



AaroHi

Happy
New Year
2016

NEWSLETTER

October - December 2015

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Timely action saves a woman!

Aam, a village located in the remote interiors of Okhalkanda block, has no road or mobile phone connectivity, as a result of which access to medical facilities is limited. Most deliveries are conducted at home as getting medical help is a big challenge.

On 19th November 2015, Bhavana, a health supervisor at Aarohi received information that 23 year old Ganga Devi had delivered a baby at home. Her blood pressure had fallen drastically and she was unconscious. Preliminary diagnosis revealed that her placenta had only been partially delivered, part of it visible outside the body. This led to a lot of blood loss. Ignorant of her medical condition, the family attributed it to the “devil” and were administering traditional medicine ('Jhad-phook').

On persistent counseling efforts by the Aarohi health team, the family was finally convinced to take her to the hospital. After almost 24 hours of this ordeal and a six-hour journey from home, she was hospitalised at midnight, her placenta removed and blood was transfused.

Today, both mother and child are doing well.

Timely intervention, helped save a life!
Who says, miracles don't happen!



Health Data

September 2015 - November 2015

1,127

Total pregnant women given care over this period

72.5%

Antenatal coverage

43.7%

Institutional deliveries

96.4%

Colostrum feeding

2,044

Total under 5 children monitored

8.2%

Malnutrition

Total Patients treated : **2,761**

If you wish to become a life member of Aarohi, please write to us at info@aarohi.org.



Aarohi on Swiss TV

Danke viel mal Beate und Hirslenden Klinik for supporting a Gynaecologist to go on the Mobile Medical Route route for the next 3 years. Many thanks to Col Pant, Chairperson, Aarohi for bringing this bus to the Okhalkanda Block of Nainital District. Many women in extremely remote mountain villages will stand to gain by this.

The project is a joint venture of the State & District Government and Aarohi; 'manned' by 3 doctors (Prashant, Puran, Anita), a Lab Tech, X-Ray Tech, Nurse and Pharmacist, Community Organiser (Jagdish, Puran, Pradeep / Prakash, Savitri, Munni) and the hero of a bus driver Mahesh, treating on an average some 550 patients in very remote villages over 8 camps every month. Approximately 125 ultrasound examinations are done each month of which 65-70% are antenatal examinations.

<https://www.youtube.com/watch?v=PoBaWgsLAYo>

FROM AAROHI'S KITCHEN

“Mandua Ki Roti with Shishun ki Saag”

These delicious and nutritious chapattis and Shishun (nettle) ki saag (green vegetable) make a wonderful combination, especially in winter. The chapattis are made from Mandua Flour (Finger Millet) and saag is prepared from a wild local plant called “Shishun or Bichhu Ghas”.

Ingredients

1. Mandua flour - 600 gm
2. Wheat flour - 200 gm
3. Water - as required
1. Shishun - 300gm (tender tops plucked carefully with tongs)
2. Garlic - 50 gm
3. Dry red chili - 2
4. Salt - To taste
5. Mustard oil / Ghee - 30 ml

Method

Preparation for Rotis:

1. Mix mandua and wheat flour well.
2. Add water and prepare a stiff dough and let it sit for an hour.
3. Divide into evenly-sized balls and roll out into chapattis.
4. Cook on both sides over a slow fire.
5. Ensure that the chapattis have been well baked.

Preparation for Saag:

1. Hold the tender leaves of Shishun with tongs and blanch them in boiling water.
2. Blend /grind the blanched leaves to make a fine paste.
3. Heat oil in a thick-bottomed pan. Add chili, garlic and stir well, add the pulp and cook for 15 minutes over a slow flame.
4. Add salt to taste.

Garnishing for Saag:

Garnish with ghee / butter if one wishes. Serve hot with Mandua Rotis.

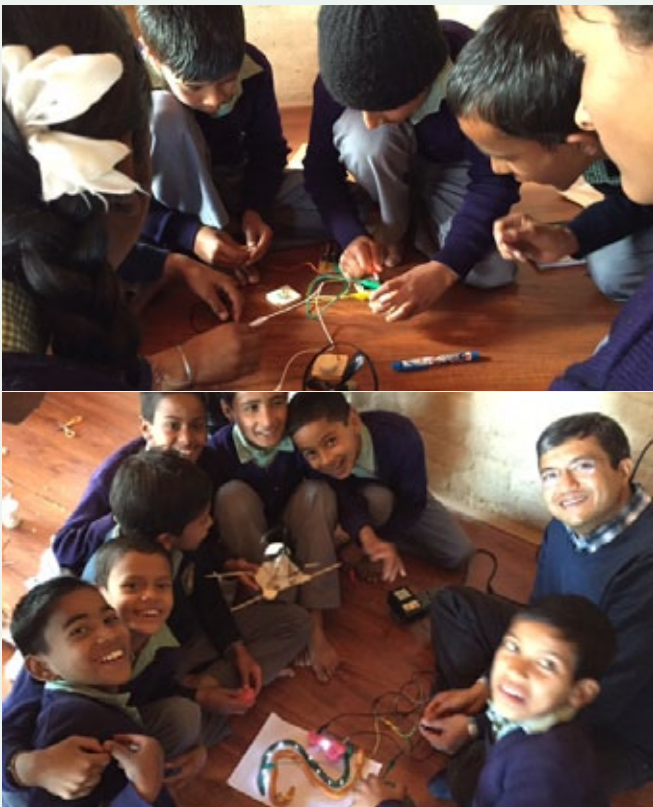
Movies, Masti and More!

