



ANNUAL REPORT

2021-22



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आलस्यं हि मनुष्याणां शरीरस्थो महान् रिपुः ।
नास्त्युद्यमसमो बन्धुः कृत्वा यं नावसीदति ॥

Laziness is verily the great enemy residing in our body.
There is no friend like hard work, doing which one doesn't decline.

(मनुष्य का सबसे बड़ा दुश्मन उसमे बसने वाला आलस्य है। मनुष्य का सबसे बड़ा मित्र उसका परिश्रम है जो हमेशा उसके साथ रहता है इसलिए वह दुःखी नहीं रहता)

Executive Director's Message

The mountain community and Aaroahi family have started moving towards a normal way of life, after the Covid pandemic in 2020-22. To that effect, we are emphasizing the conservation and increased awareness of our natural resources.

To curb the spread of covid-19, Aaroahi was in regular touch with the local community and various drives were conducted to stop the spread of this virus in the intervention areas. Working in coordination with the local authorities, Aaroahi Arogya Kendra (AAK), our cottage hospital, conducted monthly vaccination camps and encouraged the local villagers towards the importance of vaccination and following government approved protocol. During the epidemic and especially the lockdown, AAK provided emergency Health Services to the surrounding villages and ensured that Covid-related deaths were kept to a minimum.

Aaroahi started its specialist surgical camps again to benefit the remote communities and provide better health services. Additionally, AAK started providing Health Services on all 7 days of the week, this year.



To meet the local needs, and requirements of pregnant women and other patients, AAK upgraded its pathology lab. To strengthen emergency health services and provide better facilities to our medical and paramedical staff, we began the construction of an accommodation building for the latter. Through our new community-based, sustainable livelihood project, we continue to raise health awareness and provide information to the local communities, about accessible health services provided by AAK.

On the education front, regular school classes were re-instated at Aaroahi Bal Sansar (ABS). The cluster-based, home visits by ABS teachers during the pandemic turned out to be very productive in creating strong community bonds. This method also kept students from developing a negative feeling towards the new

education landscape. We were successful in collaborating with government education authorities, and introduced our outreach education model in selected government schools, in the Nainital district, creating new dimensions in the field of education. This year has challenged us to emerge stronger than ever, in the new, post-pandemic landscape and to strengthen our resolve towards providing better services to the community.

To curb the multi-faceted problems of abandoned farmlands, urban migration, and decreasing green cover, and create harmony between sustainable farming practices and the local ecology, we are constantly helping the local communities to grow local pulses, millets, herbs and spices.

For the holistic development of the Homestay Programme, we are attempting to include local cultivation and forest-based products, to make the tourism, experiential. With the aid of the state-authorities, a multi-purpose hall is being repaired, which will be used for life-skills training, tourism-development, etc., for the local community.

Some of Aarohi's efforts towards local self-employment and financial betterment, were

successful and have been appreciated. This year, through Aarohi's intervention, a new agro-based products' brand, '*Theth Pahadi*' was launched by Aarohi-supported, rural self-reliant cooperative, Dhara. This brand has managed to create quite a stir in the local tourist market, and through this extension of Aarohi's livelihood generation efforts, we have started procuring food products. Our livelihood generation efforts are focused on procuring natural, healthy products, while maintaining sustainable farming practices.

We thank the Aarohi's chairperson, members of the management committee, well-wishers, donors, and the local community, for supporting our work and being an essential part of our achievements.

We are duty-bound to continue to serve the local community and provide better services and support.



With gratitude,

Pankaj Tewari, PhD

Executive Director, Aarohi Society

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Aarohi's Brief Introduction

Aarohi has been working towards rural development in the remote, hard to reach mountainous areas of Uttarakhand, since 1992. A young couple, interested in rural development and planning, established this organisation in Village Satoli. Development work started by uniting marginalised communities and working with them, to mitigate the problems faced locally and work towards the communities' needs. During this long journey, keeping the local communities' basic needs in mind, we started interventions in health, education, livelihoods generation, natural resources, afforestation, drinking water and cleanliness, to better the standard of living in this area. Currently, 114 full-time employees and 232 members living in India and abroad, are associated with the organisation, to benefit a population of 1,98,200 villagers from 446 villages.

Summary of Aarohi's Work

Over the last 29 years, Aarohi has been working towards its goals and vision, with the cooperation of the local communities, and the dedication, hard work, good management and direction of its employees. As a result, Aarohi has been successful in expanding its development work to remote areas of Uttarakhand.

Aarohi run, middle level school, Aarohi Bal Sansar (ABS), has been continuously working towards the holistic development of young children since 1994. This year 165 children from 15 local villages were enrolled as ABS students. ABS is not just appropriately placed in terms of physical and human resources to ensure quality education, but it strives to align the standardised curriculum to the local and rural ecosystem. The teacher to student ratio at ABS stands at an impressive 1:13. ABS students are also active in sports and have performed admirably well even at state-level sports competitions.

Under the community health-based Arogya scheme being run under the aegis of Aarohi's Health Programme, 68,372 people from 160 villages of the Okhalkanda development block in Nainital district, are being benefitted. This scheme, while being centred on mother-child health, works towards community health awareness. Due to such interventions, there has been an empirically marked improvement in mother-child health, in these areas.

In 2021-22, 6006 patients benefitted from the health services provided by the Mobile Medical Unit, in the remote villages of Ramgarh, Okhalkanda and Dhari development blocks of Nainital district.

To provide best possible health services to the local community, Aarohi Arogya Kendra (AAK) is constantly upgrading itself in terms of technology, equipment and resources. This year, 6,683 patients benefitted from the health services provided through AAK. 302 patients benefitted through 6 specialist health camps, and operations for gynaecology, kidney/liver stones, hernia hydrosol, general surgery-related health problems, were conducted through special surgical camps.

The Livelihoods Promotion Programme (LPP) achieved sales worth INR 40,65,000, this year. As a result of increasing sales, there has been a boost to local products. LPP manufactured oils, soaps, natural beauty products and herbal products continue to maintain their niche market value, even in these uncertain times.



Activities at a Glance

| PARTICULARS | 2019—20 | 2020—21 | 2021—22 |
|---|---------|----------|----------|
| Number of villages where Aarohi works | 146 | 353 | 360 |
| Population covered | 66,128 | 1,76,500 | 1,79,500 |
| Number of community meeting held | 186 | 231 | 940 |
| Combined attendance at the community meetings | 5,175 | 4,107 | 12,858 |
| Women representation at community meetings | 3,410 | 3,102 | 8,041 |
| Male representation at community meetings | 1,765 | 1,005 | 4,817 |
| Number of patients seen (hospital+camps) | 8,254 | 5,820 | 6,863 |
| Sale of body care and herb products (In INR lakhs*) | 47.57 | 32.63 | 40.65 |
| Children at Aarohi Bal Sansar | 145 | 150 | 165 |
| Beneficiary students- Outreach education | — | — | 248 |
| Fruit saplings plantation (ha) | — | — | 23 |
| Improved agri interventions (ha) | — | — | 42 |
| Community Based Organations (CBOs) | — | — | 30 |
| Irrigation tanks | — | — | 228 |
| Polyhouse | — | — | 41 |
| Aarohi members | 270 | 200 | 232 |
| Aarohi workers | 91 | 89 | 114 |
| Grant and incomes (In INR lakhs*) | 287.01 | 249.54 | 362.96 |
| Expenditure (In INR lakhs*) | 354.65 | 215.78 | 339.91 |



AAROHI BAL SANSAR (ABS)



Parents and communities praised the school team's collaborative efforts during the lockdown to use technology and make targeted home visits.

During the ongoing pandemic, ABS teachers played an exemplary role in the uninterrupted education of its students. During the lockdown and school closures, our teachers visited the homes of all students, weekly, to review the schoolwork being done online, and to familiarise the families and students about new developments or learning tools regarding online education. The parents/guardians of the students have shown great appreciation towards the school staff and management regarding their initiatives.

Google Meet and WhatsApp played a very important role in online education, during the pandemic. ABS conducted regular reviews of the students' online education performance and progress. This data regarding educational progress was included in their yearly exam results.



Fire Safety/ Extinguisher Demonstration

The school is now prepared with the Disaster Management Plan during this year.

The Principal of the school also conducted a fire drill.

Mr. Brijesh Kumar, ABS Principal, organised a fire safety workshop and fire extinguisher demonstration/practice, for all teachers and primary-level students. A new disaster management policy was also formulated. Students were informed about the four different types of fuels, and that, fire requires oxygen, fuel, temperature, to start. Additionally, teachers and students were made aware about different types of fire and other related information.

| S. No. | Colour of Cylinder | Fuel Type | Medium for Extinguishing |
|--------|--------------------|--|------------------------------|
| A | Red | Wood, Coal, Paper | Water or Soda |
| B | Yellow/ Cream | Inflammable liquids like diesel, petrol, kerosene, etc. | Foam or CO ₂ |
| C | Blue | Inflammable gases like CNG, LPG, etc. | Dry, non-inflammable powders |
| D | Black | Fire from electrical sources like sparking from loose wiring, etc. | Carbon tetra chloride |

Online Science Workshop

Students experimented learning Basic Computer Course through online.

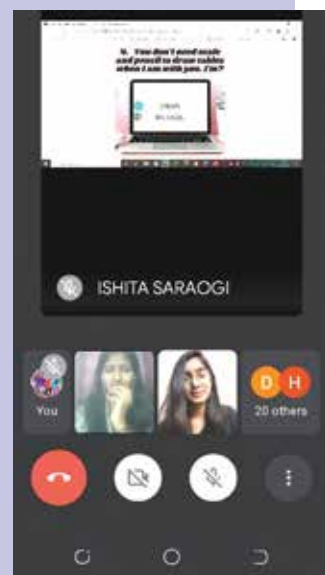
Six of our students won the Basic Computer Course Quiz conducted by NSS volunteers of Sri Ram College of Commerce, Delhi.

Mr. Pradeep Rastogi, ABS' science teacher, took part in a seven-day online science workshop, organised by Shri Aurobindo Society, New Delhi, on, 'Understanding Science through Everyday Life'. The workshop was conducted using 45 different models (magnet, lens, speed, food, etc.) At the school-level all students get plenty of opportunities to use their science teachings, at a practical level.



Online Computer Science Workshop

Students from Shri Ram College of Commerce, Delhi, conducted online basic computer-learning workshops for senior ABS classes, on every Saturday, for two months. At the year's end, these students participated with the students of other NGOs in a computer quiz, where 6 ABS students won prizes and certificates.



Online Sanskrit Workshop



Aarohi Bal Sansar provides opportunities for children to learn other languages as well. Sanskrit is also one language which we teach at our school. Promotion of Sanskrit language activity through workshops was conducted by Sri Arabindo Society, Delhi.

