



# NEWSLETTER

October - December 2014

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## RAKESH RANA, a local hero.

### Making Uttarakhand proud!

Rakesh first became known to Aarohi when he participated in the first ever Youth Wing event held five years ago. It was clear that he was an extremely able athlete and a particularly good cyclist. Two years ago with the support of cyclists associated with The Tour of Nilgiris (TfN), Aarohi sponsored Rakesh to participate in the most reputed cycling challenge in the country. With no training at all, he secured the 9th position.

In December 2014, Rakesh was sponsored for TfN again. With two rides under his belt already in 2014- The Aarohi Kumaon Himalaya Ride and WTH Biking Challenge, Rakesh was aiming high. Sure enough he did us proud!

**He finished 6th in the challenge. However, the best was yet to come. He was the fastest Indian to finish the King of Kalahatty Challenge, with only 3 Dutch cyclists before him. The Kalahatty is a 'Hors Category' climb (beyond classification!).**

It is not only among India's toughest climbs, the European riders too agree it is the toughest they have ever climbed. To conquer it, one needs tremendous physical strength, technique and a steely will.

**Aarohi is truly proud of you Rakesh!**

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The Tour of Nilgiris is a 7-day tour, considered to be among the most challenging and prestigious in the country. For details of this year's tour visit [www.govenkygo.com](http://www.govenkygo.com)

Youth Wing is an Aarohi initiative with an objective to engage the youth of rural Kumaon through the medium of sport. Check details of **Aarohi Kumaon Himalaya Ride 2015** on [www.aarohi.org](http://www.aarohi.org)

## Children's Day at ABS



Children's Day celebrations at Aaroahi Bal Sansar (ABS) focused on children and their enjoyment. Teachers organized an Art Mela where all children were given a chance to paint/ draw- free style (Classes KG-2), based on a theme (Classes 3-5) and greeting card making competition (Classes 6-8). The teachers, too, participated in the Mela.

To add to the fun, there were more activities organised: musical chairs for primary school and an inter-house football match for junior school! All in all, it was another fun and joyful day for the children and staff at ABS.

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**THE UNTOLD DIARIES** - a story by an ex-Aaroahi volunteer, Surbhi Bhalla. She tells us how her experience at Aaroahi helped her to realize her calling to be a teacher.

<http://www.amazon.com/dp/BOORFBRGL8>

## Adventure trip to camp Vanvaas



"Rock Karela, Rock Karela, Ricky ticky tamba...." echoed through the jungles of Dhanachuli on a crisp winter evening in November 2014. Thirty (30) girls from Supai and Satoli were singing at camp Vanvaas, an adventure exposure visit organised by Aaroahi as part of its education initiative under the HKT Memorial Trust.

The girls participated in various outdoor activities like ladder climbing, river crossing and archery, to name a few. The camp is run by a local company and allows for a fine experience with nature with outdoor tents and camping facilities. The sense of achievement at the end of every task, the teamwork and togetherness were the overriding emotions of the girls. This group outing brought about a sense of confidence and adventure in these young girls, an emotion that is hardly ever nurtured in them by their communities.



# 14<sup>th</sup> Grameen Himalayan Haat

## 16<sup>th</sup>-20<sup>th</sup> October



FIVE full days were bustling with activity in the otherwise sleepy village of Satoli, Aarohi's headquarters. As you can tell by the title- Grameen Himalayan Haat is another name for a village fete. This fete is held every year for the past 14 years with the overriding objective of providing a platform for local entrepreneurs. However, over the years it has come to be much more than just that.

Often it is the only outing a village woman may have in one year. It is not always possible for her to go to the nearby town. So, if the haat comes to her doorstep, she has a chance to take a day off!

Dr. Indira Hriyadesh, Minister for Finance, Legislative and Parliamentary Affairs in the State of Uttarakhand inaugurated the Haat. Her presence gathered a big crowd, coming from far and away. One highlight of the inauguration was a tribute to Shri Ganga Ram- one of the last few Likhai (wood carving) craftsman of Uttarakhand. Haat is the perfect medium through which local guardians of Kumaoni art and craft are recognized for their contribution to the region.

