



Aarohi

NEWS LETTER

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TAPAK WALI CHAI UTTARAYAN 2013

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

The day was a spectacle of Kumaoni culture with an array of activities for the guests to indulge in. There was a full Kumaoni lunch on offer, cooked by our very own Aarohi staff with the popular bhang chutney and mudwa rotis, perfect for the crisp winter afternoon. An all-day bazaar and food court selling premium handcrafted products, Himalayan herbs & herb teas, potpourris, apricot oil, scrubs, handmade soaps, honey, jams & chutneys, naturally dyed hand woven silk and wool scarves and shawls were an added attraction.

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

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



Saraswati Chowki

This motif of Saraswati Chowki is drawn in traditional Kumaoni homes on most of the auspicious occasions to invoke the blessings of Maa Sarswati, the Goddess of Knowledge. It is specially drawn at the time of initiation of the child in the world of letters.

AROGYA MELA



Dr Raju Usgaocar, Plastic Surgeon, Goa

Highlights

5 day multi specialty camp

Offering services in 8 different disciplines

Renowned surgeons doctors from all over the country

Total patients- 413

Surgeries- 10

Ultrasounds- 44

Basic Life Support Training for staff and paramedics

A health Mela (fair/camp) was organized from 21 to 25 March. This multi-specialty camp was organized with the vision to provide excellent health care under one roof to the rural public. The camp was centered on Plastic Surgery, General Surgery, Gynecology, Ophthalmology, Skin, Radiology, ENT and Dental care.

With the efforts of Dr Prachi, Dr Sunil and Dr Anil, in this camp we also introduced Basic Life Support training for groups in the mountains, including our paramedics, health workers and the staff of Sitla Estate.



It was indeed a rewarding week with a total of 413 patients, 10 surgical procedures and 44 ultrasound examinations. We closed the camp with

a vaginal hysterectomy and a chalazion excision. However, despite our advertising and excellent patient care, we learnt that there were many identified patients who could not come for surgery for reasons of poverty and their own inhibitions created by life situations. We need to make a greater effort to reach out to these people.

We also, during this period, got the hospital empanelled under the government run Rashtriya Swasthya Bima Yojana (RSBY). This will make our services all the more accessible to families below the poverty line, facilitating complete cashless services. We hope this will result in an increase in the number of patients coming to our hospital.

Finally, a big thanks to Drs. Raju, Smita, Neeraj, Anil Patel, HC Pant, Deepak, Nina, Vinzenz, (our volunteers from Switzerland), Satyendra, and Mr Pant (Optometrist), all others of the health team and those that worked non-stop behind the scenes to make this camp a great success.

A special thanks to Vikram Maira of Sitla Estate for waiving hospitality costs for our team from Delhi. We sorely missed Nalin, our dear Paediatrician from Almora. Many thanks also to Wg Cdr Santosh for photo documentation of the camp and all other aspects of Aarohi's work.

During the camp, Pan Singh (30) came to AaroHi with his wife Janki (29) to get his gall bladder operated for removal of stones. He stayed for three days at the hospital. We asked him what his experience was like.

“I like AaroHi’s hospital because the staff here treats us with dignity. They smile and are polite. In the government hospital it is never like this. It is also very clean here and the rates are very good. I paid 5000 rupees for my operation. In Haldwani they had asked me for 15,000 rupees.”

Some other activities during the camp





Himalayan Herb Salts by Aarohi

We've had a busy last quarter at our LPP research lab. Our research and product development team have been working hard to expand our product line and this time it is in our culinary herb range.

'The Himalayan Herb Salts', as we call them will soon be available in three luxury flavors:

Spicy Parsley:

A mix of garlic powder, Himalayan rock salt, common salt, chilli flakes and Himalayan grown dried parsley. Great in hot soups, fried savories, baked dishes, boiled potatoes and all kinds of egg preparations.

Mint Medley:

A mix of chilli flakes, garlic powder, Himalayan rock salt, common salt and Himalayan grown dried mint. Great in salads, lassi, butter milk and cold soups.

Continental Herb Salt:

A mix of chilli flakes, garlic powder, Himalayan rock salt, common salt and Himalayan grown mixed herbs. A delicious seasoning for fruit and vegetable salads, hot soups, yogurt and butter milk.

While we recommend use of these seasonings in certain dishes, they are, however, very versatile. They can easily replace common salt and pepper as a table condiment and can even be added on top of pizzas, pastas and meat and fish dishes. The Himalayan rock salt, in particular, is a healthier alternative to common salt and adds vitality to food.

So watch this space! Not long before our new products are launched in the nearest shop to you!