Recognising the cultural and linguistic importance of Sanskrit language, ABS includes the language in its curriculum. Mrs. Gangotri Negi, ABS' Sanskrit teacher, along with other teachers and upper middle-level students, took part in a seven-day online Sanskrit workshop, organised by Shri Aurobindo Society, New Delhi. This workshop focused on spoken and written Sanskrit. Aurobindo Society is doing commendable work in preserving Sanskrit language, by teaching it nationally and internationally. It made Sanskrit books available for ABS students, which are being used to teach this language at ABS.

Workshop on New Education Policy

The introduction of New Education Policy, 2022 has created diverse opportunities and few challenges too. Our school actively discussed the implementation activities and participated with partner agency Katha.

Katha, Delhi-based NGO, organised a six-day online workshop on the New Education Policy, elaborating on the need for the new policy, the pros and cons of the existing education system. On the last day of the workshop, all attendees were made aware of Katha's special methodology – T.A.D.A.A. [T-Think, A-Ask, D-Discussion, A- Action, A-Achieve]

Online Yoga and Fitness Workshop

Aarohi Bal Sansar is enthusiastic in providing sports opportunities to its students.

During the Lockdown period, the school has organized in-door games and introduced many new games to the children.

Due to the pandemic, over the majority of the last two years, elementary schools have been shut. This lockdown also took most people away from exercise and fitness. Shri Aurobindo Society, New Delhi, organised a seven-day Yoga and Fitness workshop to teach self-regulated activity through indoor games. The Society made the equipment needed for this workshop, available to ABS before conducting the workshop. Mr. Deepak Pandey, ABS' sports teacher, makes use of this equipment for instructing students, till date. ABS considers sports necessary for the holistic development its students, who receive sports training on a weekly basis.

Project-based Residential Teachers' Workshop

Discussions and brainstorming activities are core to the capacity of our teachers. During this difficult period our teachers engaged in discussing the different theories of Education.

Shri Aurobindo Society, New Delhi, organised a residential workshop based on Project 'Chaar Baar', with 5 ABS teachers, attending. Thirteen schools from Uttarakhand participated in this workshop. Along with education-related principles, this workshop included detailed discussions on regular student examination, preparing worksheets, conducting Science experiments, National Education Policy, Yoga and Meditation, storytelling, etc.



Wipro Foundation's Projects through Chinar Society

Students prepared various projects on the topics of Waste Management, Water management and Biodiversity. Through the project activity, the children got the opportunity to do interviews and learn more skills.

Under this project, students of 7th and 8th classes were organised in three groups under the mentorship of different teachers, to prepare projects and activities connected to relevant issues like waste management, bio-diversity and water conservation. Under waste management topic, students were made to visit local villages and assess the waste generated there, provided information on recycling, waste collection, and different types of waste. The project students spoke to the villagers on waste collection and management, and wrote essays on 'Why is waste such a problem?' Additionally, Students learnt about the five R's of waste - Refuse, Rethink, Reduce, Recycle, Reuse. Students also undertook informative activities like segregating waste, making found waste sheets, etc.

Under the bio-diversity project, the student team undertook various interesting yet informative activities like collecting information on different animals and birds, storytelling, poem writing, essay writing, herbarium/terrarium creation, reefs, meeting illustrious environmentalists like Mr. Ram Kumar and Mr. Jagdish, collecting seeds of catch crop, etc., under the leadership of team leaders, Mansi and Prachi.



Likewise, team leaders, Perna and Payal, led the water conservation team in visiting and inspecting a natural water source called Dedh Pavva in village Satkhol. After meeting the local community members, the team found out that Dedh Pavva was more than a hundred years old, and during British rule, people who would travel to and from Haldwani, would stop there to drink the sweet spring water. Due to the presence of minerals in this spring water, the weight of 100 mls of this spring water would be equivalent to 150 mls of other water sources, thus giving this spring, its name.

This project was fun-filled and a great learning curve for all participating students. They learnt various life skills like, team work, decision making, understanding tasks, time management, utilising person-specific skills, selecting leaders and assigning responsibilities, working smartly, etc.



Theatre Workshop

Our teachers got the opportunity to learn the theatre -in- education tools through a workshop conducted by the “Theatre Professional”, Mumbai.

Online and off-line workshops were organised for teachers from ABS and Chirag schools, using ‘Theatre in Education’ tools. The workshop explored the intricacies and benefits of using theatrical basics like roleplay, body movements, voice modulation, imagination, creative thinking, etc. This excellent workshop was organised by Theatre Professionals Society.

Achievement

Preparing for competitive exams and equipping our students for their aspirations is important for us. Again this year our students got enrolled in Navodhya school.

This year, a class 6th ABS student, Vinay Chandra, son of Mr. Chandrashekhar, was selected on merit for Rajiv Gandhi Navodaya Vidyalaya, Suyalbari, Nainital. Vinay has done his entire primary schooling from ABS. His father has previously taught as an English language teacher at ABS, and his mother works as an Anganwadi worker. His family is inclined towards academics. Mr. Pradeep Rastogi, ABS’ Science and Maths teacher, worked tirelessly in preparing academically strong ABS students for the Navodaya schools’ entrance. ABS team wishes a bright future for Vinay.



Vinay Chandra

Class 6th, Vill. Kafura, P.O. Mauna Nainital



National Mathematics Day

Aarohi Bal Sansar commemorated this year's National Mathematics Day on 22nd December 2021.

Mathematics workshop organized by the Principal Students prepared models from basic operations to trigonometry

The 134th birth anniversary of the great mathematician Srinivasa Ramanujan Iyer was celebrated as the 9th National Mathematics Day. E Due to the efficient leadership of ABS Principal, Mr. Brijesh Kumar, the students of upper primary level and all the teachers jointly, made 22 mathematics models. These models were related to fundamental operations, geometry, fractions, algebra, trigonometry, estimation and measurement. These models were later displayed on 22 December 2021, during "Bal Ganit Mela". At the beginning of the fair, the Principal introduced everyone to the life of the mathematician, Srinivasa Ramanujan. Ramanujan often said, "An equation for me has no meaning, unless it expresses a thought of God."

National Science Day

Aarohi Bal Sansar commemorated this year's National Science Day on 28th February 2022.

ABS celebrated the National Science Day with much scientific activity and excitement, under the able leadership of its Science teachers, Mr. Pradeep Rastogi and Mrs. Hema Rastogi. ABS students put up an entertaining and educational science exhibition through various scientific models, experiments, charts, etc., like different types of energy, human circulatory system. Younger students visiting the different were excited to figure out the complex scientific models through simple charts and models. This fun day saw the impressive academic of ABS' brilliant students through their complex experiments/models and knowledge in quiz sessions.



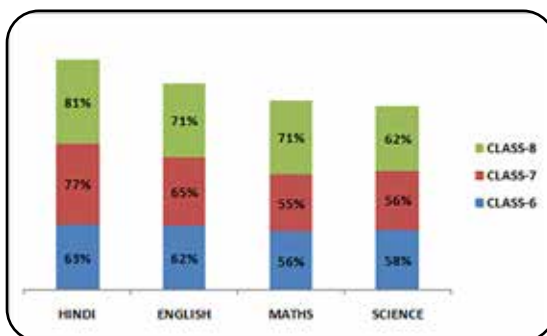
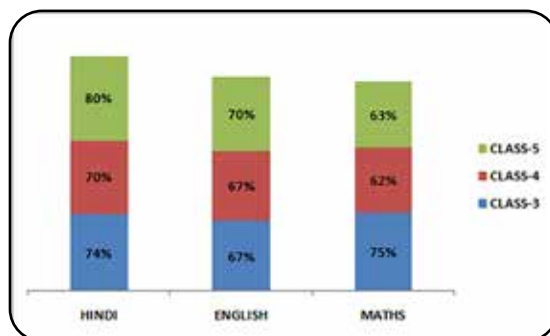
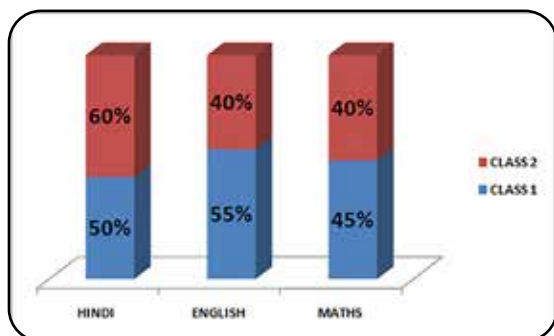
Yearly Review

Impact

The overall result of the school children is at 60% against the indicator of scoring 65% or more.

60% of ABS students scored 65% and above. Students performed satisfactorily in online performance review. This year's academic performance review included both online and off-line review. 125 students from classes 1 to 8 were reviewed.

There was an expected downturn in academic growth due to the pandemic and the resultant interrupted education, but all indicators suggest that this is not exceedingly worrisome, and our teachers and teaching tools will turn it around.



28th Annual Day 2021

District Education Officer (Basic), Nainital participated as a chief guest in the 28th annual day celebrations at Aarohi Bal Sansar.

Our Chairperson Col. Dr. Chandrasheker VSM presided over the event.

ABS celebrated its 28th Annual Day with awe inspiring cultural performances by its students, and felicitating other achievements of its students. The day was blessed by the presence of its chief guest, Mr. Harsh Bahadur Chandra, District Education Officer (Basic Education), Dr. (Col.) Chandra Shekhar Pant, VSM, Aarohi's Chairperson, and other distinguished guests. Special guests included, ABS' previous principal - Mr. Taradutt Kabadwal, Aarohi's ex-Secretary – Mr. Pradeep Gupta, Mr. Mohan Chandra. School faculty, parents/guardians of students, ex-students also attended the celebration.

The programme began with the lighting of the sacred lamp. The felicitation ceremony where academically bright students and other achievers

in co-curricular activities were awarded, was a moment of deep pride and achievement. Mr. Brijesh Kumar, Principal ABS, welcomed the attendees warmly, expressing the school's team gratitude for the continuous support to ABS and presented the yearly performance report. He congratulated the students who won prizes for academic or co-curricular brilliance and acknowledged and congratulated the efforts of other dedicated students who could not be felicitated at the ceremony. The chief guest, chief guest, Mr. Harsh Bahadur Chandra, District Education Officer (Basic Education), addressed the gathering by praising the programme, and the efforts of the students, and enlightened us with his views on education, experiences and knowledge.



Other Celebrations

While rigorously following government protocol during the pandemic, as with previous years, important days like Independence Day, Teachers' Day, Gandhi Jayanti, Children's Day, Republic Day, Christmas, etc. were celebrated with great joy.

Case Study



| | |
|-------------------|---------------------------|
| Name | – Miss Geeta Arya |
| D.O.B. | – 28 January 2009 |
| Class | – 7 |
| Mother's Name | – Mrs. Jaya Devi |
| Father's Name | – Late Mr. Harendra Kumar |
| Family Occupation | – Farming |
| Siblings | – 2 elder sisters |



Geeta is a class 7th student at ABS. She is a simple, quiet and obedient girl. She is very well liked by her teachers and fellow students. She is quite accomplished in music and sports and is a good academic performer, too.

