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# NEWSLETTER

May - July 2015

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## 23<sup>rd</sup> Varshik Utsav at Aarohi

We celebrated our Varshik Utsav or the Annual General Body Meeting, at the Aarohi office on the 30th of May. Attended by many members from the community, children, special invitees and members of the Managing Committee, it is a culmination of our work done over the past year. All sectoral teams gave a brief presentation of work done. The Livelihoods team put up a lively skit on how the initiative benefits local farmers, and the community health team, not to be left behind got giggles from the crowd with a graphic presentation of a woman in labour. We formally released our Annual Review, both in Hindi and English to our members.

Through the 'khula manch' or open forum, members from the community gave their opinions and suggestions for improvement. Scholarships were awarded to students at Aarohi Bal Sansar. Two Van Panchayats (forest committees) were awarded prizes for best practices in managing their forests.

The children from Aarohi Bal Sansar and from our satellite centre of Supai put up lively dances that lent the festive air to the 'Utsav'. The day ended with tea and snacks and with renewed vigour for

our commitment to create development opportunities for rural mountain communities in the coming year.

*Please **click here** if you wish to read our Annual Review for the year 2014-2015.*

*If you wish to become a life member of Aarohi, please write to us at [info@aarohi.org](mailto:info@aarohi.org).*



## Children Activity Center in Village Supai



We have been working in Supai and its surrounding areas since the year 2012, under the the HKT Memorial Fund. We already have a well- established girls' scholarship program and computer resource centre in this village.

In April, we added an after school activity centre for primary school children, studying in the local government school to provide additional coaching support. This was in done with due discussions with the community, who expressed a clear need for better schooling support for their children. The centre was inaugurated on April 15th by Mr. Manoj Tiwari, Member of the Legislative Assembly and Mr. Harish Banaula, the head of the Block.

Currently, there are 18 children who are attending regularly. Main activities conducted include, story telling, learning through song and dance and one-to-one support with concepts in Maths.

## Reading drive in Aarohi Bal Sansar



This academic year we are working on improving learning outcomes for our students by focusing on reading and comprehension as one of the goals. Majority of our students come from homes where there is no help with English learning. Reading is not a common habit and certainly not something that the families of our students do on a regular basis.

Revamping the Library was our first step. Three wonderful ladies came to our rescue!

Madhu Upadrasta, an experienced librarian in a school in Mumbai, volunteered to be Beena's mentor, our new librarian, and nurtured this young local lady into learning all about managing and maintaining a school library during her visit to Satoli in April. Then, there was our very own Gina Ali Khan, English subject mentor, who brought us a big suitcase, full of books donated by her school in Pune, MBIS. Another volunteer, the lovely Asmita Joshi, worked tirelessly with Beena and Gina to help catalogue all the books! We now, also have class libraries in addition to the main library since we have this elaborate catalogued collection of books!

Thanks to the help and guidance from Madhu, Gina and Asmita and the on-going efforts of Beena, Aarohi school can now boast of a wonderful library, one of its kind in the area.

Thank you ladies!

# HIGHLIGHTS ON HIMALAYA - AAROHI INITIATIVE



## HIMALAYA - AAROHI INITIATIVE

A community health partnership towards better healthcare in rural Uttarakhand.



**HIMALAYA REACHES OUT AND TOUCHES MORE LIVES**

Summer of 2013 – As part of our Corporate Social Responsibility (CSR) initiatives, we partnered with Aarohi, an NGO, to make good health accessible in rural areas, where even basic healthcare is uncertain and almost nonexistent. We journeyed to the rustic landscape of the remote Kumaon villages in Uttarakhand. Partnering with Aarohi, Himalaya is making concerted efforts to bring wellness into more homes, healing more lives and spreading the gift of good health far and wide.



