ABS children after a dental and health check-up

NEWSLETTER

April to June 2018

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OUTREACH HEALTH UPDATE

In April, Aarohi's 16th Medical and Dental outreach camps were organized. These camps were held in 5 villages of Namik Valley (Bageshwar and Pithoragarh districts) from 23rd April to 27th April.

Spanning over 5 days, the camps witnessed impressive turnout with a total of 832 patients diagnosed; 316 school children screened for general growth parameters, illnesses and dental problems; and more than 55 dental extractions done. Additionally, health and hygiene sessions, art and craft activities and other games were conducted for children in these villages.

MMU UPDATE

Through the Mobile Medical Unit (MMU), 24 camps were conducted and a total of 1656 patients were diagnosed. Crossing the 500 mark for the first time, the total patient registrations reached 700 – a significant achievement for the team.

As for the dental department is concerned, 17 camps were conducted and 123 extractions performed.

MATHS WORKSHOP/ FAIR

In early June 2018, students of Aarohi Bal Sansar ('ABS') organized a Bal Ganit Mela in their school campus, led by their Principal, Brijesh. The fair was attended by students of classes 3rd, 4th and 5th, teachers and a few visitors at Aarohi. The fair was aimed at helping children understand basic concepts in Maths using real life experiences.

The models titled such as 'Aao Bazar Lagayen', Khelen Jee Bharke', 'Ham Aapki Umar Aata Sakate Hain' and 'Har Mod Par Nayi Kahani Kagaj Ki Jubani' were some of the many concepts displayed at the fair. Dr. Srinivas V. Veeravalli, Professor & Head IIT New Delhi, one of the visitors at Aarohi was very impressed with the 'Guess Your Age' ('Ham Aapki Umar Aata Sakate Hain') model and discussed its meaning with the children.

A major learning for everyone was that 'Maths is all around you and is practiced in our daily lives. All you need to do is look around and absorb it'. The children enjoyed the interactions and were most thrilled to take the visitors through their activities.

A VISIT TO ARMY TRAINING CENTER – RANIKHET

On 9th June, 2018, 16 students of 8th grade were taken for a visit to the army training centre in Ranikhet. Students were shown and explained how the soldiers are trained to protect the country, what skills are imparted to them and the challenges they face. The group was also taken around the war memorial, gym center, parade, firing area, the bunker. This tour served as an enriching exposure visit for the children and we thank the team at the training centre for giving them this opportunity!

CAREER COUNSELING SESSION: 14-JUNE-2018

Aarohi conducted a career counseling session for a group of about 115 students in Government Inter College, Peora. While most of the attendees were the current 12 grade students of the college, there were a few students who graduated from the school last year.

The focus was on helping students reflect on, understand and explore their own strengths and interests. Various job opportunities available for each of the skills were discussed. Entrepreneurship, as a possible career option was also dwelt upon – opportunities, challenges, real life examples were also discussed.

In the second half of the session, counselors answer edquestions raised by the students and dived into the career options available for specific interest areas.

SWISS FILMS ON WHEELS

The Swiss Embassy screened a movie titled 'Heidi' for the students of classes 6th, 7th and 8th on 17th May, 2018. It was entertaining and educational for the children. The film was about a girl named Heidi who, after her parents die, is taken to her grandfather to live in the mountains. Set in the mountains - albeit in a different country - the story with its delightful portrayal of the mountains, simple village life and emphasis on human connections and relationships, was relatable tothe students. They loved it!

FOREST FIRE-FIGHTING WORKSHOP

The Uttarakhand state forest department, which records forest fire instances between February 15 and June 15 each year, noted a rise in the forest fire instances this year by 793 hectors more than the land impacted by forest fires last year. This year 2000 hectares of land has been reported to be impacted by the forest fires.

Like any other disaster, forest fires can be managed, and the scale of destruction be reduced through timely intervention. It was with aim of managing forest fires and reducing the risk of losing acres of precious forest cover and wildlife to fire, that Aarohi organized a two-day workshop in collaboration with the district forest department on 'Preventing and Fighting Forest Fires' on May 16-17.

The workshop was conducted by the Mr. Dinkar Tiwari (SDM, Nainital District) and other officials of the forest department. During the workshop various strategies to prevent forest fires were discussed followed by a day long on ground training on making counter fires, fire lines and trenches.

We hope to create a cadre of local volunteers to fight forest fires to protect our forests from fire.

SCHOOL FARM PROJECT

ABS initiated its farm project started on May 1st, 2018. This involved levelling of land, digging a compost pit and designing of a greenhouse. The children did this themselves under the guidance of Nischal, a volunteer at Aarohi.

Apart from contributing to the construction work of the greenhouse, students were shown the design of the greenhouse and they built a model replica using this design. In the process, they learnt about dimensions and measurements. Students were also taught the English names of the tools and their uses. Tools were then labeled in English. The children know how to make a budget too!

The 6th grade students did a survey to find out vegetables that can be grown each month and the period of its growth. The students, then collected seeds and put them in pits filled with compost. The pots were also labeled.

A beautiful, hands-on method of learning farming plus an exercise in team work, collaboration!

VOLUNTEER SPOTLIGHT

Will and Cora joined us all the way from the UK to help us with training our local youth in working as guides, charting out routes for easy treks, improving health communication and designing online campaigns

Will and Cora shares her experience:

"Volunteering with Aarohi was a truly unique and authentic experience. Living and working in Peora exposed us to new traditions, foods, landscapes, languages, and celebrations. It was inspiring to work amongst a passionate team of people, dedicated to making a difference in Peora and the wider state of Uttarakhand. For example, we saw first-hand how community health projects can improve the lives of individuals, families and communities. We loved being able to engage with the local community and living in a homestay was the perfect way to do this. We are grateful for the support from Aarohi, and we will value our experience for years to come.''

To volunteer with us
Contact: info@aarohi.org

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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