She has received a school award for her dedication and efforts towards cleanliness, not just in the school campus, but also being environment-friendly. She truly believes that 'Cleanliness is Godliness', and that no one should litter their homes, schools, roads, etc. She believes that by keeping our environment healthy and clean, we can keep ourselves healthy. She is an inspiration to us all.

Interest in Sports:

Geeta is not just interested in sports, but is also a very accomplished sportsperson. She has participated in district and state-level kabaddi events and has won gold medals. She

plays badminton, kho-kho and football too. She won a gold medal at the 'Khel Mahakumbh' organised at ABS, in 2021. Geeta states that she likes playing sports, and she would like to play at the national level.

Passion for Music:

Geeta is very passionate about music and wants to pursue it as a career. Whenever she gets spare time after studies and helping out at home, she practices Indian Classical music. During the pandemic, Geeta received online music classes from an accomplished Mumbai-based classical music instructor.

A responsible and mature daughter:

Geeta is a very responsible girl, who not just helps her mother and sisters in all house chores, but also takes care of her mother. According to her mother, Geeta, is very mature and kind.

Inauguration of Cricket Academy

AaroHi Bal Sansar inaugurated a Sports Academy during this year to benefit the youths in the communities.

This year saw the inauguration of Rebel Sports Academy, at ABS sports ground. Mr. Neeraj Joshi, resident of village Baret, endeavoured to start this academy where the local children and youth could get the opportunity to learn sports seriously, and learn something constructive and healthy in their spare time. Neeraj is providing training regularly, in the morning and evening. His efforts paid off, when 8 students of this academy made us proud, by being selected at the state-level. Dr. Pankaj Tewari, AaroHi's Executive Director, had an in-depth conversation with this academy's students about the importance of sports and healthy living, and congratulated Neeraj on his efforts to get this sports academy off the ground. AaroHi has pledged support for these kind of efforts that benefit the local children and youth.



Key Achievements of ABS

- › Excellent student-teacher ratio (13:1).
- › Well-equipped classrooms and adequate teaching aids.
- › Collection of trained and experienced teachers with most teachers from the community.
- › Properly functional for the last 28 years.
- › Periodic selection of children in Navodaya and other reputed schools.
- › Participation in other academic/co-curricular activities at state-level.
- › Compliance with all the components of the Right to Education Act, and other government requirements.

Challenges

- › To literate the first-generation learners
- › Limited means of livelihood available
- › Distant travel required for secondary-level school education
- › Lack of proper educational opportunities for children with special needs
- › Geography of the terrain brings up various problems for online learning
- › Increased expectations among parents during online teaching

Future Vision

- › To be the foremost NGO-run school in the Ramgarh block, offering education up to grade 12.
- › To be a non-governmental residential school.

OUTREACH EDUCATION PROGRAMME

After a one-year hiatus during the pandemic, the outreach education program was restarted, in 2021.

Amongst a thousand proposals, Aarohi's project proposal was selected under the Systemic Education Reform Grant offered by Wipro Foundation.

With the belief that education is the catalyst for social transformation, Wipro Education Foundation has been working to strengthen the skills of key actors in the school education system. The Systemic Education Reform Program aims at



improving school education through sustained work and a wide range of creative interventions. The work has a direct impact on the ground and also leads to shifts in educational discourse and practices.

Quality Education Program

Through this three years long initiative, Aarohi will aim to improve access to high-quality education in 15-18 remote and underperforming schools, as well as 6-8 Anganwadi centers in three Nainital district blocks: Ramgarh, Dhari, and Okhalkanda.

The project will include forming a core team of promising local educators, planning and implementing a robust, structured capacity-building engagement for the team and government school teachers in language and mathematics, and introducing creative art-based learning platforms which would improve the quality of education available to children in intervention settings, collaboration with District and Block Education Officers to identify intervention schools and

centres, encourage contextualized curriculum/ activity-based learning and advocate for adequate resourcing of remote schools. The project offers specific opportunities to share the learning and experiences from the projects with a larger group of educators across the country.

The Wipro Education Outreach Project, commenced on January 1, 2022. During the first quarter of the project, introductory meetings with the Block Education Officers of Ramgarh, Dhari, and Okhalkanda development blocks were held and discussions around the learning, challenges, and opportunities specific to their area were done. In addition to this, the formation of the core team, mainly Shiksha Sahayaks and Block supervisors was carried out. A three-day-long residential

orientation training was conducted wherein the new team was introduced to the Aarohi society, its departments, and their roles and responsibilities.

The team will be deployed in their respective schools and Anganwadi centers from the new academic year 2022.





YOUTH WING

Facilitating opportunities to Youth: Creating local entrepreneurship.

Sensitization and promotion on environmental issues in the area.

The Youth Wing program was started in 2010 to strengthen the local youth, physically and mentally, develop their skills and qualities, raise awareness amongst them about their community and its challenges, unveil and nurture their hidden talents, boost their confidence, and awaken the spirit of self-reliance in them.

Sports are such a medium that keeps youth united, and boosts physical, mental and intellectual growth amongst them. Youth Wing provides sports training and encourages the participation of the local, young females and males, to participate in sports competitions from the block to the national-level. Youth Wing also seeks to inculcate leadership qualities, and develop life skills in the youth through programmes like career-counselling, computer classes, etc.

Currently, the following programmes are running under the Youth Wing programme:

1. Village-level sports events, involving the youth
2. Leadership workshops
3. Environment-friendly activities like, plantation
4. Career counselling/ Youth counselling
5. Army training
6. Dry plastic waste recycling
7. Special workshops for youth having special interests.





Our activities in the year 2021-22

- Cycling training for 30 youth
- Army training for 45 youths, which included information related to the physical, medical and written tests
- Sunday Sports Events: On a village-level, sports events comprising of kabaddi, cricket, football, kho-kho, badminton and athletics, were organised, weekly.
- 45 youths participated in athletics in “Khel Mahakumbh” organized in March 2022.

Future Vision

- › To motivate the youth to get employment in their locality or move towards self-employment.
- › To train the youth for numerous sports.
- › To encourage the participation of both male and female youth, to participate in sports events like, Khel Mahakumbh.
- › To train the youth for half to full-marathons.
- › To train the youth for defense services.
- › To inculcate the spirit of leadership amongst the youth.
- › To foster leadership potential.
- › Strengthening the youth with vocational training, based on their needs.
- › Nurturing their affiliation to work with the community.

Challenges

- › Scarcity of sports equipment and kits.
- › Paucity of funds for expansion.



HARI KRISHNA TRIVEDI (HKT) MEMORIAL PROJECT

Aarohi has been working for social interest around girls' health and education in the Bhaisiachana block of Almora district for the last nine years. The project is designed around education, including the countenance of scholarship, computer education, and life skill education. Currently, this project involves the rural population of Supai village, and 12 other surrounding villages.

Health Interventions

Under the health programme, we are involved in the maternal and child care from registration of pregnant women, to the delivery and post-child and mother care, till 42 days post-birth. We also work on the nutrition of the mother and children through regular screening. With children (aged 0 to 5 years) found malnourished or undernourished, we raise awareness amongst the caregivers and guardians regarding proper nutritious and hygiene. In 6 intervention villages, we also work towards adolescent health by conducting regular adolescent health-related sessions with the adolescent population, in which we raise awareness and give government approved advisory information regarding the changes experienced around adolescence/puberty, menstruation, importance of hygiene and water-borne diseases.

Through monthly organised, Matr Samuh meetings, new developments in maternal and child health

are shared and awareness about available health services and special surgical camps conducted by Aarohi, is increased.

Through the awareness drive for special surgical camps conducted by Aarohi, 12 patients from the intervention villages were screened for the said camps.

Educational Interventions

To make the local children and youth of our 12 intervention villages, self-reliant through education and instruction, we have set up scholarships for female students, computer classes, life-skills workshops, activity centres, which are running with precision. This year, 81 children and youth, enrolled for the computer classes. To raise community awareness about cleanliness, we are organising quarterly, cluster-wise cleanliness drives with the community, and have completed 12 drives in this year, with 210 villagers participating in them.

Formation of *Dagdi Samuh*

This year, we formed a group of six (6) women in Supai village, called '*Dagdi Samuh*,' to encourage the rural women towards self-employment, encouraging their talents and abilities, and as a natural progression of our efforts towards the HKT rural development project. To pilot this vertical, the women were given trainings on creating decorative items made from wool, and the end products were sold through Aarohi's Nature Shop. Through the Nature Shop itself, the samuh created sales of INR 10,000. Taking inspiration from *Dagdi Samuh*, the women of surrounding villages created products from pine needles (*pirul*), like baskets, decorative boxes, etc., and earned INR 25,000 of additional income through Nature Shop sales.

Promotion of the HKT Project

All India Radio, Almora, covered the rural development work undertaken by Aarohi in the Bhaisiachana block of Almora district, through the HKT project, which drew great attention and appreciation.

Case Study

My name is Nikita Painwal. My father is Mr. Narayan Singh Painwal. I am a resident of Simkhaliya village, Post Office Barechhina. I did my primary education from Barechhina. I am a first year M.A. student in S.S.J. University, Almora, currently.

I have been selected for India's Volleyball Youth National Team, and am representing Uttarakhand's Volleyball Team. My journey towards this moment has been quite difficult. The true credit of my achievements rests with my parents, entire family, teachers and Aarohi Society, who supported, encouraged and motivated me, at every step. From 2018-19, I have been receiving scholarship from Aarohi, which has enabled me to pursue higher education, while ensuring my participation in sports. I have received great support from Aarohi and I hope it continues to support my dedication. I am very grateful to the Aarohi team who helped me in achieving my goals, beyond my wildest imagination.



Nikita Painwal
M.A. First Semester,
Simkhaliya village,
Post Office Barechhina



HEALTH PROGRAMME

Programme Overview

Access to healthcare in the rural parts of the mountain districts of Uttarakhand remains unfulfilled. Given the constraints of terrain, topography, small and scattered nature of rural settlements, increasing access to healthcare delivery and health information becomes necessary. Adding to the existing gaps and burdens, the COVID-19 Pandemic is challenging health systems across rural areas. Aarohi's Health- Programme is committed to providing quality primary health care that is equitable, accessible, and affordable with emphasis on Reproductive, Maternal, Newborn, Child, and Adolescent Health. During this Pandemic year, the program efforts went on early identification and referral of critical cases, prevention, and promotional activities in the communities.



Clinical Health

Aarohi started basic healthcare services in 1992 to meet the desperate need of people in a remote village in the Nainital District in Uttarakhand. The cottage hospital Arogya Aarohi Kendra (AAK) provides Outpatient, Inpatient, Dental, Pathological laboratory, advanced diagnostic services like Ultrasound, X-ray, E.C.G., and surgical care services to the rural mountain communities.

Aarohi Arogya Kendra continues to perform its best in providing quality primary healthcare and emergency services to the

rural population around the year. From this year onwards, our hospital provides services on all days of the week. Patients from faraway villages visited the clinic for emergency medical services. A total of 6,863 patients benefited in the year 2021 - 2022. We thank our clinic doctors Dr. Gita Pujari, Dr. Prashant Misra, Dr. Puneet Sigh, Dr. Mukul Bisht, and Dr. Bula Roy for their service at AAK during these tough times.

