



NEWSLETTER

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Highlights of 2013

A year of new beginnings



UTTARAYAN

Annual Fundraising Event held in Delhi in January for the fourth consecutive year.



AROGYA PROJECT

Phase III of the project was Launched in August 2014, Increasing cover from 30 villages to 103 villages in Okhalkanda.



AROGYA MELA: A multi-specialist health camp took place at our hospital in Satoli.

Total Patients Seen	430
Plastic Surgeries	09
General Surgeries	07
Tooth Extractions	45
Ultrasonography	48
Eye	38
Psychiatric	07



AAROHI GOES TO SUPAI:

In May, we expanded our work in education and health to cover the village of Supai in district Barechina.



PINDARI HEALTH CAMPS:

Our health team continued the bi-annual treks to the Pindari Basin in April and September conducting health camps including dental care.



AAROHI SCHWEIZ EVENT:

In November Aarohi Swiss Chapter held another successful fundraising event in Luzern.



AAROHI UK CHAPTER LAUNCH:

In November Aarohi saw the launch of its UK chapter in London. More than 100 people attended the event.



TOUR OF NILGIRIS:

This year we had four charity bike riders representing Aarohi and our own heroes Rakesh and Promod participated in the ride.

Tour of Nilgiris

This year the Tour of Nilgiris cycling event had a special significance for Aarohi. Till last year our star charity bike rider Arun D' Silva was our only representative. However, this year he was joined by Ashwin and Usha Bhatia from Delhi, and Sunny from Pune, also fundraising for Aarohi and raising awareness about the development issues in Kumaon.

The piece de resistance was the participation of our very own Kumaoni boys, Rakesh and Pramod. They not only participated in the ride but finished with flying colours with both of them featuring in the top 15.

How proud we are!



Watch this space for more on Aarohi's cycling initiatives with our upcoming Aarohi Kumaon Charity Bike Ride in April.

Riding.for.Aarohi.org



UK Chapter Launch

November 2013 saw the launch of Aarohi's UK chapter in London. The main objectives of the chapter are to establish a strong and steady stream of funding for Aarohi's education related initiatives and build institutional links for a long term volunteering program. There was a gathering of some 100 people, old and new faces alike. An array of speakers gave presentations, including Dr. Sushil Sharma, Dr. Robert Graf (president of Aarohi Schweiz), Sheeba Sen, Dr Arun Harish (UK chapter coordinator), volunteers Lucy and Pat, and Premila Satyanand (Aarohi Board member).



One of the highlights of the evening was an endearing performance by five school girls from Leeds on the ever popular Kumoani folk song- Bedu Pako, lending the evening a glimpse of the cultural heritage of Kumaon. In true Aarohi spirit it was the volunteers once again who took charge of the evening and made everything run smoothly- whether it was organising dinner, registering guests, serving drinks, managing light and sound needs or making Rangoli.



The event was a roaring success and we hope that this is only the beginning of a long road ahead.



For any queries about the UK chapter please contact Dr Arun Harish (UK based) on arun@aarohi.org or Sheeba Sen (Satoli and UK based) on sheeba@aarohi.org

Health: H.K. Trivedi Supai Initiative

In April 2013 Aarohi expanded its work in the villages of Supai in district Barechina. This move was ushered under the H.K Trivedi Memorial Fund. Late H.K. Trivedi was a native of Supai. He was a journalist who retired in 1975 as Joint Editor of Hindi daily Hindustan.

His wife through her will made provision of separate funds for many charitable activities to be carried out in memory of her late husband and Aarohi was granted the responsibility to take on the work.

The work involves:

- 1 Scholarships for middle and high school students, in particular girls
- 2 Organising cultural, sports and life skills training
- 3 Opening and running a computer literacy centre
- 4 Introducing a health centric curriculum in schools
- 5 Organising mobile health camps in schools and for general public in the region

We are humbled to be given this opportunity by the Trivedi Family, and grateful to Dr (Col) C.S. Pant, our Chairman, through whom this was routed. We shall continue to work hard towards bringing better health and education facilities to people in and around Supai.

Education: Football Training at ABS

When I joined AaroHi in July and played for the first time with the children at ABS, I was impressed with their technique but more so their stamina. Most of the senior children had basic understanding of the game due to earlier trainings. Each child desired to play as a striker and score goals no matter how good one was at another position. The main focus of football training was to stress upon it being a team sport and also to introduce various positions. They were quick to understand the importance of every position and players like Laksh, Shubham, Suraj started enjoying their roles as strong defenders.



In the month of September, we organized an inter-house football tournament. Each team had eight players, including one girl. Aakash and Dinkar made their way to the final of the tournament successfully. Dinkar house was the favourite to win the final, lost to Aakash house in a penalty shootout. Namit, the goalkeeper for Aakash, played a vital role in the team's triumph.



“ABS children demonstrate great potential to develop their game and grow individually. More training on passing and technical skills will help to make them versatile players.”



To donate any sport equipments or volunteer to train our ABS kids in any form of sporting activity, do get in touch with us at info@aarohi.org

18th International Children's Film Festival of India, Hyderabad

Aarohi Bal Sansar (ABS) got a unique opportunity of participating in the 18th International Children's Film Festival of India held at Hyderabad during 14th to 20th November. Six students participated in the film festival as delegates. The children were selected on the merits of their understanding of English and their abilities to grasp films. Jasmeet, 8, was the youngest student in the group.



For Karan, 11, it was his first train journey and he was amazed by the way the train would change its tracks. Dolly, 13, successfully managed to restrain herself from pulling the chain. The train journey proved to be a pack of novelties for the little ones: reading comics, performing stunts across the berths, strolling outside the window, they loved every minute of it.

The first day of the film festival surprised all kids with five-star stay and later spotting their star Ranbir Kapoor. The films were based on various subjects like adventure stories, stories between children and animals, autism, animation, social issues and so on. While the senior ones were watching serious films like Osama and Fandry, the little ones enjoying some animated films.



Over a span of seven days, each of us saw around 16 films. We spent the remaining time wandering through the streets of Char Minar, visiting the Birla Science Museum and Planetarium and running up the 200 steps at Golkonda fort.

Students of ABS performed a traditional Kumauni dance on the night of cultural performances. This also gave them a chance to see cultural performances by other delegates across the country. They also learnt how a film is made.



Haat report: 13th Grameen Himalayan Haat



The 13th Grameen Himalayan Haat was held between 17 – 21 October, 2013 in the grounds of Aarohi Bal Sansar, with the ever present support of the community.

Total Sales of Rs 4.97 lakhs were recorded...
an increase from INR 3.71 lakhs last year

FROM AAROHI'S KITCHEN

Bhang ki Chutney

This chutney made from roasted hemp seeds is a very popular side dish in Uttarakhand.

Ingredients

Bhang	50 Gram (Hemp seeds)
Lemon	1 Medium size*
Garlic	5 Cloves
Mint	A Bunch
Red chillies	2 Medium
Salt	To taste

**Ideally use the large local lemons from Uttarakhand*

Directions

1. Roast bhang seeds in dry heated pan till distinct bhaang aroma starts coming.
2. Grind bhang, red chillies, garlic, mint and some water to make a paste.
3. Add lemon juice and salt to taste.

Serving Serve as part of main course along with rice, dal and vegetables.

WANT TO GET INVOLVED?

Become a supporter by making a donation towards our work, or an Aarohi member & spread the 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.