Five of our school children from Aarohi Bal Sansar were privileged to attend the week-long Children's Film Festival in Hyderabad. They were excited to meet Kareena Kapoor and Shaktiman and watched some delightful movies, with simple yet strong messages - Rainbow, Mothers' Day were among the movies screened. They also got a chance to interact with children from other states of India. Our children had loads of stories to share on their return!

We, thank the Children's Film Society of India ("CFSI") for providing us this unique opportunity and for our children it was a magical experience!



Thinking like a scientist!



Under the theme of 21st century skills, the focus of the life skills workshop, conducted for our children at Aarohi Bal Sansar by Atul Pant, Managing Director of Timeless Lifeskills was electronics and circuits, thinking like a scientist and learning by tinkering. They learnt basic concepts like parallel, series, polarity and more, and this knowledge was then applied in creating Electronic Art (sketches and drawings embellished with LEDs) and creating simple toys like Scribbler Bots and models from conducting flour.

While, the children tinkered, moulded and collaborated with odds and bits, it was beautiful to watch their eyes light up when they had their "Eureka" moments.

We, thank you, for these moments, Atul and we hope to see you more at Aarohi Bal Sansar!

On a travel spin!

Our marketing team at Livelihoods was on a travel spin this festive season! We made our way to a couple of interesting exhibitions for the very first time-the Kumaon Literature Festival at Dhanachuli (KLF) and the Dharamshala International Film Festival (DIFF). Besides displaying our products, we got a chance to attend various sessions at both festivals.

In between eating thukpa, listening to poetry sessions and travelling to new and interesting locales, we connected with customers too. Our livelihoods team had a unique experience- talk about the perks of a marketing job!

15th Grameen Himalayan Haat 2015



A turnover of nearly INR 7 lakhs, a footfall of 5,000 plus people, colorful cultural performances, 40 stalls (including not for profits such as Umang, Chirag, Avani and Panchachuli, rides for children, food, toys, clothes and a lot more!) all led to a highly successful 15th Grameen Himalayan Haat* here in the mountains! Despite, heavy downpour on day one of the Haat, business was relatively brisk.

Over the next three days of the “Haat”, weather Gods blessed us with bright, cheerful weather which gave people all more reason to step out and enjoy the festivities.

***Grameen Himalayan Haat is an annual fair that is organized by Aarohi in collaboration with local communities from Rural Kumaon. The objective of the fair is to bring together communities, to provide a platform for local entrepreneurs and to provide an opportunity for “pahadi” women to have an outing, which is probably the only one they have in a year!**

VOLUNTEER SPOTLIGHT



“ It is true that people make a place what it is. The warmth and love that I received in Aarohi from the very day I arrived, made me feel at home instantly. I have not met a team more eager and receptive to new people and ideas, making it an absolute delight to work with them. From routine report writing and teaching at the school, to leading visiting groups, making a short film, assisting health camps in the remote Pindari Valley, and even teaching yoga and chanting, I had a free hand to explore my creativity. Volunteering at Aarohi was nothing short of an experience of a lifetime. For me the journey has just begun here.

Madhuri Vijaykumar,
ex-CSR professional from Mumbai

“ I wasn't sure what to expect from my time at Aarohi, but I decided to come with an open mind and do as much as I could in the short time I had here. I think I did just that. My time at Aarohi was a whirlwind of mobile health camps, health worker training sessions, emergency deliveries, and hospital night shifts. And I enjoyed every minute of it. Time flew by, but waking up to the mountains in the morning, and seeing the stars in the evening, made it feel as though time could stand still. Aarohi offered me an incredible learning experience, one that I won't soon forget.

” **Jodie Edgar,**
is a Nursing student from Canada

Every end is a new beginning!



Sheeba's formal association with Aarohi came to an end on December 04, 2015. During her journey of three and a half years with Aarohi, she made noteworthy contributions, amongst many, including her untiring efforts towards pedagogical development, improving the quality of education at Aarohi Bal Sansar and active fundraising by building Aarohi's funder and volunteer base in the UK through the formation of the Aarohi UK chapter. Her love for the "pahadi" community is evident as she now plans to pursue development work independently with smaller community groups in this region, linking them and giving them the voice that they desperately need. **We look forward to her association with Aarohi and wish her luck in all her future endeavors.**

We welcome **Neeraja**, who has taken the baton from Sheeba, as the Secretary of Aarohi. Neeraja has over 2 decades of valuable experience in the corporate sector with a focus on Human Resources and is a "pahadi" herself. We are sure that Aarohi will strengthen as an organization under her leadership and contributions.

We wish her luck as she takes on this new and exciting role!





बेटियां

एक छोटी सी जान हैं बेटियां
मम्मी पापा की जान हैं बेटियां

दुःख में भी सुख का एहसास हैं बेटियां
अंधेरे में भी रोशनी की किरण हैं बेटियां

एवरेस्ट में भी चढ़ी हैं बेटियां
चौद तक भी पहुँची हैं बेटियां

परिवार को भी चलाती हैं बेटियां
देश को भी आगे बढ़ाती हैं बेटियां

एक कुशल गृहणी भी हैं बेटियां
राष्ट्रपति व प्रधानमंत्री भी बनी हैं बेटियां

हर काम करती हैं बेटियां
ये बताओ क्या काम नहीं कर सकती हैं बेटियां

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

DONATE ONLINE!

We have partnered with GlobalGiving offering an easy and safe platform for online giving. **Go to 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 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.

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