As far as the Covid-19 is concerned, our clinic

doctors and paramedics played an important role in testing, primary management, appropriate referrals, surveillance, vaccination, and promotional activities in tandem with the District Health Administration. The hospital also immediately responded and provided first aid services during the October 2021 Cloud burst disaster in the region. Critical cases like road accidents, poisoning cases, and severe covid conditions were also treated and appropriate referrals were made.

Surgical Camps

Globally, 5 billion people lack timely access to safe and affordable surgical care, with over a fifth of them living in India (Lancet Commission on Global surgery). Unavailability of Surgeons, Anaesthetists, and Obstetricians, and lack of access to healthcare are a few of the major challenges to meeting the needs of the communities.

In September 2022 and February 2022, Aaroahi Arogya Kendra (AAK) conducted its annual reconstructive surgery camps, combined with a Urology camp. The highlight of the Urology camp was the use of a lithotripsy machine for the management of the rampant ureteric and renal stones found amongst the local population. The use of technologically advanced equipment is a huge benefit to the local population, who are getting surgical procedures at highly subsidized rates. The out-of-pocket expenditure of patients is directly reduced as the services are available near their homes.

A total of 234 patients were screened and about 37 patients got their surgery done during these surgical camps. We thank our volunteer surgeons Dr. Gnanaraj, Dr. Preeti Yadav, and Dr. Rajiv Usgoscar, Anaesthetists Dr. Sushil Sharma and Dr. Smita Usgaoscar who helped us to resume our surgical work after a break of 16 months at our cottage hospital.



Mobile Medical Unit (MMU)

The Mobile Medical Unit (MMU) service started by Aarohi Arogya Kendra in April 2014 has completed eight years of service in the Ramgarh, Dhari, and Okhalkanda blocks of Nainital district. The MMU has completed 816 camps till now. The MMU camps conducted from the 1st to the 8th day of each month, cover a population of more than fifty-seven thousand in 127 villages over 500kms. From monitoring the growth of neonatal children, and early identification of pregnancy-related complications to referring critical cases at the right time to better care, the MMU is playing a vital role in improving the maternal and child health of the hard-to-reach population. Geriatric patients continued to visit the monthly MMU camps to access their routine check-ups and medicines. Even during the peak of the second wave, our sincere doctors and paramedics continued to provide the camp services.

- The Monthly MMU camps are highly beneficial in routine ANC check-ups of pregnant women; in identifying High-Risk Pregnancies (HRP), providing counselling services, and guiding them for institutional deliveries.
- The availability of gynaecologists has increased access to reproductive healthcare and family planning services in MMU camps. Midwives in the MMU unit have created a



positive environment to provide counselling services upon the guidance of our camp doctors.

- The MMU's presence has led to uninterrupted access to essential medicines for hypertension and diabetes patients, particularly in the geriatric age group.

During May 2021 and June 2021, we didn't conduct the MMU camps as the second wave lockdown restrictions were severe and conditions were uncertain. In November 2021 and December 2021, we couldn't conduct the MMU camps on all 8 days because of the damaged roads due to the cloud burst and very heavy rainfall.

We thank our camp doctors Dr. Ritu Jain, Dr. Vivek Sharma, Dr. Rajiv Kapur, and Dr. Aarti Chaturvedi for providing their services in these camps.

Summary of Clinical Activities

| Sr.no | Indicator | 2019 – 20 | 2020 – 21 | 2021 - 22 |
|-------|--|-----------|-----------|-----------|
| 1 | Total patients benefitted | 8,254 | 5,828 | 6,863 |
| 2 | OPD patients treated in Aarohi Arogya Kendra | 1,569 | 2,230 | 2,582 |
| 3 | Female | 759 | 1,135 | 1,286 |
| 4 | Male | 779 | 1,040 | 1,230 |
| 5 | Children | 31 | 55 | 67 |
| 6 | In- patients treated | 57 | 11 | 41 |
| 7 | Laboratory tests | 9,120 | 5,175 | 6,613 |
| 8 | X Ray | 261 | 283 | 306 |
| 9 | Ultrasounds | 1,484 | 936 | 1,160 |
| 10 | Total Dental patients benefitted | 310 | 1,020 | 1,411 |
| 11 | Number of Specialist camps held | 6 | 4 | 4 |
| 12 | Total patients treated in specialist camps | 482 | 76 | 254 |
| 13 | Total surgeries done in camps | 44 | 0 | 37 |
| 14 | Mobile Medical Unit and Outreach camps held | 96 | 53 | 69 |
| 15 | Number of patients treated in MMU and outreach camps | 5,532 | 1,974 | 2,496 |
| 16 | Total Pregnant women benefitted in MMU camps | 1,862 | 828 | 970 |
| 17 | Total Pregnant women benefitted with ultrasound service in MMU camps | 1,402 | 631 | 752 |

Community Health

Enhancing the health and well-being of the population is the prime goal of our community health programme which we initiated a decade before. To make accessible basic health services and health information to the rural women from the remote villages of Okhalkanda block in the Nainital district of Uttarakhand leading to timely and appropriate health interventions, Aarohi started its first Women's Health Resource Centre (WHRC) in 2019. The piloted experience provided us with positive results like enhanced participation from Panchayats, improved surveillance in communities, increased institutional deliveries, and active participation of adolescent groups in the communities. These promising results have directed us to scale up the model covering a population of 16,435 in fifty hard-to-reach villages of Okhalkhanda block.



Women's Health Resource Centres (WHRCs)

Capacity building of frontline health workers, enumeration of the population, health surveillance, conducting periodic health surveys, conducting home visits to address the needs of individual cases at the household level, collecting and development of Information Education and Communication materials, immediate referrals, supporting the Village Health and Sanitation Committees, ensuring participation of action groups like village level mother's groups and adolescent groups, connecting the population to Mobile Medical Unit and surgical services, co-ordinating with Primary Healthcare Centres and Anganwadi centres, creating awareness through Swasthya melas are some of the activities through which Women's Health Resource Centres attempt to increase the accessibility to basic health care services and health information. During this pandemic year, our frontline workers prioritized home visits for critical cases in their villages. The sincere effort from the health frontline workers and MMU services has helped us to reach the goal of no maternal deaths for the third consecutive year.

Maternal Health

The WHRC undertakes maternal health activities through community health nurses, village health workers, and the MMU. The WHRC ensures early registration of pregnancy, conducts Ante Natal Check-ups and provides counselling, counsel family for birth and emergency preparedness, ensures Post Natal Check-ups and provide counselling, identification, and referral of high-risk pregnancies and complications, and screening of all women for anaemia. A total of 341 pregnant women were given care in 2021 – 2022.

Table 1: Maternal health indicators – Ante Natal Care

| Sr. no | Maternal health indicators – Ante Natal Care | 2019 – 20 | 2020 – 21 | 2021 - 22 |
|--------|---|-----------|-----------|-----------|
| 1 | Total Pregnant women given care | 188 | 282 | 341 |
| 2 | Pregnant women who got ANC check in MMU (Medical Mobile Unit) | 121 | 213 | 297 |
| 3 | Pregnant women identified as Anaemic | 82 | 168 | 137 |
| 4 | Total High-Risk Pregnancies (HRP) identified | 35 | 79 | 126 |
| 5 | Pregnant women referred for complications | 18 | 44 | 57 |

Table 2: Maternal health indicators – Deliveries

| Sr. no | Maternal health indicators – Deliveries | 2019 – 20 | 2020 – 21 | 2021 - 22 |
|--------|---|-----------|-----------|-----------|
| 1 | Total Deliveries | 42 | 167 | 233 |
| 2 | Total Live births | 39 | 156 | 236 |
| 3 | Total Institutional deliveries | 25 | 69 | 102 |
| 4 | Total Home deliveries | 17 | 98 | 134 |
| 5 | Deliveries conducted by Aarohi trained TBA | 14 | 59 | 86 |
| 6 | Complications identified during delivery | 03 | 21 | 19 |
| 7 | Women referred due to complications during delivery | 02 | 16 | 19 |

Table 3: Maternal health indicators – Post Natal Care

| Sr.no | Maternal health indicators – Post Natal Care | 2019 – 20 | 2020 – 21 | 2021 - 22 |
|-------|--|-----------|-----------|-----------|
| 1 | PNC women given care | 43 | 179 | 327 |
| 2 | Women who had complications within 42 days of delivery | 05 | 37 | 51 |
| 3 | Women referred due to complication after delivery | 03 | 19 | 27 |
| 4 | Total Eligible Couples | 572 | 1,225 | 2,522 |
| 5 | Couples who are using temporary contraceptives | 37 | 171 | 344 |
| 6 | Eligible couples adviced for family planning | 190 | 691 | 1,089 |

Child Health

The WHRC works in tandem with Anganwadi centers at the village level to deliver child health services. The WHRC ensures Home Based Newborn Care (HBNC) visits according to the ASHA module guidelines, promotion of exclusive breastfeeding and continuous breastfeeding practices, provides counseling on timely initiation of complementary feeding, monitoring of growth and development of children under five, provides basic care for a sick child as defined by Integrated Management of Newborn and Childhood Illness (IMNCI) protocols which largely relates to treatment for diarrhea, respiratory infection and fevers, identification and referral of high-risk cases and complications.



Table 4: Child health indicators

| Sr.no | Child health indicators | 2019 – 20 | 2020 – 21 | 2021 - 22 |
|-------|---|-----------|-----------|-----------|
| 1 | Total Children 0-6 months | 103 | 234 | 285 |
| 2 | Infants 0-6 months exclusively breastfed | 76 | 184 | 195 |
| 3 | Total Children 0-5 years | 789 | 1,241 | 1,337 |
| 4 | Children 0-5 years monitored for growth and development | 393 | 773 | 1,009 |
| 5 | Severe Acute Malnourished children 0-5 years (red category) | 27 | 84 | 128 |
| 6 | Children 0-5 years who had Diarrhoea | 23 | 106 | 97 |
| 7 | Children 0-5 years who had Pneumonia | 09 | 15 | 26 |
| 8 | Children 0-5 years with other illness | 18 | 67 | 421 |
| 9 | Children 0-5 years referred due to all illness | 16 | 183 | 345 |

Adolescent Health

Adolescent persons in the age group of 10-19 years make significant choices about their health and develop attitudes and health practices that affect their current safety and well-being as well as influence their risk for future serious chronic diseases. We have adopted the Rashtriya Kishor Swasthya Karyakram (RKSK) strategic framework and modules to align our work with National health programmes. As a part of the intervention, we conducted 23 group work sessions at the WHRC level. Topics like the importance of nutrition, sexual and reproductive health, mental health, injuries and violence, substance misuse, and non-communicable diseases were discussed.

