he started a small cycle repair services business at the teashop. He dreams of running a cycle-rental business for tourists and has already mapped out beautiful cycling routes in Kumaon.

In his own words : *"At TfN I learnt about adventure cycling, met like-minded people but most of all saw a beautiful part of India I had never known about. The whole experience was exhilarating."*

Pramod, 21 years old, helps run the family grocery shop and is currently studying a Bachelor's degree at Kumaon University. He was a student of Aarohi Bal Sansar until 5th Standard and participated in the very first Aarohi youth event in 2000. While Pramod's father runs the grocery shop, his on and off alcohol addiction means that Pramod has to take on the additional responsibility of helping run the shop. With access to only a basic bicycle and limited training opportunities due to work commitments, Pramod nonetheless rode the TfN with such grit and determination that many only dream of.

In his own words : *"We came to be known as the Aarohi boys and that was just wonderful - everyone knew us!"*

LOOKING AHEAD

The last four years have demonstrated that the local rural mountain youth is inherently inclined towards physical activity and for that reason sport has proved to be an extremely effective medium to engage with them. Inspired by the stories of Rakesh and Pramod, we worked on conceptualising and implementing a charity bike ride in the Kumaon Himalayas, inviting riders from all over the country and the rest of the world to ride along with the local youth. To be held in April 2014, the first ever charity bike ride in the country (The Kumaon Himalaya Ride), will be an annual Aarohi event serving as a catalyst to promote sport and, in particular, cycling amongst the youth of the region. In addition, it will serve as a platform for participating riders to fundraise for Aarohi. We plan to engage more actively with local NGOs such as Chirag to encourage and support our youth to participate in events such as the Mukhteshwar Marathon.

Education in Supai

This year we expanded our work area to include the village of Supai in Almora district under the H.K. Trivedi Memorial Fund. Under this program we provide scholarships for girls from two government schools and are also instituting a computer literacy centre in the village. Through the H.K. Trivedi Balika Shiksha Protsahan Yojna scholarship we enable young girls from class V upwards to study till university level; provide extra tuitions at school; provide financial support to those girls who wish to pursue vocational education after school; and give life skills training (this element is linked with our Room to Read Scholarship program). We are presently supporting eight girls through this program.

The computer literacy centre is a base for computer training for the whole of local community and not just the girls alone. It has 3 desktops so far and an average of 20 training sessions are held per week.

In addition, H.K.Trivedi Memorial Fund also supports the education of 178 students at ABS.



HEALTH



While the Government of Uttarakhand is committed to improving health systems, a lack of functioning hospitals in rural areas, low service utilisation and considerable disparities between urban and rural communities in accessing health care continue to undermine progress. It is to fill this lacuna that we have worked for the past 22 years to improve access to quality primary health care for rural communities in and around Nainital District, both by providing services directly and by strengthening existing government systems.

COMMUNITY HEALTH

We were privileged to launch a new 5-year community health program in August 2013, with the aim of improving maternal and child health in 105 villages in Okhalkanda Block. Since then we have built upon the successes of the previous 3-year project in 30 villages, largely in the same Block.

We have achieved :

- 100% primary immunization for children between 0-23 months
- no maternal deaths during the last 18 months of the project
- institutional deliveries increased to 40% against a baseline of 10%
- provision of complete antenatal care increased to 98% from a baseline of 34%
- fall in malnutrition in children below 3 years from 38% to 18%

The new community health program aims to strengthen community-driven processes that will enable households to increase control over and improve the health of mothers and children. A large baseline survey was conducted for a total of 105 villages. The population of these villages according to the 2001 census is 42,686 (21,400 men and 21,286 women). A structured interview was undertaken with pregnant and lactating women and mothers of children aged 0-5 years.

The sample size of the survey was 400 women from 15 villages. The results showed that:

Most women (89%) farm for a living.
.....
More than half (60%) of women have had their first child between 19 and 21 years of age.
.....
Half the women (51%) who are currently pregnant have not had an ANC (ante natal care) check up during this pregnancy.
.....
Among the women who had a child, 80% of them delivered at home, out of which 58% of the deliveries were assisted by untrained dais (midwives).
.....
Among women who said that they faced complications during their pregnancy, majority (65%) did not take any treatment for the problems.
.....
46% of women made no prior preparations for their delivery.
.....
Among the women who planned to deliver at home, more than half (57%) had made no plans to save any money for their delivery (a critical measure in order to save time during emergencies in the mountains).
.....
Among women who planned to deliver at home, only 3% intended to deliver in their cowsheds (a huge cultural shift from practices 2 decades ago).

Among women who already had a child, more than 80% had delivered at home and untrained dais had delivered more than half (58%) of the babies.
.....
76% of women are not given meat, eggs, fish or ghee after delivery and 65% are not given green leafy vegetables. Diet restrictions for lactating women vary in intensity in different areas but the practice is widespread and detrimental to the health of mothers.
.....
80% of women breastfed their babies within 24 hours of delivery (a great cultural shift from earlier times when babies were not given vital colostrum or the first breast milk since it was considered bad for the baby).
.....
Among women who had a child, 69% had given their new born baby a bath within one hour of birth. This is not recommended as bathing the baby will remove the white coating known as vernix, which acts as a first line of defense against infections. Bathing can also expose the newborn to hypothermia, which may result in pneumonia.
.....
More than half the women (61%) do not use any contraceptive method.
.....
More than half (58%) women eat food after all other members in the household have eaten.

Over the past year, our health workers have improved awareness among rural communities on maternal and child health issues, women’s hygiene and clean drinking water and sanitation. This has been done directly through house visits and village meetings but also indirectly by providing much-needed training to Government-appointed Accredited Social and Health Activist (ASHAs).

Our health supervisors have identified serious health problems amongst mothers and young children and worked to resolve them as illustrated by Khasti’s story below. The effectiveness of data collection and educational visits made by ASHAs to pregnant women and mothers has been increased by the provision of a mobile phone application developed by Aarohi and an American not-for-profit, Dimagi Inc.

Over the past year, we have also made in-roads on securing the future provision of clinical services to rural communities living in remote areas in the districts of Nainital and Almora by restoring a Mobile Medical Unit (MMU), which ceased to function as a government service in 2012. The MMU will have the services of a Radiologist, a General Physician, a Lab Technician, an X-Ray Technician, a Nurse and a Pharmacist. Patients visited by the MMU will be able to benefit from ultrasounds, X-Rays, ECG, blood tests, sputum exam for tuberculosis, family planning services and the prescription of medication.

Jo Parker, a volunteer midwife, examining a young mother in village Jamradi

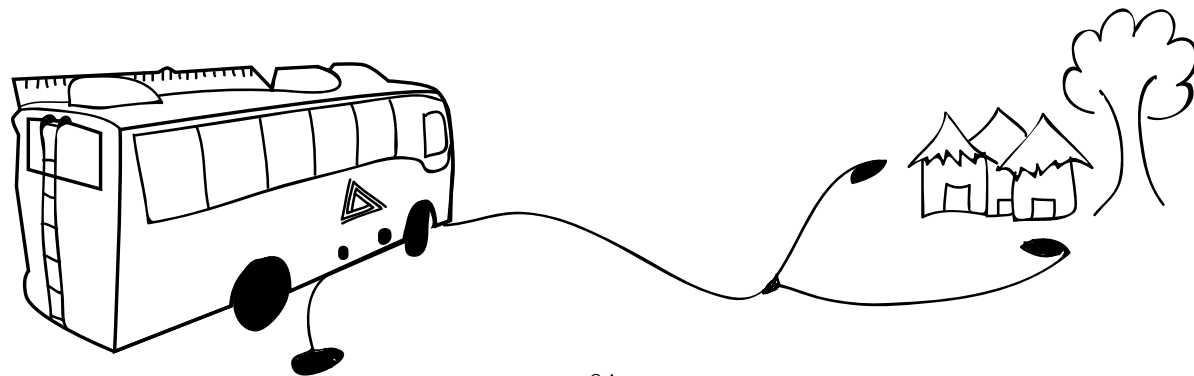


A woman's health is sacrificed due to the ardent desire for a son

Thirty year old Khasti Devi lives with her husband, mother-in-law and four daughters in the village of Jhargaon where we run our community health program. Khasti's husband is a daily wage laborer and Khasti helps with farm work. Khasti and her husband desperately want a son and for this reason Khasti has had eight pregnancies since she married at the age of 21. Her first three deliveries went well and she gave birth to three healthy girls at home. However, after the third delivery, she suffered many health problems. She chose to ignore them and her fourth delivery resulted in a stillbirth in hospital. The attending doctor told her that the cause was most likely her severe anemia. The following year she gave birth to a baby girl who is blind and suffers from mental disabilities. In spite of this, she and her husband continued trying for a son resulting in four miscarriages of which the last involved heavy bleeding over a period of several months.