There were 35 stalls on display and total footfall of over 5,000 people. When you come to a village like Satoli you quickly learn the scale of these figures!

FROM AAROHI'S KITCHEN

## "Urad Dal ka Wada"

### Ingredients

|                        |                                |
|------------------------|--------------------------------|
| Urad Dal - 500gms      | Coriander leaves - 1/2 a bunch |
| Chopped Onions - 1 tsp | Salt to taste                  |
| Jeera Powder - 1 tsp   | Odourless oil for frying       |
| Garam Masala - 2 tsp   |                                |
| Green Chilies - 5-7    |                                |

### Method

- 1 Soak the dal in water (at room temperature) overnight.
- 2 Strain and grind the dal into a fine paste.
- 3 Add jeera powder, garam masala, salt, onions, coriander leaves and chilies and mix well.
- 4 Make small balls by applying water on the palms and flatten them- like a flat tikki/burger.
- 5 Deep fry in oil and serve hot with mint chutney.



## STORY OF DR RAJU USGAOCAR & AAROHI'S MULTI-SPECIALTY CAMPS

Raju and Sushil met in Dharamshala in year 2000 at a Plastic Surgery camp that had been started by a senior surgeon from Mumbai. These camps had become an annual event and more than a 1000 patients attended them every year and approximately 120 major surgical procedures were carried out over the course of 5 days. The surgeries were mostly for cleft lip and palate and reconstructive work for severe post-burns contractures.

Raju's interest and friendship brought him to Aarohi in 2006 and since then he has been coming every six months to operate at Aarohi's Plastic Surgery camp. While the numbers of surgeries at Aarohi are not that large and maybe from 10-15 in a camp, the cases are often difficult and the patients have not been able to get such help from nearby hospitals.

Raju's story is an example of how highly specialized surgical skills can benefit many poor people living in remote villages in the Himalayas and who have no access to such specialized services.

Aarohi's medical services bring Gynecologists, General Surgeons, Eye and ENT surgeons, Radiologists, Physicians, Cardiologists, Skin Specialists, Psychiatrists and Dentists under one roof every month at the hospital in Satoli. In the last year (July 2013- June 2014) a total of 1215 patients benefited from 17 such camps.





## VOLUNTEER SPOTLIGHT

**Philipp Jensen**

Philipp Jensen, a young 19-year-old volunteer from Germany joined Aarohi for 4 months to help in our health project. It was a privilege for us to host such a dedicated and committed volunteer like Philipp. Not only was he a great addition to our team, his good humour and relentless enthusiasm kept us going on many a long days!

**Philipp, in his own words**

During my volunteering stint, I largely worked as part of the team running the Mobile Health Van. In addition to that, I helped with the mobile camps in Khati and got a chance to work with surgeons during the surgical camps held at the Aarohi hospital in Satoli.

I really got the feeling that the work I was involved in, wasn't worthless. Running the mobile health van and conducting camps in remote higher mountains like Khati region, I got a sense that Aarohi's work was changing something- it was supporting the local communities who do not have ready access to any health services. There was a great sense of satisfaction for me and for that I am truly thankful to Aarohi.



**UTTARAYAN 2015** Not long now before our children make their annual trip to Delhi to perform for all of you at the Sanskriti Kendra.

Do come and support them!

We all look forward to meeting you on the 25th of January.  
<https://www.facebook.com/events/967531746608576/>

# WANT TO GET INVOLVED?

You can become a member of Aarohi or make a donation towards any of our projects. You can reach out to your family and friends and talk about our work. You can help spread the word.

For more information email us at [info@aarohi.org](mailto:info@aarohi.org)

## DONATE ONLINE!

We have partnered with GlobalGiving offering an easy and safe platform for online giving. **Go to [www.globalgiving.org](http://www.globalgiving.org) and search for 'Aarohi'.**

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## 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.

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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.