Community Mobilization

Although the restriction on the gathering of people was in place, in the past year, we used multiple methods to communicate with the communities, to sensitize and raise awareness on various topics on health. Our methods include door-to-door visits by community health workers and ASHAs, awareness campaigns through posters, community radio, and limited village-level meetings.

In community meetings, we continue to discuss and debate several health topics like water and sanitation, growth monitoring, complementary feeding, complications during pregnancy, the importance of institutional delivery, immunization, the importance of antenatal check-ups, family planning, menstrual hygiene, and diarrhoea.

Ensuring the protocols, a total of 307 Mother’s meetings were held during this period and a total of 3,611 mothers participated in the meetings.

Capacity Building

The effectiveness of interventions promoting safe pregnancy, safe and clean deliveries, healthy child growth, and development depends upon the capacity of the health system to deliver a high-quality intervention. However, in the absence or poor availability of public healthcare services here in mountains, health workers are trained in providing integrated reproductive and child health services. Capacity building of our frontline workers remains an ongoing process for Aarohi.

Building the capacities of Accredited Social Health Activists (ASHAs) and Traditional Birth Attendants (TBAs) in the villages is one of the important activities of the WHRC.

Table 5: Community Mobilization

| Sr. no | Community Mobilization | 2019 – 20 | 2020 – 21 | 2021 - 22 |
|--------|---|-----------|-----------|-----------|
| 1 | Total number of Mother’s group meetings | 108 | 126 | 307 |
| 2 | Total participants | 807 | 1,698 | 3,611 |
| 3 | Total Adolescent group meetings | 10 | 23 | 112 |
| 4 | Total participants | 209 | 549 | 2,141 |
| 5 | Total number of Village Health Sanitation Nutrition Committee (VHSNC) meetings held | 14 | 30 | 83 |
| 6 | Total Participants | 151 | 484 | 719 |

Table 6: Vital Indicators

| Sr.no | Vital Indicators | 2019 – 20 | 2020 – 21 | 2021 - 22 |
|-------|------------------------------|-----------|-----------|-----------|
| 1 | Maternal deaths | 0 | 0 | 0 |
| 2 | Neonatal deaths | 3 | 3 | 3 |
| 3 | Infant deaths | 1 | 1 | 1 |
| 4 | Children under 5 years death | 1 | 0 | 1 |



LIVELIHOODS PROMOTION PROGRAMME (LPP)



Strategy:

Natural products – Aarohi is dedicated to natural, handmade products.

Support to local farmers – Presently, Aarohi supports around 200 local farmers from 26 villages.

Training entity – We provide encouragement and technical trainings to many small organisations and community-based groups like, farmers' groups, self-help groups, ILSP Uttarakhand, SOS Children's Home, etc.

Increasing Products' Range – 28 new products were added to the product line-up after mandatory government testing and approvals.

Promoting Local Products – Introducing and promoting locally made products in the market, like products made from locally-sourced apricot kernels, natural beauty and cosmetic products, healthy herbs, products made from pine needles (pirul), decorative woollen ornaments, woollen garments.

Cost control – We saved INR 1,97,000 in yearly expenditure by smartly selecting new raw material vendors, optimal utilisation of organisational resources.

Online Sales – We achieved a total sale through online channels of INR 6,00,000 which greatly motivated our team.

Decreasing Returns – All efforts were made to decrease the return of products from vendors, and streamlining relationships with vendors through Memorandums of Understanding (MoUs) was also initiated.

Increasing Vendors – 123 new vendors were added to our existing list of vendors

Increasing Business Sales – We increased our yearly sales by INR 10,00,00 by the end of the financial year.

New Market – We made efforts to explore and break into new markets like spa & wellness, aromatherapy, cosmetics, corporate gifting, foreign markets, etc.

Vision for 2022-23

- › Strengthening community-based relations for a symbiotic relationship.
- › Deepening relations with existing vendors and customers.
- › Emphasising product expansion while maintain cost-effectiveness.
- › Formulating new products with health/cosmetic benefits.
- › Increasing social media outreach and adding foreign customer base.
- › Streamlining relations more vendors through executing MoUs.
- › Adding new products to each product range.
- › Collaborating with entities like Khadi Gramodyog and National Himalayan Research Mission through new proposals.

- › Promoting products made by local artisans through Aarohi's Nature Shop.

Procurement and Processing

| Particulars | 2019-20 | 2020-21 | 2021-22 |
|---|-----------|----------|----------|
| Total producer beneficiaries | 1385 | 1200 | 1200 |
| No. of villages those supplied rae material | 182 | 182 | 182 |
| Apricot nuts purchased (In quintals) | 74.31 | 3.71 | 4.23 |
| Apricot kernels purchased (In quintals) | 66.45 | 22.30 | 00 |
| Apricot kernels processed (In quintals) | 41.38 | 20 | 23.20 |
| Dry herbs purchased (In Kgs) | 220.70 | 242.50 | 311 |
| Benefit to farmers through the sale of nuts/ker- nels/herbs (In INR) | 19,40,446 | 6,01,662 | 1,58,979 |
| Total number of villagers involved in processing activities | 15 | 15 | 16 |
| Benifit to households involved in processing activ- ities (In INR) | 1,18,534 | 16,547 | 17,550 |
| Sale & Marketing | | | |
| Total number of products | 14 | 14 | 28 |
| Total revenue from products sales (In INR lakhs) | 47.57 | 32.63 | 40.65 |
| Participation in exbitions (Nos.) | 6 | 0 | 02 |

RURAL HOME STAY PROGRAMME

Aarohi has been informally promoting the concept of “Village Home Stay” from the year 2013-14, with the purpose of encouraging tourism in rural areas, increasing housing facilities, providing self-employment opportunities, and a source of additional income to the homestay owners. Presently, several homestays are operational in various intervention villages, with the technical and financial support from Aarohi.

Activities for the year 2021-22

In the past couple of years, due to the Covid-19 pandemic, tourism stalled, due to which, the homestay families incurred losses. Aarohi, through the district tourism department, made partial financial assistance available to the families who incurred losses. To convert the local area into a tourism cluster, the multi-purpose hall in Aarohi's premise, is being repaired and renovated. This hall will be used amongst other activities, to provide self-reliance trainings to the women, youth of the surrounding villages.

Peora Homestay cluster is also getting a boost towards community-based tourism from the Aarohi established, Dhara Self-Reliant Cooperative. This year, the cooperative introduced and sold many value-added agro-based products in the market, to bring attention to local products and provide new means of livelihood generation for the local community. This new effort has been greatly appreciated by the local community.



Future Vision

- › To interlink community-based tourism and livelihood generation through the cooperative and its manufactured products.
- › Through local farming and ecosystem, to make the local tourism, experiential.

Sustainable Rural Livelihood Program (SRL)

FRAMEWORK:

Aarohi has been working continuously since 1992 to reduce migration and to improve the livelihoods of the villagers. To deal with the issue a sustainable livelihood program was initiated from April 2021 funded by Bajaj Auto Limited. The program is being executed in 30 villages from three development blocks of Nainital, namely Ramgarh, Okhalkanda, and Dhari.

PROJECT OBJECTIVE:

1. Providing a livelihood and source of income to the rural families through agriculture and also to adapt towards changing climate.
2. To promote and strengthen an integrated farming model with an efficient supply chain among marginal farmers.
3. To develop conservation and to attain sustainable development by initiating activities related to environmental management.
4. To develop harmony between humans and their surrounding ecosystems through collective action.
5. To develop and establish a positive thinking in the community towards enhancing income through cooperation and value addition of the farm's products. This will be a continuing community effort to improve means of livelihood in future.

COMMUNITY BASED ORGANIZATIONS (CBOs) - EXECUTING PROGRAM AT GRASS ROOT LEVEL:

To build cooperation among communities and to inform them of the interventions, resources, and skills of the various agencies, community meetings are being organized time to time. Successful CBOs formed for execution in the project-selected villages, and individuals from the numerous hamlets were enrolled as members. As a consequence, 30 groups with a total of 463 members were created in the first year. Our village level teams conduct frequent meetings on various topics as per the need of the intervention and communities. Additionally, a specific sum is being contributed as group savings. A total of Rs. 2, 05,042 was saved in the first year. This exhibits a sense of community. Additionally, inter-loaning has been often practiced in the groupings.

SEED DISTRIBUTION:

High yielding seed varieties of vegetables and niche climate resilient crops were distributed to the farmers through the CBOs. In all 200 kg of pea seed, 550 kg of garlic, and 130 kg of coriander seeds were distributed to the farmers. 537 farmers benefited during the reporting period. 1,00,000 seedlings of quality onion variety were distributed among 15 potential farmers to foster a wider understanding of income generation among the farming communities. As a good starting point, 28 farmers earned Rs. 20,000/-. In parallel, 101 farmers were given 86 kg



of finger millet (ragi), 20 farmers were given 13 kg of horse gram, 2.6 kg of amaranthus to 38 farmers, 20 farmers were given barnyard millet, and 33 farmers were given 44.5 kg of maize.

OFF SEASON VEGETABLE PRODUCTION:

Prevailing unfavorable climatic conditions is a big challenge for the production of seasonal crops and vegetables to generate adequate income in the region. To address this situation, the project made unwavering efforts to promote livelihoods through off-season vegetable production. Realizing greater gains from the small and scattered land holdings, placing poly-houses was given priority in the first year of project implementation. 38 poly-

houses were constructed to get a better yield of vegetables. Seeds of bell pepper, broccoli, marrow, cherry tomato, etc. were distributed to the farming community on contribution basis.

WATER CONSERVATION:

“Water is life,” but living within the Himalayan hills of Kumaon makes this statement difficult to realize as about 90% of agriculture land is rainfed. Scattered land holdings and far-flung farming locations add to this challenge. To minimize this challenge, the project distributed 228 water tanks with irrigation pipes. This has proved to be an encouragement towards farming among the target communities by ensuring them to collect the rain water and to irrigate the farms.

VERMI COMPOST:

The farming community uses traditional local manure obtained from livestock excreta. Farmers were made aware of the importance of producing and using vermicomposting for better yield. Compost pits made with brick and mortar cannot be moved to a convenient location and are costlier to construct. Seeing this need, farmers were given 60 ready-to-use moveable vermi beds. Even though the use of chemical fertilizer gives a higher and faster yield, the quality of nutrition is reduced to a large extent and also it affects human health.

FRUIT SPECIES PLANTATION:

The project's intervention area is also rich in orchards. Production is restricted to family usage due to a lack of appropriate technologies or other constraints. To maximize possible use and advantage for the agricultural community's livelihood, fruit species were dispersed. Despite the fact that the area already has orchards, 3350 fruit plants of mango, plum, malta, apricot, pear, kiwi, apple and gooseberries were planted by among 380 farmers.

HERB SAPPLINGS DISTRIBUTION :

Despite the abundance of therapeutic herbs in the Himalayan forests, the farming community has not been able to cultivate and sell them due to a lack of technical knowhow and facilities. These herbs, their advantages, and their market worth have been explained to the target farmers so that they may develop into a sustainable source of income. These herbs were specifically targeted

for cultivation, and farmers wanting to grow them were closely watched over and mentored in the adjacent towns. 160 farmers received 1 kilograms of parsley seed, while 60 farmers each received 250 grams of chamomile.