Khasti was clearly in need of care and support when an Aaroahi health team worker met her during a routine house visit. Khasti was encouraged to take iron and folic acid tablets and explained the need to re-gain her health before trying for another baby. Our health workers explained to Khasti and her husband, the probable causes for her miscarriages and the problems that might arise if she were to fall pregnant again soon. We advised her on family planning methods and suggested admission to Aaroahi's hospital to recover from her anemic condition. We even had philosophical discussions with Khasti and her husband on the necessity of a son!

Khasti's life situation is typical of women of the region. Due to social pressures and the desire for a son, women often tend to sacrifice themselves to achieve that goal. Only with spreading awareness and better education for all, can we improve the health and well-being of these women.



CURATIVE HEALTH

This year our hospital in Satoli, the Aaroahi Arogya Kendra (AAK), provided high quality and medical, diagnostic, surgical and emergency services to a total of 5,770 patients from 45 villages over a radius of 70 km. Monthly health camps enabled 716 local residents to access qualified surgical, ultrasound, medical, paediatric and eye care specialists. On two occasions during the year specialists travelled to Satoli from around the country to successfully provide quality treatment for 1,189 patients requiring reconstructive surgery, ear-nose-throat and cataract surgery patients. Health camps enable local residents to access low cost surgery in an environment where they are treated with care and dignity. They also have access to medicines either at Aaroahi's hospital or directly in their villages.

We have also continued to conduct frequent medical check-ups in schools in and around Satoli providing deworming medication, vitamin and calcium supplements and monitoring children's growth.

At a health camp



	2011-12	2012-13	2013-14
TOTAL PATIENTS BENEFITED	3,859	3,877	5,770
OPD patients treated at AAK	1,640	1,894	2,056
Female	630	754	828
Male	909	1063	1116
Children	101	77	112
In-patients treated	76	62	104
Home Visits/Emergencies	1	10	0
Laboratory Test	1120	1535	999
X Ray	111	113	100
Ultrasound	185	269	202
Total villages covered	50	50	45
School children screened for health problems	103	134	536
No. of dental camps	8	11	9
Dental screenings for school children	102	102	157
Total dental screenings	635	412	436
No. of dental extractions	386	130	116
No. of dental fillings	50	27	10
Other specialist camps	13	13	15
Total patients treated in specialist camps	1,104	1,116	1,189
Total surgeries done in camps	69	55	101
Mobile health camps	16	10	32
No. of patients seen in mobile health camps	377	303	716



THE PINDARI CAMPS

The Pindari health camps of Aarohi started in September 2009, a result of the efforts of our dear friend Pankaj Wadhwa. The bi-annual camps aim to provide basic but essential health care services and spread general health awareness in government schools largely bereft of teachers. These villages lie scattered on the trek route to the Pindari, Sunderdhunga and Kafni glaciers. They lie between altitudes of 2000 to 3000 m above sea level, and a good ten hours of a tough trek through mountain terrain from the road head, which itself is eight hours of difficult driving from our village headquarters in Satoli.

While we started with medical camps, our effort to provide a more sustainable intervention in health and education meant organising regular village meetings in Khati. Despite their initial enthusiasm, Khati's population soon lost interest when they realised there were no 'development doles' to be had. The organisation of biannual medical camps was not sufficient to sustain the local population's interest.

We then concentrated our efforts on a school health program that included growth monitoring of children from four schools, routine deworming, Vitamin A and Calcium supplements, and extra training of ASHAs, in addition to the treatment of patients needing medical care.

The following write-up describes a typical camp, of which we have now conducted eight.

Pindari Camp 11-17 April 2013

On 11 April 2013 heavy rains and a storm were forecast. We were out of bed by the early hours of the morning to start our 5 hour-long journey in three jeeps from different locations, to rendezvous at the district headquarters of Bageshwar. From there, we changed our vehicles to the more sturdy Mahindra jeeps that would take us over bumpy roads for 2.5 hours to Loharkhet. The rain started whilst we were driving to Loharkhet and as a result we benefitted from a lovely cloud cover on our arduous trek of 10km to Dhakuri. After having ascended some 2000m and crossing the pass at Dhakuri Vinayak at 3000m, we witnessed a magnificent sunset against the backdrop of the towering peak of Maiktoli (6803m) and many others in the range. The next day we reached the Khati primary school to hold our first medical camp. Our group was an assorted one of three doctors, one dental surgeon, two paramedics, two community health managers and seven others who were volunteers and trekkers.

We conducted systematic medical and dental check-ups of four primary and junior schools in the villages of Khati and Wacham. While the lack of basic infrastructure has preserved the pristine beauty of these villages, it is also responsible for limited access to basic health and education services. Women with complicated pregnancies often die during childbirth, as do young children due to sickness. Old people with cataracts are blinded and those with fractures often land up with badly united bones that leave them crippled for life. Women still spend five days in dirty cowsheds during menstruation and also deliver babies there.

For the first time in the four years of our six-monthly visits, we had a very welcoming and responsive village meeting in Wacham that promises greater village participation. The Chief Medical Officer at Bageshwar, in addition to giving us permission to hold health check-ups in the schools, also issued orders for the government-appointed village ASHAs, ANMs (Auxiliary Nurse Midwives) and the Pharmacist to be present. It was good to get support of this government machinery!

Our volunteers kept the children engaged with poems and songs and by playing football with them. A total of 200 children were screened, treated for common ailments, dewormed, given calcium supplements

and their growth monitored. 103 additional patients were treated including for 18 dental extractions under the most rudimentary conditions in local schools. We walked 75km from heights ranging between 1,000 – 9,000m above sea level. Our trek to the Pindari glacier, unfortunately had to abort from Dwali as the routes were closed due to heavy snowfall. Some of us chose to walk a bit more and enjoy the snow while others chose the glacial melt of the Pindar to swim in.

Health in Supai

Under the H.K. Trivedi Memorial Fund we expanded our health intervention to the village of Supai in Almora District. We hold monthly health camps and half yearly checkups for school children in the village. We also conducted baseline surveys in the area to gain deeper understanding of the health issues there. We are supplementing the training of local ASHAs for better maternal and child care.

LOOKING AHEAD

Our community health project, supported by the Sir Dorabji Tata Trust, is an ambitious one that covers the entire Okhalkanda Block of Nainital District and is funded for a 5-year period. This gives us a great opportunity to bring meaningful change in maternal and child health care. Our partnership with the government to run mobile health care services in Okhalkanda Block will add immensely to the benefits of this community health project.

Our clinical services, supported by the Himalaya Drug Company, have seen a great increase in surgical work and this needs consolidation by building the skills of our medical team. As for our outreach camps, in the snowy fields of the Pindari Glacier lives a renunciant, called the Pindari Baba. He has lived and meditated here for the last 14 years. Moved by the plight of children in the government schools, the Pindari Baba placed 15 assistant teachers in local village schools and pays them a monthly salary from personal donations. We are seeking ways to coordinate with him and with a local NGO to have a more meaningful and sustained impact in these remote villages in the high mountains.

LIVELIHOOD PROMOTION PROGRAM



Today our livelihoods initiative is a small-scale rural enterprise providing supplementary income to rural mountain families. There are three ways through which a local family benefits through the enterprise: raw material procurement (apricot nuts and herbs), processing apricot nuts¹ and direct employment at our production unit.

Background

“A severe hailstorm in May 1992 where hail stones weighed up to 300 grams, devastated the fruit crop of the area. This calamity prompted Aarohi to step into the procurement of apricot kernels directly from farmers. The objective was to give value to the kernels- that portion of the fruit that was to date regarded as waste. This measure was intended, also, to be a kind of crop insurance for apricot growers”.

Extract from Oona’s write up in Annual Review of Aarohi, 1992-93.