FROM AAROHI'S KITCHEN

Kumaoni cuisine is the food of the Kumaoun region of Uttarakhand, India. It is simple in its preparations but very nutritious, reflecting the needs of the life in the Himalayas. Pulses like 'gehat'(horse gram) are made into different preparations like ras-bhaat, dubke and that-waani, which are unique to Kumaoni cuisine. Jholi or curry seasoned with curd; chudkani and jola made from 'bhatt'(black soyabeen) pulses are also very delicious and nutritious.

So here is how to prepare Chudkani from the kitchen of Aarohi!!!!

Requirements:



- Bhatt ki dal (100gms)
- Chopped onions (One piece)
- Chopped Tomato (One piece)
- Haldi/Turmeric (One Teaspoon)
- Mirchi/Chili Powder(Half Teaspoon)
- Dhaniya/Coriander Powder(Half Teaspoon)
- Jeera/(Half Teaspoon)
- Vegetable oil (Half bowl)
- Besan/(Half Bowl)
- Lehsun/Garlic(4 Pieces)
- Salt (According to taste)
- Water (1 litre)



Preparation:

Heat oil in an iron pan then put the "Bhatt ki dal" in it and fry for at least 10 minutes. Now put the chopped onions in it and fry it till they are reddish brown in color. It's now time to put in the chopped tomatoes and let them cook till done. Make some lehsun/garlic paste and put it in. Similarly add besan and fry it till it is brown in color. Now add one teaspoon of haldi/turmeric and half teaspoon of chili and coriander powder each. Add water and salt according to taste and cover the pan with a lid and let it cook for 1 hour.

Now you are ready to serve 4 people with finger licking, delicious, hot Chudkani with seasoning as required. It is lovely eaten with rice or rotis.

Riding Greener Pastures

For a third year in a row, Ride a Cycle Foundation, Bangalore supported Aarohi in its efforts to promote sports among the Youth in the region. Arun De Silva, Managing Director of Retail Interface Limited and a keen cyclist, chose to represent Aarohi yet again at the prestigious Tour of the Nilgiris 2012 cycling event.

We felt proud and humbled at the same time to have Arun as our charity rider for the third consecutive year.

His undeterred determination to support the work of Aarohi through his fundraising efforts has touched our hearts deeply. His commitment to cycling, too, has been immensely inspirational for everyone at Aarohi and especially the Youth. Tour of Nilgiris is indeed a physically gruelling circuit and a fine example of emotional, mental and physical fitness.

As one of the premier cycling events in India, the tour is spread across the Western Ghats in 3 Southern states with a total distance of around 800 kilometres & a climb upto 11,000 meters. TfN 2012 was flagged off on 16th December from Bangalore and returned to Bangalore on 23rd December with cyclist coursing through hilly tracks in Karnataka, Coorg, Kerala and Tamil Nadu.



We salute Arun for his continued dedication to support our work through his inspirational fundraising efforts. Now, with all plans to take over the cycling communities in Delhi and Pune for the coming year, we just can't wait to experience how the story will unfold. Aarohi is all set to ride greener pastures!!

Arun, thank you for having faith in us...

All funds raised by Arun as Aarohi's Charity Rider will fund our Youth Wing activities, sports and adventure camps for children at Aarohi Bal Sansar and for maternal care of women in rural Kumaon.

VOLUNTEER STORY

Nina And Vinzenz

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

“ It was the 2nd of March 2013 when we took the train from Delhi to Kathgodam, ready for a big adventure in a small village at the foothills of Himalayas. For the last few months we were imagining and wondering how life would be in Satoli. The people, the food, the house and last but not least the work in the hospital. Arriving in Satoli we found a beautiful place with wonderful people, exceeding our expectations in every aspect!

It took us some time to learn a few words of Hindi, to get to know the local customs and to understand what an immense impact Aarohi is having in the rural area of Uttarakhand. After a short time our house became a home, our work in the hospital became a routine and people became friends. Our stay ended with a trek to the pPndari Glacier as a highlight where we held medical camps in some veryremote villages in the Himalayas.

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

With love,
Nina and Vinzenz



WANT TO GET INVOLVED?

Become a supporter by making a donation towards our work, or an Aarohi member & spread word about our life changing community based work in Kumaon, encouraging your friends & family to engage with us & pledge their support.

You can now Give Online! Aarohi has partnered with Global Giving to offer an easy and efficient way to accept donations online.

Visit <http://www.globalgiving.org> and search for Aarohi!"

JOIN HANDS

We welcome doctors, teachers, managers, designers, musicians, theatre persons, IT professionals or anyone with a desire to share his or her skills to volunteer with us. Aarohi encourages creative ideas and provides a unique opportunity to experience a different way of living and working.

All contributions to Aarohi are eligible for Income Tax Exemption under section 80G of the IT Act.



Aarohi

Aarohi is a voluntary organisation founded in 1992. It is registered under the Societies Registration Act, 1860. It is also registered u/s 80 G and 12 A of the IT Act and under the FCRA.