MARKETING :

One of the major obstacles to the cultivation of any agricultural product is the market. As a result of the lack of markets for their produce, farmers are helpless. Aarohi is concentrating its efforts to market items locally with this obstacle in mind. In all 38 farmers directly sold the produce to the cooperative for the first time for commercial gains with income of around Rs. 80,000. Main crops were finger millet, amaranthus, kidney bean, garlic and citrus fruits.

CONVERGENCE AND SYNERGY BUILDING:

- 1- 350 mini seed kits were distributed with the support of a like-minded organization, Khushi.
- 2- Eight polyhouses were constructed with the help of the Department of Horticulture.
- 3- To maintain traditional farming, drums, organic fertilizers, and vermiculture beds were distributed free of charge in the Dhari development block.
- 4- In the village of Anarpa, two health camps were organised in the months of January and March. In this camp, dental, diabetes, and general medicine patients are checked up.
- 5- With the help of the Department of Horticulture, spray machines, drums, etc. were distributed.
- 6- 52 farmers from all three development



blocks visited VPKAS (an institute of ICAR) Hawalbagh, Almora and took part in the Kisan Mela to gain experience. This has been an opportunity for exposure and learning about new farming techniques and appropriate technologies.

SUCCESS STORY:

Aarohi is implementing Sustainable Rural Livelihood project in nine villages of Dhari development block in Nainital district. Under this program, along with awareness about various farming techniques, quality seeds were made available. During the year 2022, 200 kilograms of the Arkil variety of pea seed

were cultivated by 70 farmers. Using technical and line sowing methodologies, the farmer sowed the seed and obtained 2650 kg of produce. This has been a big achievement in the very first year of the project's implementation. Farmers used to cultivate peas, but they were only for self-consumption. Support from the project has resulted in such mass cultivation. 28 farmers earned Rs. 20,000/- by selling the produce. Other families generated income of around Rs. 1,00,000/- at the same time. This has been a real achievement for the project. Farmers have similar expectations for the project's future. This will maintain their benefit and result in improved earnings.

Testimonial from a Volunteer

I was familiar with Aarohi, Uttarakhand and the mountainous community, before I joined the former. My priorities/expectations kept increasing and changing as the seasons changed. Working with Aarohi has been a unique and enriching experience for me. I not only honed my craft, but the local people gave me a lot of acceptance and respect, which was extremely gratifying for me. I am bidding a fond farewell to Aarohi for now, and I am leaving here with not just my expectations fulfilled, but exceeded.

Dr. Nitin –(Dr. Nitin is a MBBS doctor from a reputed government medical college, who has been volunteering with grass-root health provider organisations servicing rural and tribal communities, for the last 2 years)

Grant Received during Financial Year 2021-22

| | | |
|--|--------------|-------------------------------|
| Bajaj Auto Ltd. | 97,00,000-00 | Health |
| Swiss Himalayan Amity (SHA) | 20,45,313-00 | Health & Education |
| Bajaj Auto Ltd. | 20,00,000-00 | Sustainable Rural Livelihoods |
| Wipro Foundation | 3,41,450-00 | Education Outreach Program |
| The Duleep Matthai Nature Conservation Trust | 3,00,000-00 | Education |

Financial Year 2021-22

| Abridged balance sheet of Aarohi as on March, 31 2022 | |
|---|--------------------|
| Sources of Funds | Amount (INR) |
| Unrestricted funds | 58,392,773 |
| Grants utilized for fixed assets | 24,300,628 |
| Earmarked grants and funds | 37,991,623 |
| Current liabilities | 2,589,834 |
| Total | 123,274,858 |

| Application of funds | |
|--------------------------------------|--------------------|
| Fixed assets | 32,672,217 |
| Long term investments | 46,936,323 |
| Other current assets and investments | 36,267,135 |
| Cash at hand and in bank | 7,399,183 |
| Total | 123,274,858 |

| Abridged Income and Expenditure Account for year ended March 31, 2022 | |
|---|-------------------|
| Income | |
| Donations and grants | 23,985,1901 |
| Income from investments and interest | 4,764,274 |
| Income from livelihood program | 4,274,722 |
| Other income | 3,272,535 |
| Total Income | 36,296,722 |
| Expenditure | |
| Staff Cost | 17,109,068 |
| Cost of material consumed (livelihood and health programs) | 2,968,882 |
| Improving the livelihoods of marginal communities by reducing the drudgery and promoting appropriate technologies | 2,417,963 |
| Professional fees and honorarium | 1,945,026 |
| Depreciation | 746,019 |
| Other cost | 8,827,893 |
| Total expenditure | 34,014,851 |
| Net surplus | 2,281,870 |

Abridged Receipts and Payments account for the year ended March 31, 2022

| Receipts | |
|---|-------------------|
| Opening cash and bank | 8,418,806 |
| Donations and Grants | 23,504,128 |
| Receipts from investment and interest | 4,090,038 |
| Receipts from livelihood program | 3,893,413 |
| Receipts from activities and other sources | 3,264,411 |
| Total receipts from main activities | 34,751,990 |
| Refund of income tax including interest | 503,320 |
| Receipts from redemption of mutual funds | 623,635 |
| Other receipts, recoveries and adjustment of advances | 182,999 |
| Total Receipts | 44,480,750 |
| Payments | |
| Purchase of fixed assets | 2,293,164 |
| Investments including fixed deposits | 2,794,597 |
| Income tax deducted at source | 515,809 |
| Payment from Oona staff health insurance fund | 139,965 |
| Repayment of deposits ,advances given, and other adjustments | 587,976 |
| Payjal Yojna | 14,500 |
| Revenue payments | |
| Staff cost | 17,014,148 |
| Purchases | 2,091,280 |
| Relief expenses for community | 481,905 |
| Improving the livelihoods of marginal communities by reducing the drudgery and promoting appropriate technologies | 2,278,351 |
| Payment of statutory dues | 16,330 |
| Professional fees and Honorarium | 1,897,226 |
| Other expenses | 6,956,315 |
| Total revenue payments | 30,735,555 |
| Grants refunded | |
| Closing cash and bank balance | 7,399,183 |
| Total payments | 44,480,750 |

Donors List

| INSTITUTIONAL | | |
|--|--------------|-------------------------------|
| Name of Donor | Amount | Area of Donation |
| Khushii Kinship for Humanitarian | 4,95,000.00 | Relief |
| M/s Globus Spirits Ltd. | 2,50,000.00 | Health |
| Setu Sverige Foundation | 2,50,000.00 | Health |
| M/s Akila Trading Pvt. Ltd. | 1,00,000.00 | Health |
| Give Foundation | 21,73,914.00 | Health (Doctors Accomodation) |
| M/s Wallace Flour Mills Co. Pvt. Ltd. | 5,00,000.00 | Education |
| M/s Sir Mathuradas Vissanji Foundation | 5,00,000.00 | Health |
| M/s Radha Mohan Mehrota Medical Relief Turst | 5,00,000.00 | Health |
| M/s Lalji Mehrotra Foundation | 5,00,000.00 | Health (Doctors Accomodation) |
| M/s Pacific Development Corporation Ltd. | 3,00,000.00 | Health (Doctors Accomodation) |
| Ms. Gamma Infraprop Pvt.Ltd. | 2,50,000.00 | Health (Doctors Accomodation) |
| Ms. Team Computers Pvt. Ltd. | 1,00,000.00 | Development |
| M/s Multiv Tech. Solution Pvt. Ltd. | 50,000.00 | Education |

| | | |
|--|-------------|-------------------------------|
| M/s Nasscom Foundation | 28,251.00 | Education Out-reach |
| M/s CJI Porcelain Pvt. Ltd. | 25,000.00 | Health (Doctors Accomodation) |
| M/s Aashray Charitable Trust | 20,000.00 | Health (Doctors Accomodation) |
| Mr. P.A. Nazareth & Isobel Nazareth | 20,000.00 | Development |
| Ms. Tulsi Hashmatrai Gurbaxani | 16,000.00 | Education |
| UK Online Givning Foundation | 14,851.00 | Education |
| M/s Auroville Maintenance | 11,000.00 | Education |
| M/s Lynkit | 10,000.00 | Health |
| M/s Shahzada Ram Satya Wati Charitable Trust | 5,000.00 | Health |
| INDIVIDUAL DONORS | | |
| Ms.Reena Mohan | 4,91,000.00 | Health |
| Ms. Shivpriya Nanda | 4,24,800.00 | Health |
| Dr. Col. Chandra Shekhar Pant | 2,00,000.00 | Relief |
| Mr. Mukul Rohatgi | 9,00,000.00 | Health |
| Ms. Vanita Mehta | 1,50,000.00 | Health (RVG) |
| Ms. Banali Luthra Malhotra | 1,00,000.00 | Health (Doctors Accomodation) |
| Ms. Annu Khurana | 1,00,000.00 | Health (Doctors Accomodation) |

| | | |
|--------------------------------|-----------|-------------------------------|
| Mr. Govind Singh Dhami | 60,000.00 | Education |
| Dr. Uma Bharatwal | 50,100.00 | Education (scholarship) |
| Dr. Kamakhya Das | 50,000.00 | Health |
| Dr. Puneet Kumar Singh | 50,000.00 | Development |
| Dr. Ajay Pant | 40,000.00 | Education |
| Ms. Premila Nazareth Satyanand | 37,100.00 | Development |
| Mr. Deep Chandra Joshi | 35,000.00 | Development |
| Mr. Manoranjan Dutta | 30,000.00 | Development |
| Dr.Dinesh Kumar Sharma | 20,000.00 | Education |
| Maj. Gen. (Dr.) Vivek Sharma | 20,000.00 | Education |
| Dr. Rajiv P Usgaocar | 20,000.00 | Health |
| Mr.Neelesh Lohani | 15,000.00 | Education |
| Ms. Saumya Singh | 15,000.00 | Health |
| Mr. H. K. Dua | 15,000.00 | Health |
| Ms. Kamini Gangwal | 12,200.00 | Health and Development |
| Ms. Harveen Kapur | 12,000.00 | Development |
| Ms. Saroj Singh | 11,000.00 | Health (Doctors Accomodation) |
| Mr. Gajendra Singh Rawat | 10,000.00 | Education |

| | | |
|-----------------------------|-----------|-------------------------------|
| Mr, Shajan Mathew John | 10,000.00 | Education |
| Mr. Sanjay Jain | 10,000.00 | Education |
| Mrs. Sunita | 10,000.00 | Health |
| Ms. Deepa Bhatt | 10,000.00 | Development |
| Dr.Vikrant Narayan Vasudeva | 10,000.00 | Development |
| Mr. Rajesh Renganathan | 5,000.00 | Health |
| Mr. Dalip Lal | 5,000.00 | Health |
| Ms. Sonya Philip | 5,000.00 | Health |
| Ms.Afsha Talwar | 5,000.00 | Health (Doctors Accomodation) |
| Ms. Iram Sultan | 5,000.00 | Health (Doctors Accomodation) |
| Mr. Arun Kumar | 5,000.00 | Health (Doctors Accomodation) |
| Mr. Alok Sinha | 5,000.00 | Health (Doctors Accomodation) |
| Mr. Ravindra Shah | 5,000.00 | Development |
| Ms. Nalini Kapadia | 5,000.00 | Development |
| Miscellaneous | 35,148.84 | |