In addition, cultivation of culinary herbs was also undertaken the same year with the aim of promoting it amongst mountain families. Dozens of herbs were grown that year and their quality and fragrance was superior to their counterparts in the plains. With a growing market for culinary herbs in the country, this initiative showed potential to provide a sustainable source of supplementary income for the mountain family.

Today we produce seven apricot and peach based natural body care products and twelve dried indigenous/European herbs. These are retailed in 79 outlets throughout the country and online through the Aarohi website.

¹ Processing of apricot nuts involves breaking the nut to procure the kernel inside. It is the kernel that is used to extract oil. The culinary herbs are not processed by local families due to quality control issues. Aarohi employees maintain quality control by shade drying the herbs at our own production unit.

Production and processing	2011-12	2012-13	2013-14
Total producer beneficiaries	1,318	1,335	1,510
No. of procurement villages	172	195	217
No. of village samitis involved in procurement	3	5	7
Apricot nuts purchased (quintals)	35	31	134.18
Apricot kernels purchased (quintals)	60	32	39.76
Apricot kernels processed (quintals)	44	38	43.06
Total quantity of dry herbs purchased (kg)	190	160	258
Benefit to farmers – purchase of nuts/kernels/herbs*	5,63,515	4,87,527	9,95,093
No. of families benefited from processing activities	16	12	11
Benefit to farmers - processing*	1,31,000	1,09,315	1,47,393
Overall benefit to community (including salaries)*	16,57,000	19,92,000	26,67,686

Note: In the above table | Samitis are village committees | 10 quintals = 1 ton
*INR

Hand sorting the apricot kernels



SALES AND MARKETING

As our products gain more visibility and popularity, sales outside of Uttarakhand have contributed nearly 41% of total sales over the last year, an increase of 10% from the previous year. Within Uttarakhand our sales dwindled due to the natural disaster last summer resulting in very low tourist turnouts. Himjoli Products (P) Ltd, remains our main distributor within Uttrakhand, accounting for 21.4% of total sales. Our very own ‘Nature Shop’ at Satoli continues to be the main retail outlet for our and other local organisations’ products in the area, generating a turnover of INR 84,140 last year.

Marketing	2011-12	2012-13	2013-14
No. of products	9	11	13
Total sale of products (INR lakhs)	38.06	40.38	42.14
Sale of body care products (INR lakhs)	33.87	35.86	35.52
Sale of herbs & fragrances (INR lakhs)	4.19	4.52	6.62
Sale of products in Uttarakhand (INR lakhs)	26.49	27.85	24.85
Sale of products outside Uttarakhand (INR lakhs)	11.57	12.53	17.29
No. of outlets in India	67	73	79
No. of cities/ towns through which marketed	35	38	40
No. of exhibitions attended	7	9	12



This year more than 1500 families earned an average of INR 700 through raw material procurement, 11 families earned an average of INR 13,500 through processing activities and 22 Aarohi employees earned an average salary of INR 70,000. Combined benefit to the community was INR 26.68 lakhs, up from INR 19.92 lakhs last year, a 34% increase. Higher raw material procurement was the major contributor for this rise.

We purchased over 134 quintals of apricot nuts in total. Of this almost 35% was procured locally in Kumaon region, a 15% increase from last year. Increased raw material procurement also allowed us to reach out to 175 more families. The average annual benefit per family increased from INR 365 in 2012-13 to INR 700. Despite the fact that the average benefit through procurement activities has shown nearly 100% growth, INR 700 is still a modest amount for a mountain family whose average annual income can range from INR 24,000 to INR 100,000 . Still, it serves to be a source of supplementary income from that portion of apricot that would be regarded as waste otherwise. In contrast, the average benefit through processing activities per family is substantially more at INR 13,500.

Total sales rose to INR 42.14 lakhs this year, a marginal increase of 1.72 lakhs from last year. This followed the drastic reduction in local sales in the aftermath of the flash floods resulting in

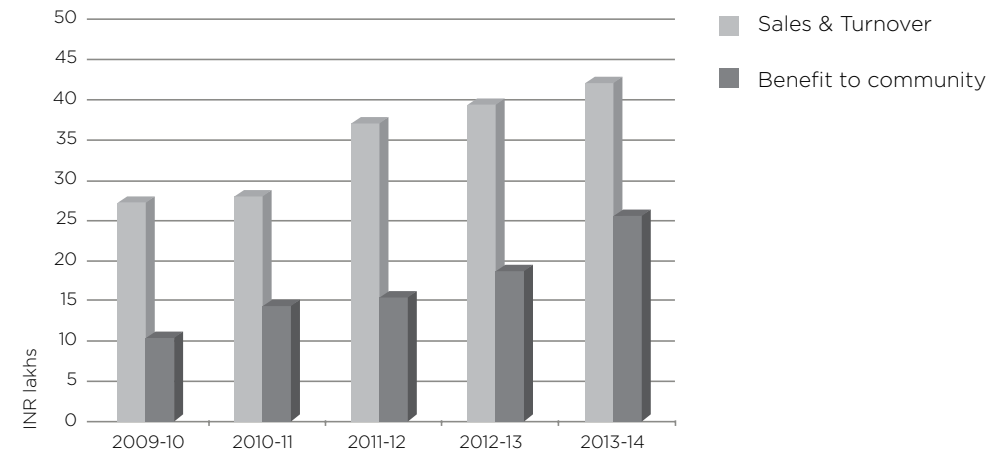


immense damage to land and life in Uttarakhand in June 2012. Net profit was only INR 11, 000 against that of INR 4.41 lakhs recorded last year. This was mainly due to a large investment made in Okhalkanda Block to expand the Herb Grower’s Initiative.

Quality control was a major focus point this year. Training at AURA Personnel Pvt. Ltd, a company manufacturing cosmetic products, was extremely useful for the team in terms of learning about ‘Good Manufacturing Practices’. Another similar visit to ‘Jagriti’ in Kullu, Himachal Pradesh also added to the team’s experience and knowledge.

A major highlight of the year was our branding revamp. In collaboration with an international branding agency, The Brand Union, we went through a major upgrade in our packaging branding. This should give us the much-needed impetus to compete with similar brands in the market, maximizing our profits, ultimately allowing us to channel more funds back into the community through our health and education initiatives.

SALES TURNOVER VERSUS BENEFIT TO COMMUNITY



Herb Packaging: Asha at work

	2011-12		2012-13		2013-14	
	No. of Households	Benefit to family (INR)	No. of Households	Benefit to family (INR)	No. of Households	Benefit to family (INR)
Procurement	1,318	5,63,515	1,335	4,87,527	1,510	9,95,093
Processing	16	1,31,000	12	1,09,315	11	1,47,393
Salaries & wages	17	9,62,485	20	13,91,588	22	15,25,200
Combined benefit	1,351	16,57,000	1,367	19,88,430	1,543	26,67,686
Average benefit	1,226		1,455		1,729	





GRAMEEN HIMALAYAN HAAT

In its 13th year now, the Grameen Himalayan Haat, is a fair organised by Aarohi each October at which local produce is sold and entertainment provided in the form of rides, singing, cultural performances and food stalls and is often the only annual outing for the mountain family women.

This year a total of 54 Self-Help Groups (SHGs), other local organisations and independent entrepreneurs participated generating INR 497,439 in sales, the highest amount recorded in the Haat's 13-year history (34% growth from previous year). Beginning as a simple idea to create a platform to promote local cultural and entrepreneurial exchange, the Haat has matured to become exactly that.

	2011-12	2012-13	2013-14
Total no. of Stalls	45	39	54
No. of Organizations + SHGs*	18	10	25
No. of Entrepreneurs	27	29	29
Total Attendance (approx)	21,000	23,000	28,000
Total Sales (INR lakhs)	3.82	3.71	4.97
Community Contributions (INR)	17,567	36,611	34,315

*Self-Help Groups

VILLAGE HOMESTAY PROGRAM

This initiative was launched in May 2013 keeping in line with the objectives of Aarohi's livelihood initiative: to provide supplementary means of income to local families.

Many volunteers and other guests visit Aarohi throughout the year. Three families showed interest to host these visitors. With some guidance from Aarohi they renovated the guestrooms and introduced elements such as cooking with host family, village walks and farming experience.

