Aarohi

Aarohi turns 24

Oona and Pratap Bhaiya at Aarohi's first AGBM

NEWSLETTER

Jul- Sep 2016

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Aarohi turns 24!

On August 17, Aarohi celebrated its 24th year! It was a touching moment, remembering Oona and taking a walk down memory lane. Our employees shared their past experiences and the beautiful moments of this exciting 24-year-old journey.

As we enter our silver jubilee year**, we look forward to your continued love, support and best wishes to ensure that we keep the spirit of Oona going and to achieve many more milestones!

**This year is a special one for us and to make it even more special, we urge YOU to share a memory, anecdote, experience, photo from your AAROHI archives with us! We'd love to splash it all over our FB page, website, annual review, blog and wherever possible!

Impact story – Little Babita

This quarter, we bring you the story of little Babita from Takura village in Okhalkanda Block. All of 2, Babita is underweight and is slowly recovering from severe malnourishment. Her mother is mentally ill and was not able to provide her with care that her child needed since the time she was born. With constant support and intervention by Champa, an ASHA worker and Sunita, the Aarohi Supervisor, Babita now receives a daily diet of eggs and bananas from the nearby Anganwadi that she visits. This has helped increase her weight by double (from 3 kgs to 7 kgs in just 4 months)!
Our community health project at Okhalkanda Block provides us plenty of opportunities to be of service and to make baby steps towards providing quality healthcare!

Health Data

Jun 2016 - August 2016

758
Total pregnant women given care over this period

88%
Antenatal coverage

37%
Institutional deliveries

97%
Colostrum feeding

1311
Total under 5 children monitored

9.9%
Malnutrition

Total Patients treated :2,825

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

ABS Alumnus joins the Indian Navy

Mukesh Bisht, **an alumnus from ABS** was from the first batch of our Almora scholarship program. He graduated in 2015 from Koormanchal School, Almora.The transition from a Hindi medium to an English medium school was a difficult journey, but Mukesh shared that the exposure helped him to think creatively and differently. Mukesh is someone who has always had a desire to live with a higher purpose and goal, and so we at Aarohi, were really very excited when we heard that he cleared the exams and was selected to join the Indian Navy.

On August 15, Mukesh started his training as a sailor with INS Chilika.

Standing next to him is Yashpal Arya, who manages our Almora scholarship program, looking at him with pride!

Science Workshop at ABS

It was indeed an engaging experience for the school children when the Pratham Science team came over to conduct workshops at ABS. The Alliance For Science ''AFS'' program team from Pratham works extensively with children across India on direct experience-based science learning. They design multiple resources activities to deepen the learning impact for children and the community. The workshops were held between August 4-6, for classes 6, 7 and 8. The topics covered were the Skeletal System, Human Anatomy and Internal Organs, and Astronomy. The inquisitive and curious nature of the students and careful arrangements made the event a huge success!

Aarohi Bal Sansaar

Activity Board

Children and teachers making their contribution

Planting Silver Fur and Oak trees

Tree Plantation Drive – August 2016

Our school water tank gets a makeover!

After the makeover!

Thank you, Samita for making this happen

Our lovely, vibrant teachers looking their best

Students and teachers celebrating together

Teachers' Day celebration

Aarohi's new nature shop!

A cosy, beautiful space called ''Aarohi Nature Shop'' opened its doors to public on July 12! This new store has come up by the road at Satoli and it houses a range of products with much more accessibility to tourists/people than before!

An attractive display of our products and a hardworking livelihoods team welcomed guests with hot ''chai'' and ''mooli ke patte & onion'' pakoras... perfect companion to the rainy weather outside!

FROM AAROHI'S KITCHEN

Bal Mithai

Bal Mithai is one of the most popular sweets in Kumaon – loved by both young and old alike!

Ingredients

Khoya (Khoa)	1 Kg.
Sugar	400 gm
White Sugar balls	100 gm.

Method

1. Cook Khoya (Khoa) in thick-bottomed pan on slow fire till its color changes to dark brown.
2. Stir it continuously and add sugar till it is thick in consistency.
3. After having cooked, pour it into a greased tray.
4. Let it cool and cut into rectanglular pieces. Serve it as is or garnish it with sugar balls

VOLUNTEER SPOTLIGHT

Monika Shukla

Monika Shukla, an Azim Premji student interned with us for 1 month. She worked diligently on projects related to our education initiative - designing curriculum for primary and junior levels, assisting with teacher training and taking classes at Aarohi Bal Sansar! Phew!

She says:

"My experience in Aarohi was wonderful. I got the opportunity to work on various projects, which required talking to teachers, taking classes and working on curriculum. I am thankful to my mentor who assigned me such interesting and different assignments and kept me active and engaged. I would love to come back again to this place and hope for engaging for a long period to this organization. I am definitely going to miss this environment and people of Aarohi with whom I got to learn so much."

Sanghita Das – a young professional from Bengaluru made a quick trip to Satoli to teach our children at Aarohi Bal Sansar and Supai some interesting dance moves – much to the delight of our children!

From her notes:

"Starting with the beautiful landscape and unending greenery to the down-to-earth nature of the village dwellers, there's nothing that has failed to fascinate me. Aarohi of course is the sole reason why I visited Uttarakhand. The organization has embraced my presence and has given me the unique opportunity to work closely with people and live with them to get a deeper understanding of their lives in the mountains. Every individual has offered me adequate help and support and I wish to thank them all for their warm gesture."

Sanghita Das

In Memoriam – V.B Eswaran

IAS (Retd, ex Secretary Finance, Founder-Member –
Aarohi, Pan Himalayan Grassroots Development Foundation)

Aged 88, passed away peacefully on 2nd September 2016.

Mr. Eswaran was one of a kind, they don't make folks like him every day. He spoke to everyone with love and affection, and with concern and intellectual engagement. He served actively on the board of Aarohi for 6.5 years, guiding Oona to build the foundations of what we are today.

Farewell, Mr. Eswaran, you will be dearly missed.

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''But I think it is only important to love the world, not to despise it, not for us to hate each other, but to be able to regard the world and ourselves and all beings with love, admiration and respect.''

- Hermann Hesse

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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