Lifetime Members

| | |
|-------------------------------|----------------------|
| Mr. Mohan Chandra Kandpal | Almora |
| Mr. C.S. Martoliya | Almora |
| Mr. Ranjan Joshi | Almora |
| Ms. Soma Sri Harsha (Kurnooh) | Andhra Pradesh |
| Mr. Chandra Shekhar Pandey | Barrechhina (Almora) |
| Mr. Gopal Negi | Kaphura |
| Dr. P. L. Arya | Kaphura |
| Mr. Rajendra Singh Mehra | Mouna |
| Ms. Anandi Arya | Mukteshwar |
| Mr. Kunwar Singh Negi | Nathuakhan |
| Ms. Kiran Singh | Nathuakhan |
| Ms Julia Singh | Nathuakhan |
| Mr. Harish Chandra Singh Negi | Nigrar |
| Mr. Pradeep Gupta | Satkhol |
| Mrs. Shubha Gupta | Satkhol |
| Mr. Tikam Singh Bisht | Satkhol |
| Mrs. Sheeba Sen | Satkhol |
| Dr. Sushil Sharma | Satoli |
| Ms. Munni Kabdal | Satoli |
| Dr. Harish Chandra Pant | Satoli |
| Dr. Puneet Singh | Satoli |
| Mr. Vikram Maira | Sitla |
| Mr. Sanjeev Kumar Bohra | Dehradun |
| MR. Arjan Brijnath | Dehradun |

| | |
|-----------------------------------|----------|
| Mrs. Diljit Brijnath | Dehradun |
| Shri Bhawani Datt Kharkwal (IPS), | Haldwani |
| Dr. Lakshita Joshi | Haldwani |
| Mr. Vinit Joshi | Haldwani |
| Mr. Aditya Ahuja | Delhi |
| Mr. Rajesh Thadani | Delhi |
| Ms. Anuradha Sharma | Delhi |
| Mr. Peter Laughton | Delhi |
| Mr. Subodh Kumar Saigal | Delhi |
| Mrs. Purnima Saigal | Delhi |
| Ms. Aishwarya Saigal | Delhi |
| Ms. Aparajita Saigal | Delhi |
| Mrs. Smriti Sharma | Delhi |
| Mr. Vishal Bhandari | Delhi |
| Dr. (Col) C. S. Pant (Retd), VSM | Delhi |
| Ms. Surbhi Bhalla, | Delhi |
| Ms. Kamiya Dargan | Delhi |
| Dr. Geeta Pant | Delhi |
| Dr. Sanjay Jain | Delhi |
| Dr. Nivedita Deo | Delhi |
| Mr. Rahul Jain | Delhi |
| Mr. H.L. Kapoor (Rajiv Kapoor) | Delhi |
| Mr. Lalit Bhandari | Delhi |

| | |
|---------------------------|------------|
| Mr. Vivek Gupta | Delhi |
| Mr. Nitin Gupta | Delhi |
| Ms. Sudha Sastri | Delhi |
| Mr. Shrikant Sastri | Delhi |
| Mrs. Saral S. Tandan | Delhi |
| Dr. Navin Dang | Delhi |
| Dr. Manju Dang | Delhi |
| Mr. Rajiv Kumar | Delhi |
| Mr. Ravi Sachdev | Delhi |
| Dr. Ajay Pant | Delhi |
| Dr. Jyotsana Pant | Delhi |
| Ms. Swati Pant | Delhi |
| Mr. Iqbal Husain Khan | Faizabad |
| Mrs. Manjula Jhunjhunwala | Faizabad |
| Ms. Jyoti Patil | Maharastra |
| Dr. Rajesh T. Mehta | Maharastra |
| Dr. Bharti R Mehta | Maharastra |
| Mr. Suresh Bhapkar | Nagpur |
| Ms. Neeraja Joshi | Gurgaon |
| Ms. Rashmi Birmani | Nagpur |
| Mr. Sanjay Deshpande | Nagpur |
| Mrs. Manju Gupta | Noida |
| Mr. Arun Kumar Gupta | Noida |
| Mr. Ankit Gupta | Noida |

| | |
|--------------------------------------|------|
| Ms. Juhi Harisinghani | Pune |
| Mrs. Meena Harisinghani | Pune |
| Mr. Ajit Harisinghani | Pune |
| Mr. Anand Vinze | Pune |
| Mrs. Jayashree Vinze | Pune |
| Mrs. Pilloo Framjee | Pune |
| Mrs. Geeta Billimoria | Pune |
| Mr. Sirish Kulkarni | Pune |
| Mrs. Raj Arora | Pune |
| Dr. Kumar Viswanath | Pune |
| Mrs. Radha Vishwanath | Pune |
| Ms. Usha Deo | Pune |
| Mr. Vikash Deo | Pune |
| Mr. Deepak Deo | Pune |
| Brig. Vivek Saptnekar, VSM (Retd) | Pune |
| Mrs. Neela Sapatnekar | Pune |
| Mrs. Prajakta Sarwottam | Pune |
| Mr. Charles Dobbin | UK |
| Ms. Jaqueline Lane | UK |
| Ms. Robyn Davidson | UK |
| Mr. Leeds | UK |
| Mrs. Fiona Mohan | UK |
| Mr. Barrows | UK |
| Ms. Hazel Jackson | UK |

| | |
|---------------------------|-----------|
| Ms. Gill Smith | UK |
| Ms. Liz Roberts | UK |
| Mr. Kenneth Robbie | UK |
| Ms. Jodie Giles | UK |
| Ms. Lucy Lloyd Price | UK |
| Mr. Barry Morley | UK |
| Mr. Richard Chamberlin | UK |
| Dr. Michael Priest | UK |
| Mr. Russell Scott | UK |
| Mr. Nigel Ried | UK |
| Ms. Aparajita Singh Breur | USA |
| Dr. Thomas Breur | USA |
| Ms. Nimmi Harisinghani | USA |
| Mr. Alope Mansingh | USA |
| Mrs. Yasmir Bisal | USA |
| Ms. Maya Mansingh | USA |
| Dr. Sandeep Gupta | USA |
| Ms. Fatima Gupta | USA |
| Mr. Romi Sahai | USA |
| Mr. Abhinav Saigal | USA |
| Mr. Sunanda Joshi | Haldwani |
| Mr. Saurav Debnath | Haridwar |
| Mr. Shreyas Shankar | Hyderabad |
| Mr. Jagdish Bhandari, | Nainital |
| Mr. Diwan Singh Bisht | Nainital |

| | |
|---|-------------|
| Mr. Praveen Sharma | Nainital |
| Mr. Kalyan Paul | Ranikhet |
| Ms. Anita Paul, | Ranikhet |
| Mr. Yoganand Sinha | Allahabad |
| Mrs. Maya Sinha, | Allahabad |
| Mr. Peter S. Chowfin, | Bareilly |
| Mrs. Kalpana Ghai | Chandigarh |
| Mr. Subhash Puri | Chandigarh |
| Mrs. Jasjit Mansingh | Delhi |
| Dr. Surjit Mansingh | Delhi / USA |
| Mrs. Jasleen Dhamija | Delhi |
| Mrs. Sukhada Gupta | Delhi |
| Air Vice Marshal V. B. Batra, | Delhi |
| Lt. Col. Rajat Chatterjee | Delhi |
| Ms. Niharika Puri | Delhi |
| Mrs. Neelakshi Chatterjee | Delhi |
| Col. Sudhir Tripathi (Retd) | Delhi |
| Mrs. Vijaylakshmi Baig | Delhi |
| Mr. Ranjit Dhillon | Delhi |
| Mr. Ibadat Singh Dhillon | Delhi |
| Mr. Sanjeev Saith | Delhi |
| Mrs. Laxmi Ahuja | Delhi |
| Dr. Kusum Jasuja, | Faizabad |
| Dr. Rohit R. Nair & Mrs. Prajakta Sarwottam | Goa |
| Dr. Raju Usgaocar | Goa |

| | |
|----------------------------|-------------|
| Dr. Smita Usgaocar | Goa |
| Dr. Ashok Agrawal, | Jaipur |
| Mr. Mohan Lal Gupta, | Jaipur |
| Mr. Abey Pandaplakkal John | Kerala |
| Mr. Aashish Chaudhary | Meerut |
| Dr. Bharaj Lal | Maharajganj |
| Mrs. Meera Gurabaxani, | Mumbai |
| Mrs. Arti Gurbaxani | Mumbai |
| Mr. H. Gurbaxani | Mumbai |
| Mr. Avinash Gurbaxani | Mumbai |
| Mr. Kaushik Chatterjee | Mumbai |
| Mrs. Suchishree Chatterjee | Mumbai |
| Mr. Kurush Pavri | Mumbai |
| Dr. Amrish S. Vaidya | Mumbai |
| Mr. Mahesh M. Natekar | Mumbai |
| Ms. Shweta Gopalachari, | Mumbai |
| Mr. Vikram Suresh Nerurkar | Mumbai |
| Ms. Arti Shennoy | Mumbai |
| Mr. Milind Gandhi | Mumbai |
| Mrs. Lopa Gandhi | Mumbai |
| Mr. V. Venkat Rao, | Mumbai |
| Ms. Priti Rao | Mumbai |
| Shri Ram Vaidya | Mumbai |
| Ms. Shilpi Gupta | Mumbai |

| | |
|------------------------------|-----------|
| Mrs. Geeta Pant | Mumbai |
| Mr. Milind P. Mokashi | Mumbai |
| Ms. Neha Jacob | Pune |
| Mrs. Monica Shah-Drego | Pune |
| Dr. Kunal Mehta | Pune |
| Dr. Ripple Mehta | Pune |
| Dr. Ravi Chandra | Patna |
| Mr. Rajneesh Ranjan | Varanasi |
| Ms. Nicole Kilborn | Australia |
| Mr. Tim Winton | Australia |
| Ms. Marissa Howard | Australia |
| Ms. Helen Peters | Australia |
| Mr. Arjun M. Hiemsath | Australia |
| Mr. Kabir M. Hiemsath | Australia |
| Mr. Steven Langendries | Belgium |
| Ms. Stefanie Friedel | Belgium |
| Dr Astrid Christoffersen-Deb | Canada |
| Mr. David McMinn | Canada |
| Mr. Vijay Kumar | Germany |
| Mrs. Margaret Kumar | Germany |
| Ms. Pilar Palacia | Italy |
| Mr. Claude Al Tabar | Lebanon |
| Mr. Peter Furst | Shillong |
| Mrs. Maureen Furst | Shillong |