The average annual benefit per family was INR 24,000, which is a substantial amount in this region. Learning about the experience of the three participating families, others too are now showing interest.

LOOKING AHEAD

Our main focus is to increase our net profits allowing us to channel funds towards our health and education projects. With a branding revamp, the launch of an online purchase portal and a new e-commerce page on Aarohi's website, we are preparing to boost our sales.



FORESTS & ENERGY



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, 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 from 1992 to 2002 to strengthen community forestry by supporting community processes and ecological protection in 11 villages covering an area of 240 hectares. We 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. Since our aim was to make each Van Panchayat, a 'people's institution', self-reliant, we gradually withdrew once we felt the forest committee was sustainably active and empowered.

However, we continue to encourage local communities to actively protect their forests. In 2007, we instituted the Lt. General Gurbir Mansingh Van Panchayat Award. This award of INR 15,000 recognises community efforts to conserve and scientifically manage forests. Only villages with inclusive, consultative and participative forest management efforts qualify. Typically, villages spend 80% of the award money on forest-development and the remaining 20% on village development, as proposed by Aarohi.

This year we took into consideration ecological condition of community forests, management and documentation of processes by the Van Panchayats, community participation, soil and moisture conservation work and future strategy for sustainability of the Van Panchayat. Fourteen villages participated in the evaluation process: the highest number since the inception of the award seven years ago. These villages are located in three different hill Blocks of Nainital District.

The villages of Parvada and Kalagar have some of the oldest Van Panchayats in Uttarakhand. Over the years, these village communities have developed management systems that help conserve their natural resources, including forests and water. In comparison to other villages

their efforts are more consistent. Parvada has once again taken the first prize for excellence in forest management practices in this year's award.

We aim to keep the debate on forest management in local village communities alive through this annual award.



Hema Bahuguna with her chullahs in Karayal

ENERGY

Our research in the energy sector has been driven by the need to improve the very crude stoves and methods used in the region to heat homes and cook food, using wood as fuel. On average women spend 2-3 hours every day collecting fuel wood. In the Okhalkanda Block of Nainital District - the major target area of our health project - stoves used are virtually the 3-stone stove

used by primitive man, burning wood inefficiently and filling the house with hazardous smoke, that women and children in particular, inhale all through their lives, resulting in compromised respiratory function and early death.

In order to find an alternative, between 2010 and 2013 we conducted research and experimented with the construction of the Danish ‘masseovne’ and a rocket stove from the Netherlands. The masseovne combines extreme fuel efficiency with the storage of heat in a stone mass that radiates slow heat over 24 hours. This model has proved very effective in our hospital ward and has been installed in five private homes. It is, however, too expensive for the ordinary farmer. So a cheaper model was found in the rocket stove, of which, one experimental model has been made so far.

On a larger scale, we have tested improved cookstoves smokeless chullahs (cookstoves). Over the last three years we have constructed 401 smokeless chullahs and this has been a period of intense learning for the community, the masons and us. We struggled with different designs as well as getting women to understand maintenance of these chullahs and the benefits of a smoke-free home. We teamed up with ARTI (Appropriate Rural Technology Institute) of Pune and also brought in a much more scientifically designed chullah that used a fixed mould, allowing little room for error in construction. However an end-of-phase evaluation found that only 116 or 29% of chullahs were working and used well. The rest were either not in use or had been broken. An analysis of the situation revealed that the main reason for non-compliance was the mouth of the chullah. It was too small to puff the standard-sized ‘roti’ (Indian flat bread). Many women chose not to adapt and reverted to their old smoky chullahs. Another key reason was a not very aggressive follow up by the masons’ team, resulting in clogging of flue pipes with soot and smoking the house.

Consequently, over the past eight months, we have conducted frequent and intensive dialogue with the smokeless chullah users, adapted the design to provide more space to puff ‘rotis’ and introduced a larger mould providing the capacity to cook for 10 people. With greater follow-up, it is encouraging to note that of the 84 new chullahs constructed in this second phase, 77 (92%) are in use. Initial studies show that there is a general perceived reduction in usage of wood, a decrease in cooking time as well as reduction of smoke in the house.



FROM THE HEART

Our sincere thanks to all our supporters who have formed the very fabric of everything done and achieved this year. This includes our funders and our institutional and government associates; members of our Managing Committee, Steering Committee for Education and the newly formed Steering Committee for the Livelihoods Program; our Chartered Accountants, bankers, and financial advisors; doctors, teachers, volunteers and donors from all parts of the world, local communities and all our friends. For yet another year we have been touched by the commitment shown by members of Aarohi Schweiz and other friends to support development in rural Kumaon through fundraising in Switzerland and by actively seeking volunteer support. Thanks also to friends who have believed in us and helped start the UK Chapter of Aarohi, with goals similar to that of Aarohi Schweiz. In just five months alone we have seen immense efforts from Aarohi UK in fundraising for ABS and instituting a defined volunteering initiative.

This year has been no exception in the support we’ve had from volunteers and interns who gave us not only their time, but sincere effort in fulfilling their assignments. Whether it has been exposing our children to different forms of art, music, dance or sport; setting up our fundraising projects on Globalgiving and Give India websites; working through marketing and profitability analyses of our livelihood initiatives, assisting with baseline surveys, conducting research studies in the field of maternal and child health, strengthening our youth wing initiative or building capacities of the para medical team at our hospital in Satoli, it is difficult for us to achieve all this without the commitment and dedication they have shown.

We also thank the thousands of people of the region who have, for yet another year, believed in us and shown faith in our work. They have become our friends, partners and fellow travellers on this long, adventurous road to development in rural Uttarakhand. Thank you all for inspiring us.

We take this opportunity to thank Sylvie More, a volunteer from the UK, Lalit Bhandari of Studio Brahma, Nikhila and Devki, our communication design volunteers, students of the Srishti School of Art, Design and Technology, Bangalore, who have all played a pivotal role in putting together this review.

Team Aarohi



A Khati girl

EXPERIENCES AND LETTERS

Volunteer Reflection: Allison Andrews, USA

During my 4-week stay, I was lucky enough to participate in Aarohi's Annual General Body Meeting, performing a traditional Kumaoni dance with other volunteers and staff members. I also spent a great deal of time at the school, teaching daily yoga postures to Classes 3-8. This was a highlight and a great learning point for me, as it allowed me to apply some of what I had learned in my teacher-training course and gave me insights as to how I will accomplish my goal of incorporating yoga into US schools. Under the Livelihoods Promotion Program my prime focus was on the production of apricot kernel oil, where I thoroughly understood and documented how their high quality oil is produced and how this enterprise sustainably employed local people.

The major piece of feedback that I have for Aarohi is to work on follow through. This is an issue that really comes down to the individual. The volunteer's time at Aarohi is limited so things cannot always be put off until the next day, week or month. I understand this as a problem with people in general. The feeling at Aarohi is laid back and for the most part things are not done with any sense of urgency. The lack of pressure is nice, however, along with it sometime comes the feeling of unproductively for the volunteer—for example, if they cannot get the information that

they need to move forward with a project.

Volunteering at Aarohi exposed me to a lifestyle and culture worlds different than my own. I was able to get a glimpse of the joys and challenges of life in rural India: how people survive, how people celebrate, how people live. My paradigm of happiness has expanded and I feel so lucky to have had a chance to connect with these beautiful people.

Creative Learning through movie making and animation: Atul Pant, UK

"My aim was to teach the children the basics of movie making and animation, and demonstrate how teachers can use multimedia projects and create e-portfolios from online content to augment their classroom teaching.

I worked with Standards 6-8 and we began by looking at how a series of stills can be made into a flipbook animation. Students then worked in small groups to create a short story that could be animated, by sketching and painting post-its and then using a stop-motion application on the computer. We then moved onto making a short video on a topic that was being studied in class. Students used play dough and put other available

material to creative use to devise projects on solar energy, amoeba, photosynthesis and the Internet. Finally we looked at how special effects are created in movies. I was carrying a green-screen and a morph suit and we made one student fly and attempted to make another into an invisible dancer! A group of enthusiastic girls role-played TV news reporters and music show hosts.

ABS students were eager and enthusiastic learners and hence conducting this workshop was an exhilarating and hugely rewarding experience for me. ABS often gets visitors to interact with their students and how beneficial such exposure is, was apparent in the children's confidence and creativity."

