



Aarohi

NEWSLETTER

January - March 2016

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FROM AAROHI'S KITCHEN

Kumaoni Kaapa

Another work day at Okhalkanda!

Laxmi Devi, from village Tushrad of Okhalkanda block, has an interesting story to share for generations to come. On the eve of January 7, she went into labour. However, due to complications, the delivery was not going as it was expected. She required immediate medical attention. Her family called upon the local traditional healing practitioners instead.

When Aarohi's supervisor and the ASHA worker heard of this, they rushed to her place and advised the family to take her to the nearest hospital. This was met with a lot of resistance at first, but after seeing Laxmi's deteriorating condition, they agreed. Unfortunately, it was not going to be as easy as they thought. The 108 hospital ambulance was attending another emergency, and was unavailable. As a final resort, the Aarohi office vehicle was summoned.

Laxmi was carried in a stretcher from her home all the way to the nearest road- 5 Kms away! From there she was transferred on to the vehicle. More than 14 hours had elapsed since Laxmi first went into labour. En route to the hospital she delivered an angelic baby girl! On reaching the hospital, she and her baby were provided the necessary medical care, the baby's cord was cut and they were both declared fit and healthy.

For our health workers in the field, this is every other day in their lives!

(Cover picture is of Laxmi and her baby.)

Health Data

December 2015 - February 2016

1,259

Total pregnant women given care over this period

93%

Antenatal coverage

30.5%

Institutional deliveries

94.5%

Colostrum feeding

2629

Total under 5 children monitored

7.6%

Total under 5 children underweight

Total Patients treated : **2,695**

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



ABS Teachers off to Aamchi Mumbai!

As part of the Saral Tandon award, which recognizes teachers who have performed exceptionally, 4 teachers of Aarohi Bal Sansar ("ABS") won a fully expense paid trip to Mumbai in January 2016. It was a week long, exposure cum pleasure trip which involved visits to schools like Mukhtangan School, Akanksha, Abhudaya School and the American School of Bombay. The teachers saw in action teaching and learning strategies like that of group work, peer learning and hands on learning using models and everyday objects. It was also reassuring for the teachers to note that some of the methods were already being implemented at ABS! In their free time, our young, vibrant teachers painted the town red with sight-seeing, shopping and eating street food! An enlightening and entertaining visit, something that they will cherish for a lifetime!

Special thanks to Mrs. Saral Tandon, Lopa & Milind Gandhi and Madhuri Vijaykumar for making all of this happen!



Saturday February 27, was project day for all the children at Aarohi Bal Sansar. Each of the classes presented their respective themes and topics. Some of topics covered were, means of transportation and communication, pollution, herbs, national flag, my house, festivals, fruits and vegetables. The objective for the project day was to help children understand these concepts in a fun and enjoyable manner. It was commendable to see the confidence with which the children explained their respective themes. The classrooms looked colourful with drawings and charts and models. The creativity and group performance by the children was outstanding. Parents, teachers, Aarohi staff members had gathered in large numbers and egged the children on from class to class!

On similar lines, on the next day, a project day was celebrated for the first time at our activity centre in Supai too. The little ones stole our hearts while sharing their stories about their families and themselves!



Aarohi Youth Wing's 6th Sports Event!

Aarohi Youth Wing was started in 2010 with the objective of promoting physical and mental health for the local youth. Our efforts have helped to improve their self-esteem and confidence and sensitize the youth to larger development concerns. We organized our 6th Annual three day 'Cycling, Running and Volleyball Tournament' event from January 14-16, 2016.

More than 150 youth, comprising of both boys and girls, aged between 14-25 years participated this year. The highlight this year was an all girls cycling event for the very first time!

High spirits, beautiful mountain views, crisp cold air, and strong support from our volunteers and staff made this a day to remember. Three cheers to our "Pahadi" youth!



Off to Kala Ghoda!

Going from Sleepy Satoli to Mumbai Madness, is an opportunity few would miss...our participation at the Kala Ghoda Arts Festival, Mumbai is a much anticipated event at our Livelihoods unit. This exhibition itself can be demanding-even if it means standing at a stretch for a 3-4 hours at a time, skipping meals or being subjected to the scorching heat. But all of this is amply compensated by the warm welcome we receive from the junta of Mumbai!

Well-this year was no different! We clocked a total revenue of INR 1.80 lakhs over a period of 5 days, our soaps, teas, creams & pot-pourris were completely sold out and customers let us know that they love our products and look forward to seeing us every year! The ever fascinating art forms at this festival, the street food, the late nights, the local trains...so many other facets of Mumbai just adds to the whole experience. It all feels like a dream, in a city that never sleeps!



FROM AAROHI'S KITCHEN

“Kumaoni Kaapa”

Kaapa is a dish which is rich in iron and is extremely nutritious. Best to have it in winters because spinach is easily available during the cold winter months!

Ingredients

Spinach – 500 grams
Mustard oil- 3 tbsp
Garlic-6/7 cloves
Onion-1 medium sized
Water-1 cup

Spices

Chilli powder - 1/2 tsp
Turmeric - 1/2 tsp
Coriander seeds - 1 tsp
Dry red chillies - 2/3
Cumin seeds - 1/2 tsp
Salt - to taste

Recipe

1. Clean and wash the spinach well and blanch it for couple of minutes in boiling water
2. Blend the blanched spinach
3. Make garlic, cumin & coriander seed paste
4. Pour mustard oil in an iron kadhai
5. Once the oil heats up, add dry red chillies
6. Add the garlic, cumin & coriander paste and chopped onions
7. Fry it until the onion turns pink
8. Add chilli powder and turmeric
9. Once the oil separates from the masala, add the blended spinach to this mixture
10. Add salt to taste and add 1 cup water
11. Cook it for 10 minutes on a low flame
12. Garnish it with fried dry red chillies
13. Serve with rice



'Incinerators''- Talk of Satoli!

How a number of bricks, pipes, tank and waste can create wonders! This is the latest talk of our village, "Incinerators", tough to pronounce, but very simple to use! Incineration is a waste treatment technology that involves burning residential waste. It converts discarded materials, including paper, plastics, metal and food scraps into heat, which is then channeled towards water (through a source) and Voila!, one gets piping hot water! Ten of these new wonders facilitate clean burning at temperatures between 800-900 degrees Celsius ensuring minimal toxic emissions.

They save electricity, are environment friendly and make hot water available in village bathrooms and kitchens at all times! What will they think of next?



Women's day celebrations @ Aarohi!

Aarohi employees are a total of 111 full time staff, and of these 70 are women! Its a stunning female- male ratio at the workplace and we proudly applaud this achievement! Satoli and our project office at Khansyu (Okhalkanda block) celebrated the spirit of womanhood!

And on 8th March, we took a pledge to launch our women's development program among much fun, fanfare and festivity...we discussed "mahila sashaktikaran" (women's empowerment)- and what it means to each of us...and ended the celebrations dancing to the tunes of O Womaniya.....JaiStree!!

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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