| | |
|------------------------|-------------------|
| Ms. Kanika Jain | Singapore/ USA |
| Dr. Sarah Marti | Switzerland |
| Dr. Corina Wild | Switzerland |
| Dr. Robert Graf | Switzerland |
| Mr Raju Mehra | Sargakhet |
| Dr. Seemin Qayum | USA |
| Mr. Sinclair Thomson | USA |
| Dr. Sanjeev Arora | USA |
| Dr. Madhu Arora | USA |
| Ms. Anita Arora | USA |
| Ms. Sarah Arora | USA |
| Ms. Siddhi Gupta | USA |
| Mr. Joshua Kearns | USA |
| Dr. Anjali Niyogi | USA |
| Mr. Patrick Staiger | USA |
| Dr. Vineet Varanasi | USA |
| Dr. Subhashini Allu | USA |
| Ms. Medha | USA |
| Dr. Mukesh Shah | USA |
| Dr. Neera Shah | USA |
| Mr. Gural Singh Bindra | USA |
| Mr. Rajeev Butaliya | Delhi |
| Dr. Himanshu Upreti | Delhi |
| Dr . Sudhakar Reddy | Chhattisgarh |

| | |
|-------------------------|--------------|
| Mrs. Sangeeta Sharma | Chhattisgarh |
| Mrs. Geeta Pant | Delhi |
| Mr. Toposmito Sengupta, | Kolkata |
| Dr. Tejasvi Bhatt | Ranikhet |
| Joined This Year | |
| Dr.Pankaj Tewari | Nainital |
| Mr. ASISH Mukharji | Moura |
| Mr. Jagdish Nayal | Chhotala |
| Mr. Sundar Lal | Chhatola |
| Mrs. Mayuri Khanna | Nainital |
| Mr. Kavikumar | Tamilnadu |

Ordinary Members

| Name | Address |
|--------------------------------|---------|
| Dr. (Col) Chandra Shekhar Pant | Satoli |
| Munni Suyal | Satoli |
| Mohan Chandra Kabdwal | Satoli |
| Puran Kabdwal | Satoli |
| Taradutt Kabdwal | Satoli |
| Renu Kabdwal | Satoli |
| Puran Chandra | Diyari |
| Suraj | Diyari |
| Chandra Shekhar | Diyari |
| Kamla Bisht | Diyari |
| Bhuwan Suneri | Diyari |
| Devendra Sharma | Simayal |
| Suresh Kapil | Simayal |

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|-----------------------|--------------|
| Bimla Bisht | Peora |
| Bhupendra Singh Bisht | Peora |
| Rohit | Satkhol |
| Ishita | Satkhol |
| Tikam Singh | Satkhol |
| Basant Thapa | Satkhol |
| Janki Thapa | Satkhol |
| Yashpal Arya | Satkhol |
| Sanjay Singh Bisht | Satkhol |
| Neeraj Negi | Kaphura |
| Bhupen | Chhatola |
| Pooja Joshi | Sitla |
| Puran Nayal | Sitla |
| Deepak Nayal | Sitla |
| Deepak Pandey | Ramgrh |
| Poonam Arya | Kool |
| Pradeep Kumar | Khushy-alkot |
| Tulsi Arya | Dholigaon |
| Geetanjali | Dholigaon |
| Suman Arya | Dholigaon |
| Manju Bisht | Dholigaon |
| Neha Bisht | Dholigaon |
| Kavita Arya | Dholigaon |
| Har Singh | Kalaagar |
| Deepa | Sirna |
| Bhagwati Nayal | Bhumka |
| Mamta Arya | Suni |
| Chiya Mehra | Suni |

| | |
|-------------------|-----------|
| Sarita Karki | Chakdla |
| Neema | kairagaon |
| Rajani Bora | Kachlakot |
| Manoj Kumar | kotili |
| Prakash | Katna |
| Sundar Negi | Nigrar |
| Sushila Bisht | Nainital |
| Chandrakala Bisht | Nainital |
| Savitri Karki | Haldwani |
| Jayesh Mohta | Ghaziabad |
| Pradeep Rastogi | Kotabagh |
| Maya Jaraut | Supai |
| Swati Pant | Delhi |
| Brijesh Kumar | Rudrapur |

APPENDICES

Aarohi's Founder Members

Late Mr. Pratap Bhaiya, Advocate | ex-Minister, U.P.

Late Mrs. Oona Sharma, IRMA, University of Sussex

Dr. Susheel Sharma, MBBS, MD, AFMC, Pune

Late Mr. V.B. Eswaran, ex-Finance Secretary, India

Late Lt. Gen. Gurvir Mansingh

Mr. Mohit Satyanand, Economist

Late Dr. Ajay Dhar

Aarohi's Management Committee

Dr. (Col.) Chandra Shekhar Pant, VSM - Chairperson

Mr. Gopal Singh Negi - Secretary

Ms. Neha Suzannah Jacob - Treasurer

Mrs. Premila Nazareth Satyanand, Member

Mr. Ranjan Joshi, Member

Dr. Navin Dang, Member

Mrs. Sudha Sastri, Member

GRATITUDE

Publishing the annual report of Aarohi's 29th anniversary 2021-22, we express our gratitude to the well-wishers and associates of the organisation with eternal gratitude - their suggestions, cooperation, support and guidance are the key to the organisation's success in achieving its objectives, and sustaining our drive.

We are grateful to our well-wishers and supporters from the local community, who stood by us and gave us their valuable time.

We also express our gratitude to all the institutional and individual donors, whose financial support enabled us to implement and realise our ideas, through necessary resources.

We want to express our gratitude to the members of the Management Committee of the organisation who are selfless and inspiring guides for the organisation.

We also express our heartfelt gratitude to all government, non-government organisations, volunteers, and doctors, who have benefitted Aarohi with their services. This generous support has empowered us to scale up our health services to remote areas. We would also like to express our gratitude to the patients who have made our presence meaningful and given us a chance to serve them and propagate this programme, and benefit maximum people.

We would also like to express our heartfelt gratitude

to national and foreign volunteers who joined the organisation, cooperated with us, helped expand the organisation's scope, and bring fresh ideas to our daily work and policies.

We also express our deep gratitude to Swiss Himalayan Amity (SHA). They tirelessly raise funds for financial support to Aarohi, which enables the organisation to be creative in every program. We would also like to thank the parents and guides associated with Aarohi Bal Sansar, whose important suggestions and participation resulted in a positive, qualitative change in the school's operations and teaching-learning process.

I would like to express my gratitude for the cooperation and guidance received from the local government and administration. We also want to express our appreciation for all the dedicated workers associated with the organisation, who rose magnificently to the pandemic-related challenges and discharged their responsibilities well. Without their loyalty and accountability, our work would not be possible.

Aarohi team would like to express its gratitude to the well-wishers, voluntary workers, and local community associated with Aarohi, with whose help and support, Aarohi's continued ascension towards community service has been possible for the last 29 year We express our gratitude to Manish Khanna & Co., Nainital, Chartered Accountant, for financial verification and to Companion Art and Printers - Almora for publishing the annual magazine.

We welcome you to join us, in our rural development efforts:

Join us in our almost 30 years' efforts towards saving the lives of new-born children and new mothers, providing equal opportunities to children and youth irrespective of their sex/gender, for which we have dedicated all our resources and energy. We welcome you on this adventure where we ensure that each child gets the opportunity to receive quality, holistic education and strengthen every marginalised villager's social and financial development.

Community Appeal

We welcome collaboration and guidance from all people who work in the development field, community health schemes, community entrepreneurs, who want to experience living in the mountains.

You can keep abreast of all AaroHi activities and have a voice in its workings, by becoming a life member, for a mere INR 1,000.

Join Us

AaroHi has an active chapter in Switzerland, called 'Swiss Himalayan Amity', and a new chapter in AaroHi's name in the U.K.

AaroHi is registered under the Societies Registration Act (1860), Section 6(1) of FCRA (1976), Sections 12(A) and 80(G) of the Income Tax Act.

By donating to AaroHi, you can help our development cause in the form of necessary infrastructure work required for our cottage hospital (AAK) and school (ABS).

Team AaroHi

ADMIN & ACCOUNTS

Pankaj Tewari
Swati Pant
Gopal Negi
Devendra Kumar Sharma
Bhupendra Singh Bisht
Chandrashekhar
Yashpal Arya
Minakshi Kamal Kishor
Bhuwan Chandra Sunori
Bimla Bisht
Bhawani Arya
Sundar Lal
Rajendra Prasad
Mahendra Singh Nayal
Harish Chandra

AaroHi Arogya Kendra

Kavi Kumar Nagarajan
Dr. Prashant Mishra
Dr. Geeta Pujari
Dr. Mukul Bisht
Jagdish Singh Nayal
Prakash Ch. Pandey
Sushila Bisht
Puran Chandra
Savitri Bisht
Pradeep Arya
Munni Suyal
Pooja Joshi
Kanchan Arya
Neeraj Negi

Community Health

Champa Mehra
Nishigandha Mahajan
Har Singh Mewari
Manju Devi
Neema
Suman Arya
Kavita
Deepa Paneru
Niha Mehra
Tulasi
Bimala Bisht
Bhagwati Nayal
Mamta
Manju Paneru
Yashoda
Kamla Devi
Prema Bungyal
Rekha Arya
Pooja Suyal
Jyoti Mahtoliya
Arti Arya
Sarita Paneru
Meena
Minakshi
Rajanee
Hema
Sarita Devi
Manju
Pooja Joshi
Neha Bisht

AaroHi Bal Sansar

Brijesh Kumar
Gangotri Negi
Neema Devi
Jyoti Joshi
Deepa Arya
Poonam Arya
Deepak Pandey
Nidhi Joshi
Pradeep Rastogi
Uma Arya
Hema
Archana Chandra
Laxmi Bisht

Education-HKT

Chandra Kala Bisht
Anita Negi
Maya Jarout
Geeta Devi
Poonam
Lata Bhatt
Himani

Sustainable Rural Livelihoods

Sanjay Bisht
Puran Ch. Kabdwal
Bishan Arya
Narendra Singh Bisht
Khushal Singh
Arjun Kumar Arya
Jagadish Chandra
Rajendra Singh
Neema Kabdwal

Education-Outreach

Nidhi Vyas
Hem Lata Pokhariya
Yamuna Bungiyal
Naveen Chandra
Susheela Arya
Sunita Bisht
Pooja Koranga
Sanjana Arya
Yashawant Singh Bisht
Sangeeta Jeena
Dinesh Singh Bisht
Pankaj Singh

Livelihood Promotion Program

Deep Chandra
Puran Nayal
Devendra Nayal
Krishna Bahadur Thapa
Sundar Negi
Janki Thapa
Asha Negi
Harish Chandra
Bhuwan Sunori
Champa Negi
Kamla Negi
Suresh Chandra Kapil
Leela Negi
Kripal Singh Bisht