Thank you: Edmund Kenny, Switzerland

I'd like to take this opportunity to thank you personally for your hospitality and for making this a wonderful place to be - what a fulfilling experience! The work that you do is astounding, given the conditions you started with - it gives us all hope that, given enough conviction, we can achieve our goals and all contribute to making this world a better one.

Both working for you and living here has been a great pleasure, and I hope this is neither the last time I visit Aarohi nor the last time that our

paths cross in some way or another. I'll be sure to send you any recordings of music that were written, or at least conceived in spirit here; I think the inspiration I received here was enough for a lifetime.

Project-Based Learning: Jebney Lewis, USA

"In the US I conduct participatory projects that encourage young people to look at culture and history through the lens of creative art-making. These projects, rooted in project-based learning, don't easily fit a model or a curriculum. Often they are highly site-specific, and evolve along with the talents and interests of the young people I'm working with. They tend to confound and challenge the teachers and administrators of the most progressive schools in the US that I have worked with. Coming up to the mountains, and to India for the first time, I could scarcely anticipate that, in spite of a very different setting and education system, I would find the most responsive and enthusiastic team of educators and students that I have ever worked with.

In the span of five short weeks, we completed two projects with ABS' seventh and eighth graders. The first was an archive of Kumaoni sayings, aphorisms, and proverbs that students gathered from village parents, friends, and elders and then used to make some exceptional (and exceptionally dramatic!) theatre. In the second,

we investigated the traditional Bakhli houses of Peora and Kumati, looking at how this local architecture connected to topics of math, science, social studies, geography, agriculture, history and art. Our exploration involved field trips, making a short film, a bevy of reports, and a scale model of the Bakhli built from reclaimed fruit packing crates. These projects required a lot of innovation and flexibility from all involved. In spite of a lot of logistics and a considerable language barrier, the outcomes were pretty fantastic!

I am convinced that the education ABS students receive is something truly exceptional. By opening itself up to the larger world and inviting people like me into the mix, the school and Aarohi push the known boundaries of the possible for these savvy mountain kids. I believe that these kinds of experiences, coupled with a rigorous and effective foundational curriculum, will prepare the young people of the area to creatively respond to the challenge of taking rural Uttarakhand into a productive and dynamic future."

Volunteering at Aarohi, a poetic encounter: Manmeet Devgun, India

Volunteering at Aarohi was a poetic encounter. The place is filled with the warmth of people... the staff, the locals, the mischievousness of the children and nature as the perfect audience. It all greets you subtly, with tenderness. The valley

and hills overwhelmed me with their undisturbed splendor.

So what could a city teacher teach these bundles of enthusiasm? She gave them the options she had. Thread painting, soap sculpture, best out of waste...and some more. The results were the best rewards - each student trying to bring out the best in her/him, helping each other, making the lessons more interesting. She wishes she could stay a while longer and do more for them.

Waiting for the next opportunity to go there soon! Thank you Aarohi for this enriching experience.

A Volunteer Remembers: Pat Farbrother, UK

"What are your hobbies and interests?" I was asked by the interviewer of the Volunteering Agency in England. On hearing the words "hill walking" the decision was taken, a hilly area of India would welcome a retired midwife. Thus, I came to Aarohi, falling in love with the mountains and soon feeling at home and part of the Aarohi family, which at that time was about one tenth of its present size. And then I found the DAIS (Traditional Birth Attendants) or rather they found me. Just two at first, but increasing by each week so that it finally became difficult to keep all 50 of them as just one group. So they were split and two sessions were taken each time. They were all illiterate and mostly no longer young, but

keen to learn. Always energetic and enthusiastic, a delight to teach, a privilege to work with, they are now giving support to all their fellow villagers that far exceeds their remit to care for mothers and their newborn.

For the next 17 years Aaroahi became my second and far more colourful family than the one left in England. I will always cherish the memory of Bimla with her fantastic cooking and sense of humour, of Gopal and his broad smile, of Chandrashekhar for his unstinting help, however busy. Jagdish multi-tasking constantly, ready and able to cope with anything and everything; of course Anandi who taught midwifery and managed all her other nursing commitments as well; and finally Munni, who can only be remembered for being Munni. The whole team are very special. I doubt there is a better one in the rest of rural India, reflecting the guidance they have had from inception to present day.

Thank You Aaroahi for letting me be part of this journey.

Internship Reflections:
Rebecca Wilgosh, Canada

When I came to Aaroahi, I had no experience in the field of education and had never officially interacted directly with children since I was one myself. In this regard, I couldn't possibly have

learned more from my experience here, and I am so grateful. With the goal of preparing a comprehensive report on education at the school, Aaroahi Bal Sansar, I set out to get to know the students and teachers.

During the course of my stay at Aaroahi, I taught an English class every Wednesday, rehearsed a play with the dynamic students in Class 8, observed many other subjects, subjected the patient teachers to a process of providing me with grades and attendance and conducted a comprehensive survey on the students and their families. The resulting report drew many interesting conclusions, but more importantly than any others would be the commitment of the teachers, the beautiful sense of community at the school, and the eagerness of all the children to be there.

In a very short time, I also became eager just to be there and in no way felt ready to leave and move onwards when the time came. Coming home from India has been nothing short of heartbreaking for me, and it's because of the amazing personal relationships I formed rather than the work related to the internship I came for, and I couldn't be more grateful for Aaroahi's role in making this experience amazing.

Jebney with ABS children



Rebecca, Tanmay and Rishi



Allison outside the LPP workshop

Internship at Aarohi, an experiential learning in the Mountains: Rishi Soni, India

As a part of my course in MBA-Operations at BIMTECH, I spent 2months at Aarohi and pursued my project under Livelihood Promotion Program (LPP). Looking back at the time I spent in Himalayas with an NGO where challenges increase manifold, I feel that I have made one of the best decisions in my life. The entire experience at Aarohi was truly mesmerizing, rejuvenating and enriching. Not only did I get exposed to the rural community residing in Himalayas; the various sustainable measures they adopt to utilize the natural resources for their livelihood and replenishing them and above all the kind of unspoken love people share in Satoli is truly unforgettable. My assignment aimed

to analyze the working model of LPP, identify problem areas with the theme of “Strengthening & Expansion of the LPP”.

Aarohi is special in the way they have created their working culture and a family kind of environment, nourishing relationships and encouraging a unique bond among its team members and volunteers. The people take utmost care to ensure that the volunteers are in no sort of discomfort or trouble. Every team member has proactively contributed towards accomplishing my projects.

This 2-month in the mountains would always be cherished and I sincerely look forward to sustain this bonding with Aarohi family in future.

Rishi, Chandrakala and Poonam performing at the Annual General Body Meeting



ACCOUNTS & FINANCES

The following organizations contributed to Aarohi during last financial year:

Partner Funding Organizations	Sector of Support
Sir Dorabji Tata Trust, Mumbai	Health
Aarohi Schweiz, Switzerland	Health, Energy, Education & Scholarships
The Himalaya Drug Company, Bangalore	Health
U. W. Linsi- Stiftung Trust, Switzerland	Education
Global Giving Foundation, USA	Health, Education
Metores Trust, New Delhi	Education
Room to Read, New Delhi	Girls’ Scholarship
Montreal Westward Rotary Club	Health
Jila Andhata Niwaran Samiti, Nainital	Health
Quovantis Technologies Pvt. Ltd., New Delhi	Education
Samaj Kalyan Vibhag, Nainital	Education
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
H. L. Kapoor Financial Consultant Pvt. Ltd., New Delhi	Grameen Himalayan Haat
Canara Bank, Almora	Grameen Himalayan Haat
B2R Technologies Pvt. Ltd., Uttarakhand	Grameen Himalayan Haat
Hotel & Restaurant Association, Mukteshwar	Grameen Himalayan Haat

Summarized Financial Results for the year 2013-2014 (INR)

