



NEWSLETTER

January - March 2018

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Garima Thareja

EDUCATION OUTREACH REPORT

During the quarter ended March 31, 2018, we introduced new games and resources, focusing on higher cognitive, motor and language skills at the aanganwadi centres. Magnetic boards for letter and number recognition were used enthusiastically by children and it helped them immensely.

New games based on recognition and memory were added to all the aanganwadi centres for increased cognitive development, brain activity, and pre reading abilities. Craft activities like making shapes and figures using collage method and match sticks were shared and children made beautiful art pieces. Since many of the children will be going to primary schools starting next month, we provided children with a pack of worksheets on range of essential skills to help them be school ready. Finally, we conducted an endline assessment in all the centres to gauge children's learning and improvement and the results are extremely encouraging and most of the children were able to do all the tasks assigned to them.



CAMPS AT AAROHI AROGYA KENDRA

In this quarter (Jan18 – Mar18), along with the routine monthly mobile camps, two surgical camps (in Jan and Mar) and one spinal camp in March were held at Aarohi Arogya Kendra ('AAK').

The January 2018 camp saw a great response from the locals with more than 200 patients seen over 3 days and over 15 patients operated.

The team comprised of doctors: Dr. Gnanaraj, Dr. Vengtesh K S, Dr. Pawan Lal, Dr. Priyata Gupta, Dr. Bhuwan, Dr. Deepak Rastogi, Dr. Anita Rastogi, Dr. Purnima Dhar and nurses Sukanya, Bravin , Tamil.

Along with general and gynaec surgeries, this was the first time that patients with renal/ureteric stones got operated here at Aarohi Arogya Kendra(AAK).

Khimuli Devi, a seventy-five year old lady hailing from Sathkhol village was associated with Aarohi for 20 years working as a Traditional Birth Attendant(Dai) in our community health programmes.

In the January 2018 medical camp at AAK, she complained of abdominal pain and gastritis. The diagnosis showed multiple gall bladder stones. She was given symptomatic treatment and on 14th March 2018 she underwent Laproscopic Cholecystectomy at the surgical camp held at AAK. After a speedy recovery, she was discharged on 18 Mar 2018.

She expressed her gratitude for the team of surgeons who, coming from different parts of the country are providing her and many others like her in the area such specialist care right at their doorsteps at minimal charges.



GAS LESS LAPAROSCOPIC ASSISTED VAGINAL HYSTERECTOMY



URETEROSCOPY AT AAK

WOMEN'S DAY AT UMANG

8th of March 2018, witnessed the celebrations of the International Women's Day at Peace Park, TalliMarai, Ranikhet. The event was organized by a group of students of social work department from Don Bosco University, Assam in collaboration with the team at UMANG*. The gathering of 200 women began their celebrations by singing folk songs and prayers which was followed by the lighting of the lamp. The day was packed with awareness campaigns, skits, debates and discussions with regards to the issues faced by the world today: such as "BetiBachao, BetiPadhao", problems during menstruation and girl child rights. Women of Aarohi were invited to contribute their bit in creating awareness about our menstrual hygiene campaign. While the proceedings of

the day observed informative discussions on the integral issues of women development, the folk dance performance by children of a local school and by the Assamese students relaxed the environment and was enjoyed thoroughly by the audience. The day was wrapped up with women dancing to their tunes of freedom along with a cup of chai and ever so festive food "aloo-halwa".

Meanwhile, Aarohi also organised a cozy event for its women employees too on 8th March. From discussions on what would you tell your 18 year old self to what would you do if you became the Prime Minister of India to tell us about a woman/women who you look upto, the answers were motivating, interesting and thought provoking!



***UMANG - is an inspiring network of hill women from various local self-help groups which started the venture as a non-profit called the Mahila Umang Samiti. Based on the success of the pilot initiatives and their clear vision for further growth, they transformed their businesses into a for-profit formally registered Producer Group Company.*

MANAGING MENSTRUAL HYGIENE IN RURAL KUMAON : BREAK THE BLOODY TABOO

Introduction:

The Menstrual Hygiene campaign has completed one year. During the quarter ended March 31, 2018, the mothers and young women and adolescent girls were told about safe, hygienic, and healthy practices to be followed during menstruation. As part of this exercise, trainings were held to make them aware about eco-friendly, simple, hand-made absorbents available in the market.

Cloth Sanitary Pad-Making Tutorial:

A total of 92 mothers and girls from five villages participated in a cloth sanitary pad making tutorial. Ready cut pieces of cotton towels were distributed to the women, and they were taught how to sew together a simple reusable sanitary napkin with wings, using just a needle and thread, and a pair of scissors. While some showed hesitation at the start, watching a few, more joined in. Many women were grateful to have learnt something new and felt a sense of satisfaction in having created something useful in their time spent with us. Some daughters also participated. Those who took part got to keep the pads that they stitched for their own use.

Menstrual Cup:

Five local women have paid Rs.100 each and garnered the courage to try out the menstrual cup. Three of them are Aarohi staff belonging to nearby villages, and the other two are Babita, an ASHA from Sunkot and Manju, a local woman from Khansyu. If the cup is a success, it will be a big step, as it will considerably help us in our quest to reduce skepticism and promote its use in the region.



VOLUNTEER SPOTLIGHT

Garima Thareja, a graduate diploma in Fashion management from the London College of Fashion, helped us with an independent class observation of our classes (aanganwadis) in our education outreach programme and profiling of teachers at Aarohi Bal Sansar.

Garima shares her experience:

“My experience at Aarohi is what I call a reality check. One month passed with a blink of an eye, but the experience in my heart will last for a lifetime. Visiting aanganwadis and interacting with small children, understanding how they view the world from notorious and utterly fresh view was a blissful experience. Teachers at Aarohi Bal Sanasar inspired me in ways I never thought was real until I met all of them. I take back with me a believe that nothing is impossible and that happiness lies within you. But most importantly, you don't need a lot to be happy in life.”



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.

Village Satoli, P.O Peora, District Nainital, Uttarakhand - 263138, INDIA
Phone: 09758625455 | Email: info@aarohi.org | Website: www.aarohi.org



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