Teachers at Aarohi Bal Sansar

NEWSLETTER

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The Mobile Medical Unit: Bringing quality healthcare at your doorstep

Aarohi's partnership with the government of Uttarakhand to provide MMU services in the remote villages of Okhalkanda Block has turned 1 year! For 8 days every month Aarohi runs the mobile services serving a population of over 100 villages, some of the most remote in Uttarakhand. Lack of proper infrastructure, unavailability of public transport and inaccessibility in the hilly terrains are the challenges faced in providing basic health care services and hence MMU was born out of the idea of dealing with these challenges.

"Dhani Devi, a 37 year old woman is currently undergoing treatment under a qualified cardiologist, is on regular medication and is well on her way to recovery. Had her ECG not been carried out at the MMU, she probably would never have known that she had an abnormal heart rate leading to cardiac complications and that she had to immediately undergo treatment!"

"Revati Devi, a young pregnant woman, claimed that she was 10 months pregnant in one of the Matruh Samuh (mother's group) meetings, because she had forgotten the last date of her periods! With the help of the ultrasound facility at the MMU, Revati was informed of the date of her delivery and that her baby was doing well, thereby ensuring a safe and easy delivery!"

MMU in Okhalkanda Block Statistics

at a glance JULY 2014 - JULY 2015

5,595
Patients treated

860
Women given Antenatal care

562
Ultrasound examinations done

351 (62%)
Ultrasound done for Antenatal care

We thank the Himalaya Drug Company, Aarohi Schweiz (Aarohi Swiss Chapter), the Hari Krishna Trivedi Memorial Trust and the Sir Dorabji Tata Trust for their generous support towards this initiative.

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

Supai Activity Centre

Darshan, raises his hand, high up in the air, trying very hard to attract Meenakshi's (teacher at the activity centre in Supai) attention. Darshan is a class V student from Supai who regularly attends the activity centre. An attentive student now, rewound to 6 months back, one would have seen a different Darshan. He was restless and careless and showed no interest in studies, whatsoever, which had his mother very worried. Aarohi's intervention yielded results-at first by way of analysis of his behavior and later through special activities designed for him at this activity centre, keeping in mind the objective of creating a stimulating and meaningful environment for children. Today, Darshan is a transformed child, and his mother is relieved and happy. With this activity centre, we hope to touch the lives of many more Darshans! Wish us luck!

Livelihoods: A fun "chai-samosa" party:

The festive season has started-Wondering what you will gift your near & dear ones?
Don't wonder anymore! Gift Aarohi's lovely range of products and bring a smile to their faces!

For Diwali gifting orders and for any other product related enquiries, please write to biz@aarohi.org

Creative juices flowed, ideas, strategies were discussed and of course chai and samosas were heartily devoured at our chai-samosa party held at the Livelihoods unit, recently!

An exercise aimed at team bonding, this event started off with an ice-breaker game of dumb charades, then proceeded onto a fun, competitive activity involving creative advertising of ''seedha-saadha'' objects (pen, bottle, spectacles, cap and umbrella!). Well-what followed was an animated and enjoyable round of "in corporate jargon" hard-sell, soft sell-visual and oral treats! Each team, battled the questions thrown at them, with great passion! This get-together ended with collective discussions on ideas for improving brand visibility, customer feedback, strategies for sales and collections. All in all, a simple, yet successful event!

Do join us at:

Kumaon Literary Festival ("KLF") Dhanachuli, Uttarakhand, India
October 23 to October 27, 2015 | http://kumaonliteraryfestival.org/

Dharamshala International Film Festival ("DIFF") Mcleodganj, Dharamshala, Himachal Pradesh, India,
November 05 to November 08, 2015 | www.diff.co.in

Celebrations at Aarohi Bal Sansar

This quarter saw an eventful weekend at ABS, with our Independence Day celebrations on 15th August followed by the inauguration of our multi-purpose hall on 17th August, which also happened to be Aarohi's 23rd birthday!

Despite being faced with extreme weather – scorching heat on one day and a heavy downpour on the other, nothing could dampen spirits! Our children at ABS showcased their talent and enthralled crowds through performances of songs, dances and drama, exemplifying the rich heritage of India. The inauguration of our multi-purpose hall (dedicated to the people of rural Kumaon) at the hands of Shri Avanendra Singh Nayal, Commissioner, Kumaon, lent charm to the event.

Special thanks to Kusnacsht Community (part of Aarohi Schweiz) and Beam Suntory for their generous contributions towards the construction of the hall.

Teachers Speak English

Started off on a whim, two months back, little did we know, that our English class with the enthusiastic lot of teachers of ABS would be such a fun and rewarding exercise!

Here's a little something, the teachers have to share:
"We have been learning a lot of new things in these English classes. We have now started opening English books and reading English stories for the first time. We are also taking an interest in English Grammar. At home, we try to watch and understand English movies. With these regular classes, we now have hope that one day, we will be able to speak fluent English!"

Way to go! We are so proud of you, teachers!

VOLUNTEER SPOTLIGHT

Our volunteers touch the lives of many... we have 2 volunteers who were with us during the previous quarter, share a little something about their experiences at Aarohi and Satoli:

"From April to August, 2015 I volunteered with Aarohi as a midwife. I met so many pregnant women and got a chance to share information with the local staff on handling cases of pregnancy during my stint with the Mobile Medical Unit ("MMU"). That's why my memories of the MMU are special! The highlight of my trip: Twice I performed the role of a midwife for two of my neighbours and helped them deliver beautiful, healthy babies! An unforgettable experience!!!!!!!!"

Love, **Caroline**

"I tried using lofty adjectives to somehow define the one month I spent in Aarohi, working at Aarohi Bal Sansar library and living in a veritable heaven that is Satoli. However, after hours of brainstorming, the most I can say is, I have always found it difficult finding a place for myself in this supposedly all-embracing world but after a very long time, Aarohi felt like home to me. I found joy in the minimalist beauty of the lives and the grandeur of hearts at this place and no "wonderful", "great", "exceptional" would come close to the warmth of this home to which I can't wait to go back again."

Love, **Asmita Joshi**

FROM AAROHI'S KITCHEN

"Kaddu Ki Sabzi"

Vegetables like kaddu (pumpkin) amongst many others are grown locally by the largely agrarian populace in Kumaon and consumed in various forms. Both the green and orange form of Kaddu is extremely nutritious, perfect for the cold climate and is a good source of Vitamin A.

Ingredients

- Pumpkin (Kaddu) – 500 grams
- Fenugreek (Methi Dana) – 1/2 TS
- A pinch of Asafoetida
- Salt – according to taste
- Oil – 2 TS
- Lemon juice – 1/2 TS
- Coriander leaves for garnishing
- Turmeric powder – 1/2 TS
- Coriander Powder – 1/2 TS
- Red chilli flakes – 1/2 TS
- Garam Masala - 1/2 TS

TS : Table Spoon

Method

1. Peel pumpkin and wash properly. Chop into small cubes.
2. Heat oil in a pan, add fenugreek and asafoetida. After about 30 seconds, add pumpkin and stir gently. Cover the pan & cook for the next 5 minutes on simmer.
3. Once the pumpkin starts losing water, add salt and stir again. Cover the lid and cook for 5 more minutes.
4. Add spices and stir once more. Cover the lid and cook for the 5 minutes.
5. Now add lemon juice and stir for a last time. Check salt and if required add some more. Cook for another minute and turn the gas off.
6. Garnish with fresh coriander leaves, serve hot and enjoy!! :)

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

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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