Particulars	2012-13	2013-14
Unutilised grant B/F	45,23,643.92	47,15,766.40
GRANT & INCOMES FOR THE YEAR		
Indian Institutions	61,80,792.00	1,16,46,878.67
Foreign & International organisations	48,59,609.00	63,13,963.99
Government - Central & State	35,711.00	14,31,130.00
Livelihood Promotion Program	54,85,673.35	64,15,514.25
Donations,Interest,Misc.,AAK, Aarohi(L) & ABS	44,69,170.51	61,41,150.07
Total Income	2,10,30,955.86	3,19,48,636.98
TOTAL EXPENDITURE DURING THE YEAR		
Education Program	28,29,826.60	38,55,640.00
Health Program	34,84,565.00	50,91,434.40
Livelihood Promotion Program	30,00,623.75	40,33,942.43
Energy & NRM Program	50,861.00	1,45,102.00
Community Organisation Program	1,03,567.10	-
Salary & Stipend- Program	42,81,363.00	61,74,847.00
Salary & Stipend- Administrative	8,15,700.00	5,22,395.00
Travel	7,14,585.00	7,55,499.00
Administrative Expenses	14,42,558.52	16,36,466.51
Depreciation	2,32,563.00	3,38,442.00
Total Expenditure	1,69,56,212.97	2,25,53,768.34
TRANSFERRED FROM CAPITAL TO CORPUS FUND		
Health Corpus Fund	5,00,000.00	-
Education Corpus Fund	5,00,000.00	-
Aarohi -L Corpus Fund	1,00,000.00	-

Bani Jagtiani Trust-LC	1,56,680.00	-
Total	12,56,680.00	-
Unutilised grant carried over	47,15,766.40	95,72,478.52
Excess of Income over Expenditure	26,25,940.41	42,38,156.52
ABSTRACT OF BALANCE SHEET		
Liabilities		
Capital Fund	69,74,194.71	79,74,142.67
CORPUS FUND		
Health General Corpus	20,00,000.00	20,00,000.00
Dr. B.C.Joshi Health Corpus Fund	5,00,000.00	5,00,000.00
H.K. Trivedi Health Corpus Fund	-	1,45,52,742.00
Education General Corpus Fund	17,51,000.00	19,22,000.00
HK Trivedi Education Corpus Fund	-	87,31,645.00
Shrawan Tandon Scholarship Corpus Fund	10,00,000.00	10,00,000.00
Shrawan Tandon Teachers' Award Corpus Fund	5,00,000.00	5,00,000.00
Bani Jagtiani Trust Corpus Fund	10,00,000.00	10,00,000.00
Aarohi Metores Trust Scholarship Corpus Fund	-	3,00,000.00
Aarohi (L) Main Corpus Fund	11,00,000.00	11,00,000.00
Reserve & Surplus	2,39,60,078.47	2,99,22,097.03
Unutilised Grants	47,15,766.40	95,72,478.52
Current Liabilities & Provisions	8,25,940.54	19,69,877.30
Total	4,43,26,980.12	8,10,44,982.52
ASSETS		
Fixed Assets	1,83,69,320.16	2,07,47,626.55
Fixed Deposits	1,41,61,073.00	4,03,39,199.00
Mutual Fund	60,96,373.00	1,02,07,471.00
Current Assets,Loans & Advances	57,00,213.96	97,50,685.97
Total	4,43,26,980.12	8,10,44,982.52

APPENDICES

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Gram Vikas Samiti	Talla Mona
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Chandan Singh Bisht	Peora	Mohan Chandra Kabdwal	Satoli
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Shubha Gupta	Satkhol	Chandra Devi	Tanda
Bhagwati Bisht	Satkhol	Chandra Bisht	Tanda
Pranya & Sonia Singh	Satkhol	Rajneesh Ranjan	Varanasi

AaroHi’s Village Partners

Education

Village	Households	Village	Households
Chapar	70	Sinoli Malli	34
Dankanya	48	Kumati	41

Health			
Village	Households	Village	Households
Karayal	40	Churigad	144
Hairakhan , Aezer	114	Putgaon	125
Okhalkanda Talla	114	Timar	91
Tanda	87	Badon	137
Rekhakot	69	Takura	46
Khansyu Bazaar, Village	109	Dewali	28
Galni and Galni Jamni	141	Bagour	15
Chamoli and Chamoli Kitora	165	Surang	137
Kalaagar	218	Ramaila gaon	37
Querala Talla, Malla	163	Paitna	33
Gargari Malli	100	Tushrad	74
Gargari Talli	89	Putpuri	62
Sirayal	89	Jamradi	56
Saal	97	Raikuna	101
Jhargaon Malla	68	Thaladi	122
Jhargaon Talla	115		
Supi	1000	Livelihood	
Jhuni	150		
Khaljhuni	54		35
Gwara	50		114
Wachham	1200		142
Khati	62		16
Jatoli	18		95
Okhalkanda Malla	127		47
Sui	60		80
Kulori	132		103
Pokhari	102		50

Village	Households	Village	Households
Meora	78	Nathuakhan	247
Orakhan	35	Ramgarh	23
Simayil Raikwal	115	Dol	9
Combined			
Satoli	59	Peora	98
Soon	48	Paiyyakholi	17
Kaphura	68	Bhayalgaon	92
Deari	69	Bhadrakot	89
Nigrar	33	Lueshal	67
Satkhol	130	Matiali	42
Chhatola	120	Sirmoli	27
Sangila	15	Sonarkhola	22

Individual Contributions 2013-14 (INR 4,129,256)

Education (INR 1,168,882)

New Delhi			
Sunil Kumar Jain	5,000	Baljit Jain	1,000
Shantanu Saha	10,000	Afsha Talwar	2,500
Dr. Sanjeev Aneja	32,000	Neeraja Joshi	25,000
Dr. Prachi Renjhen	16,000	Brinda Singh	15,000
Quovantis Technologies Pvt. Ltd.	150,000	M/s Himjoli	6,000
Pradeep Anand	3,000	Marie Belle Treat	7,000
Om Wadhwa	100,000	Manoj Kurup	1,000
Sanjay Pant/ Manisha Pant	5,000	Shulamit Decktor	500
Dr. Chandrajit Bajaj	25,000	Jasjit Mansingh	25,000

Lingel Windows & Door	25,000	Bangalore	
Dr. Poornima Dhar	50,000	Vandana Singh Bangari	15,000
Kenneth D'souza	2,000	Ravindra Singh Bangari	20,000
Swati Kapur	10,000	L & S Arcihtects	45,000
D. C. Joshi	15,000		
Dr. V. Bhatnagar	10,000	Allahabad	
Monica Gaggar	16,000	Maya Sinha	50,000
Arun Kumar	2,000		
Asha Gupta	500	Nainital	
Dr. Harsha Madhok	10,000	Bhopal Singh Bisht	2,450
Dr. Meera Kharbanda	10,000	Chandrakala Bisht	9,100
Dr. Bharminder Kaur	10,000		
Maj. Gen. Ravinder Kumar Dhawan	5,000	Switzerland	
Rohit Krishan Gulati	3,100	Edmund Kenny	4,876
Bishan Narain Tandon	2,500		
Dr. Rajesh Tope	10,000	USA	
B. Jaishankar	10,000	Collins-Foley Family	7,500
Shubha P. Bahel	5,000		

Mumbai		Satoli	
Executors & Trustees of Late Shri V. A. Shah	250,000	Aarohi Society (Staff contribution)	20,000
United Way	1,300		
Vashketu Foundation	12,000	Satkhol	
Ramchandra A. Vaidya	50,000	Minakshi Arya	12,500
Magnus Rodrigues	25,000		
Give India Foundation	3,556	Dol	
Bhopal Singh Bisht	2,450	Girish Chandra Dumka	7,500
Chandrakala Bisht	9,100		
Tulsi Gurbaxani	8,000		

Global Giving - Education (INR 594,198)

Anonymous (2)	301,056	Venkat Patil	2,502
Rebecca Lunn	2,559	Ammu Ruby	5,005
Anjali Dhar	2,559	Ammi Pabary	2,502
Vivienne Cane-Honeysett	12,042	Anand Pogul	5,888
Rashi Kohli	5,720	Alyssa Kirell	500
Florent Chagnard	6,021	Divya Dwaraknath	5,005
Marta Ruth	7,677	Anuradha Venkatesh	2,502
Sandeep Kumar	9,032	G Ramani	5,005
Sheeba Sen	7,917	Arun Harish	8,308
Sushil Sharma	1,535	Namitha Vasudevan	2,944
Jessica Finz	9,216	Kashyap Muthuswamy	2,002
Adam wolanski	9,216	Ameet Deshpande	2,502
Lucy Gill	1,691	Naveen Siddaramaiah	1,766
Mohit Joshi	84,571	Divya Sekhar Gurudutt	1,251
Lucy Gill	1,652	Kiran Harish	5,005
Melissa Murphy	5,005	Sankarar Ruby	5,005
Priyamvada Tatachar	5,299	Sivadas Sreedharan	11,776
Neelam Janardhan	5,005		
Thiruvamkulam Sethumadhavan	2,502		
Usha Srinath	7,949		
Maarten Wijdekop	8,832		
Sandip Sen	8,832		
Marta Ruth	5,888		
Priyamvada Tatachar	1,472		
Kiran Tota-Maharaj	5,594		
Omar A Ahmed	2,944		
Smita Jenna	2,944		