- OUTREACH MEDICAL CAMPS
- SPECIALIZED MEDICAL CAMPS
- SCHOOL HEALTH
- CLEANING CAMPAIGNS
- TRADITIONAL HEALTH CAMPAIGNS

## HIGHLIGHTS



Mobile Health Clinic



Free Eye Check-ups



Plastic Surgery Camps



Distribution of Himalaya Products

## IMPACT



**100%**

Health & hygiene promotion



**100%**

Students covered in height & weight monitoring



**87.5%**

Children who were monitored found to have normal growth

**13900**

Patients treated

**30**

Multispeciality camps conducted

**154**

Types of surgeries done

**1420**

Dental screenings conducted

**1604**

Children treated

**1566**

Medical check ups done

**36**

Health camps conducted in schools

**333**

Eye check-ups done

**8000**

Himalaya products distributed (approx)



## Apricot Guthlis- this is the season!



The summer months of April, May and June sees a flurry of activity at our livelihoods unit. Why? Well, this is the season of apricots, after all!

Apricot guthlis means seeds of apricots that are used for extraction of apricot oil. This apricot oil is extensively used as raw material in our range of body care products.

So off we went with our potlis (bags) from village to village to buy these precious apricot guthlis from the farmers. Interestingly enough, the same apricot guthlis were considered waste by the farmers, years ago. But things underwent a significant change, after Aarohi began its livelihood initiative, focusing mainly on manufacturing products that would use the local produce of apricot. This gives a means of earning additional income to the farmers, so they look forward to our visit!

We hope to dig deeper within the Kumaon belt and reach out to more farmers, this year, so that

we can increase our procurement as we expect our business to steadily increase.

So remember, every time you buy an Aarohi product, a local farmer in rural Kumaon is benefited by it. A big thank you to all of those of you who have supported this initiative by buying our products.

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*Do visit our website to access our online store: [www.aarohi.org](http://www.aarohi.org).*

*We have some new packaging in store for you!*



VOLUNTEER SPOTLIGHT

## Vipin Yadav

“

“Labor omnia vincit” (Work conquers all), is the basic mantra being followed by folks at this amazing place called Aarohi.

Some of the tasks I was entrusted with during my volunteering stint was developing a computer curriculum, assisting youth in daily tuition sessions and also engaging youth in various extra-curricular activities at Supai.

Apart from this, I was fortunate to attend a couple of other interesting events too, be it a cooking stove/smokeless chullah workshop; a rural healthcare camp or volunteering for Aarohi Kumaon Himalayan Ride.

Overall, it was a huge learning experience. I was really impressed with the efficient management, friendly staff, and also, how driven everyone is towards the motto of organization i.e. social and economic upliftment of communities in the Kumaon region.

I have no words to express my gratitude to Aarohi for providing me with this opportunity and I hope I will get a chance to be there again real soon! ”

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FROM AAROHI'S KITCHEN

### “Jhangora ki Kheer”

Jhangora (*Echinochloa frumentacea*) is a millet widely grown and consumed in the hills of Kumaon. Popularly known as the Banyard millet, Jhangora, when de-husked has a light brown colour very similar to its more glamorous cousin quinoa.

High in fibre, it is also an extremely valuable source of minerals and phosphorous, both of which are important for cellular metabolism and as catalysts for body reactions. Superfoods such as Jhangora, hence, are pivotal to the supply of subtler elements of our dietary requirements.

In the hills of Kumaon, Jhangora kheer is not only a festive dish but also an important source of nutrition and energy for the women who carry the burden of physical work, looking after the farms and spending up to 5-6 hours everyday in fodder and wood collection from the forest.

#### Ingredients

Jhangora 500g  
 Sugar 200g  
 Milk 2L  
 Cashew nuts 50g  
 Raisins 50g  
 Chironji 100g

#### Method

- 1 Boil Milk in a thick-bottomed pan.
- 2 Add Jhangora and cook it for 2-3 minutes till it softens a bit. Keep stirring to avoid sticking to the bottom of the pan.
- 3 Add sugar and chironji and cook for 5-7 minutes till you have the desired consistency.
- 4 Garnish with cashews and raisins.
- 5 Serve warm or cool.

# 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.