Bal Sansar Scholarship (INR 81,000)

Rajesh Shrivastava	Jabalpur	8,000	Aradhana Khaitan Mahan	New Delhi	24,000
Souvik Roy	Kolkata	8,000	Lucy Gill	London	25,000
Ajit Kumar Jain	Nainital	16,000			

Almora Scholarship (INR 320,000)

Gadadhar Misra	Bangalore	20,000	Shubham Pant	New Delhi	50,000
Vipul Roongta	Gurgaon	100,000	Nancy Tewari	New Delhi	100,000
Vineet Chhatwal	New Delhi	50,000			

Education Corpus Fund (INR 171,000)

M/s H. L. Kapoor Financial Consultants Pvt. Ltd.		Delhi	21,000
Krishna S. Chandra		Ghaziabad	100,000
Dr. Geeta Pant		New Delhi	50,000

Ilya Scholarship (INR 8,000)

Rajesh Shrivastava	Jabalpur	2,000
Souvik Roy	Kolkata	2,000
Ajit Kumar Jain	Nainital	4,000

Seema Nazareth Girls Graduate Scholarship (INR 30,000)

P. S. Chowfin	Bareilly	5,000
Premila Nazareth Satyanand	New Delhi	25,000

Health (INR 1,073,466)

New Delhi

Manisha Chaudhary	12,000
Dr. Prachi Renjhen	5,000
Ishi Khosla	4,100
Neeta Puri	2,100
Maninder Bedi	5,100
Gitanjali Tiku	1,500
Gurveen Sidhu	2,000
Neelam Vasudeva	5,000
S. Jhaveri	300
Ratna Barua	500
Dr. Meera Kharbanda	10,000
Dr. Geeta Pant	2,000
Shagun Chaudhary	500,000
Pankaj Wadhwa	100,000
Nishi Khanna	5,000
B. Jaishankar	10,000

Mumbai

Ram Vaidya	10,000
Ramesh Kacholia	200,000

Canada

Dr. Neil	27,700
Dr. Astrid K Deb	27,700
Montreal West Ward Rotary Club	11,080

Chhatola

Jagdish Singh Nayal	7,980
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Almora

Dr. Mukesh & Neera Sah C/o Dr. Tanmay	10,000
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Dehradun

Dr. Shubha Nagesh	10,000
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Jalandhar

Hony Kohli	1,000
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Nainital

Chandrakala Bisht	2,600
Jila Andhata Niwaran Samiti	4,550

Satkhoh

Prakash Pandey	10,640
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USA

Dr. Anjali Niyogi	13,000
Dr. Anjali Niyogi	42,616
Dalvinder Maniktala	5,000
Sangeeta Dalmia	25,000

Global Gving - Health (INR 122,898)

Anonymous(3)	1,582	Dr Uma Nath	10,445
Rajan Tewari	9,029	Rama Sekhawat	5,222
Swati J Shah	6,019	Amarjeet Singh	5,126
Mohammed Husain	530	Shulamit Decktor	5,005
Maheswary Mohanty	530	Aditya Mehra	2,502
Manoj Rawat	7,453	Praveen Ajjampur Shetru	1,251
Krishna Saha	5,406	Shalini Cornelio	11,540
Nicholas Lunn	4,094	Dan Rothenberg	23,080
David Mason	6,021		
Felicity Lunn	18,063		

Grameen Himalayan Haat (INR 91,495)

Canara Bank	Almora	15,000
Sharda & Bahuguna Associates	Haldwani	6,000
Hotel Restaurant Association	Mukteshwar	4,000
H.L. Kapoor Financial Consultancy Pvt. Ltd	New Delhi	5,000
Venkatesh Iyer, B2R Technologies Pvt. Ltd.	New Delhi	1,000
Manjari Relan, B2R Technologies Pvt. Ltd.	New Delhi	1,000
Dhiraj Dolwani , B2R Technologies Pvt. Ltd.	New Delhi	5,000
Pradeep Gupta	Satoli	4,000
B2R Technologies Pvt. Ltd.	Uttarakhand	9,880
B2R Technologies Pvt. Ltd.	Uttarakhand	1,800
Madhumita		4,000
Other Donors (Below 1000)		34,815

Government Scholarships (INR 32,717)

Khand Shiksha Adhikari	Nainital	14,064
Khand Shiksha Adhikari	Nainital	3,573
Zila Basic Shiksha Adhikari	Nainital	13,680
Zila Basic Shiksha Adhikari	Nainital	11,400

Development (INR 11,600)

Poojitha Meka	1,000
Shantanu Singh Pundhir	5,000
Anish Singh	1,000
Mr. Arun Kumar	4,600

TRAINING & EXPOSURE VISITS

Education

Training/Exposure	Duration	Institution/Place/ People	Consultant
Preparation of layout of curriculum	8-9 June 2013	Madhuban, Ramgarh Dr. Anju Khanna	Neema, Poonam, Varun
Art and Craft Workshop	11-19 June 2013	AaroHi Bal Sansar, Manmeet Deygun	Students of ABS and Jyoti
Development of learning process	19 July 2013	Madhuban, Ramgarh Dr. Anju Khanna	Neema, Poonam, Varun
Art and Craft Workshop	9 August 2013	Chatola, Arvind Kumar	Kamla, Deepa, Jyoti, Pradeep Gupta
Environment Education Workshop	14-15 September 2013	Madhuban Ramgarh, Shaily Shukla	Kamla, Deepa, Varun, Neema
Sports Training Workshop	22-24 September 2013	Rudrapur, Ranvijay Gupta	Kailash, Varun
Nursery teaching and training on teaching Hindi	12-13 October 2013	Madhuban Ramgarh, Aparna Arya	Jyoti, Neema, Poonam, Kamla, Deepa
Children's Film Festival	12-21 November 2013	Hyderabad	Students of class 4th 5th and 8th class of ABS, Varun and Kamla

Delhi Workshop topic discussion	23-24 November 2013	Madhuban , Ramgarh Dr. Anju Khanna	Jyoti, Neema, Poonam, Deepa
Delhi Education Workshop	01-6 December 2013	Miriambika, Delhi	Jyoti, Neema, Poonam, Deepa
Animation Workshop	19-21 December 2013	AaroHi Bal Sansar, Atul Pant	Class 6th, 7th, 8th, of ABS and teachers

Room to Read

Nursery Teacher Training Convocation	03-06 April 2013	Jingle Bell School Faizabad	Chandrakala, Deepa, Kamla
Room to Read P.C. Meet	02-08 June 2013	Hotel Hilton Janakpuri, Delhi	Chandrakala
Kumaoni Music Workshop	15 - 16 August 2013	Jingle Bell School, Faizabad	Chandrakala
Life Skills Workshop	09 - 14 September 2013	Dehradun	Chandrakala, Mamta, Minakshi
Review Meeting	23 - 26 September 2013	Dehradun	Chandrakala, Mamta, Minakshi
My One Venture (MOV)	17 - 21 October 2013	Gramin Himalayan Haat	Chandrakala, Mamta, Minakshi, 17 Room to Read Grils
Development Camp	15 - 18 November 2013	Dehradun	Chandrakala, Mamta, Minakshi, 11 Room to Read Grils
Adventure Camp and Exposure Visit	23 - 24 November 2013	Simkholi Kausani	Chandrakala, Mamta, Minakshi, Deepak Nayal, 2 Parents, 23 Room to Read Girls
Alumni Meet	04 - 05 December 2013	Kathgodam	Chandrakala, 10 Alumni girls
Review Meeting	10 - 13 December 2013	Dehradun	Chandrakala, Mamta, Minakshi
Life Skills Workshop	21 - 22 December 2013	AaroHi Training Hall	Chandrakala, Mamta, Minakshi, Megha, Chandra, Jyoti Patil, 25 Room To Read Girls , 7 Girls Supai scholarship & 1 parent
Residential tuitions	26 - 30 December 2013	CHIRAG	Minakshi, 9 Girls
Residential tuitions	03 - 07 January 2014	CHIRAG	Mamta, 7 Girls
Review Meeting	18 - 22 February 14	Dehradun	Chandrakala, Mamta, Minakshi
Nursery Teacher Training Convocation	24 - 29 March 2014	Jingle Bell School, Faizabad	Chandrakala, Vimla, Poonam

Health

Training/Exposure	Duration	Institution/Place/Consultant	People
Orientation of newly appointed staff about the project (aims, objectives and activities)	10 August 2013	Aarohi/ Khansyu/ Asst. Coordinator	12 Supervisors, a trainer, 2 Area Coordinators and the Assistant Coordinator
Planning, Designing and steps on how to conduct the survey	12- 14 August 2013	Aarohi/ Khansyu/ Asst. Coordinator	12 Supervisors, 2 Area Coordinators a trainer and the Assistant Coordinator
Orientation about the organizational rules, regulations and different policies	28- 31 August 2013	Aarohi/ Khansyu/ Coordinator, Asst. Coordinator, Chief Accountant	12 Supervisors, 2 Area Coordinators, a trainer, Assistant Coordinator, Coordinator and the Chief Accountant
Training to collect primary information regarding maternal and child health.	02 September 2013	Aarohi/ Khansyu/ Coordinator, Asst. Coordinator, Trainers	12 Supervisors, 2 Area Coordinators, Assistant Coordinator and the Coordinator
Training on Performance Management Systems. Training given on how to effectively appraise the employees.	17-20 September 2013	Institute for Rural Management/ Anand, Gujarat/ Coordinator	Coordinator
Training on effective communication among the team.	25 September 2013	Aarohi/ Khansyu/ Coordinator, Asst. Coordinator, Trainers	12 Supervisors, a trainer, 2 Area Coordinators, Assistant Coordinator and Coordinator
Discussion about methodology and findings during the pilot study.	07 October 2013	Aarohi/ Khansyu/ Coordinator, Asst. Coordinator	12 Supervisors, a trainer, 2 Area Coordinators, Assistant Coordinator and Coordinator
How to measure the Hemoglobin levels while in the field using Sahli's method and how to measure the Blood Pressure using a Sphygmomanometer	08-11 October 2013	Aarohi/ Satoli/ Dr. Ramani Atkuri	12 Supervisors, two trainers, 2 Area Coordinators, Assistant Coordinator and Coordinator
Training given to the masons on how to build chullahs and follow up done on the chullahs that were built in the past.	18-20 October 2013	Aarohi/ Khansyu/ Mr. Saulunkhe from ARTI, Pune	4 Supervisors, 2 Area Coordinators, local masons, Assistant Coordinator and Coordinator
Clinical staff was given exposure and training in operation theatre skills, X-Ray technology.	11-21 November 2013	Lemon Hospital/ Herbertpur/ Trainers	Three Clinical Staff- A Nurse, X- Ray Technician and an OT Assistant
	05-25 November 2013	Apollo Hospital/ Delhi/ Trainers	

To improve the supervisors' personality skills to become an efficient worker.	30 November 2013	Aarohi/ Khansyu/ Dr. Mukesh Shah	12 Supervisors, a trainer, 2 Area Coordinators, Assistant Coordinator and Coordinator
Topics on how to take care of the mother during pregnancy, Risks of pregnancy, no. of checkups that needs to be done during pregnancy and immunizations.	06 December 2013	Aarohi/ Khansyu/ Asst. Coordinator, Trainers	12 Supervisors, a trainer, 2 Area Coordinators and Assistant Coordinator
The HMIS formats were discussed with the supervisors, how to fill them, who are the resource persons for different data and the importance of the HMIS.	07 December 2013	Aarohi/ Khansyu/ Asst. Coordinator, Trainers	12 Supervisors, a trainer, 2 Area Coordinators and Assistant Coordinator
Training was given on how to provide care to the new born, vaccinations and symptoms associated with illnesses.	09 January 2014	Aarohi/ Khansyu/ Coordinator, Asst. Coordinator, Trainers	12 Supervisors, a trainer, 2 Area Coordinators, Assistant Coordinator and Coordinator
An exposure visit was undertaken by the staff to enhance the understanding of Aarohi staff about various health issues.	18- 25 January 2014	Jan Swasthya Sahayog/ Bilaspur, Chattisgarh/ Trainers & Health Staff	12 Supervisors, 2 Area Coordinators, Assistant Coordinator, Coordinator and 3 Clinical Staff
Training of Trainers on ante natal care, post natal care, Neonatal care, sepsis in neonatal, nutrition, malnutrition, diarrhoea and growth monitoring.	27- 30 January 2014	Samarthan/ Bhopal/ Dr. Ramani Atkuri & Dr. Ravi D'zousa	Asst. Coordinator, Two Area Coordinators, One Trainer and 4 Supervisors
A refresher training was conducted for the supervisors on how to provide care during pregnancy	26 February 2014	Aarohi/ Khansyu/ Coordinator, Asst. Coordinator, Trainers	12 Supervisors, a trainer, 2 Area Coordinators, Assistant Coordinator and Coordinator
Training was given on how long should post natal care be given, what are the care that needs to be given and risks for the mother during the PNC period.	06 March 2014	Aarohi/ Khansyu/ Coordinator, Asst. Coordinator, Trainers	12 Supervisors, a trainer, 2 Area Coordinators and Assistant Coordinator
Introduction of ASHA's to the project and their responsibilities were assigned to them	12 March 2014	Aarohi/ Khansyu/ Coordinator, Asst. Coordinator, Trainers & Project Advisor	12 Supervisors, ASHA's, 1 trainer, 2 Area Coordinators, Assistant Coordinator and Project Advisor
Breech delivery- how, when, and risks	13 March 2013	Aarohi/ Khansyu/ Jo Parker (midwife from UK)	12 Supervisors, Dais, a trainer, 2 Area Coordinators, Assistant Coordinator and Project Advisor
Trial training was conducted by the new Master Trainer, Ms. Kalpana. The topics taught were on how many ANC checkups should a pregnant woman undergo and the risks associated during pregnancy.	05 April 2014	Aarohi/ Khansyu/ Ms. Kalpana Bisht	12 Supervisors, a trainer, 2 Area Coordinators and Assistant Coordinator

JOIN US



Welcome to Aarohi family...

For over two decades, we at Aarohi have devoted our lives in the Himalayas to ensure that children and mothers don't die needlessly; that young girls have the same opportunities in life as young boys; that every child has a right to quality education; and that social and economic empowerment is a choice available to all. **Join us in this exciting journey of ours.**

work with us

We welcome development professionals, doctors, community health managers, nurses, counselors, teachers, managers, social entrepreneurs, and everyone else who shares our values, wants to be part of a small, dedicated and a committed team, work with and for mountain communities and experience a new way of being and living in the mountains.

volunteer with us

You can give time in our hospital, work as part of our community health project, teach in our school, help strengthen office systems, support our natural resource management initiative, work with our enterprise promotion team in marketing, advertising, supply chain management, branding or help strengthen our fundraising initiatives, the list is endless!

become a member

To keep abreast with our work you can become a life member for a membership fee of INR 1,000 or equivalent amount in any currency.

donate

We need your support to help us sustain and build on the work we are doing. Both health and education programs need constant financial inputs.

spread the word

Help us connect with like-minded individuals and build a larger community of people committed to the development of rural Kumaon.

Go the extra mile. It's never crowded.
Unknown

AAROHI NATURAL PRODUCTS

Cosmetics	Wt./ Vol.	MRP (INR)	Herbs	Wt./ Vol.	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

SHOP ONLINE

www.aarohi.org

For bulk/retail orders

e-mail : biz@aarohi.org

or call

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

Front cover: A typical mountain woman: smilingly carrying her load day after day
Back cover: The stunning Nandakhat (6611 m above sea level), en route to the Pindari Glacier

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

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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 info@aarohi.org.

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.



Aarohi Arogya Kendra



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