



Aarohi

# NEWSLETTER

July to September 2019

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# INDEPENDENCE DAY EVENT



Aarohi Bal Sansar teachers and students came together to organise an annual cultural festival and presentation on India's Independence Day.

Students and teachers at ABS were seen putting their energies into creating a fun-filled cultural event for not only the parents but also the community. Important messages about cleanliness, the diversity of our country to inclusiveness and appreciation for all cultures were portrayed on-stage, through theatre, dance and songs.

It is not just the final showcase of talents and hard work that counts but most importantly the process a child undergoes for self-learning while preparing for an event, such as this.



## LET'S TAKE A SHOT!



When legendary actor and comedian, Gurpal Singh, visited Aarohi Bal Sansar, there was palpable excitement all round. Mr. Singh conducted a session on 'acquaintance with the camera' for primary and upper primary kids. His idea was to familiarize kids with the camera-as a simple gadget that can be used by all so that they don't feel overwhelmed by it. According to him, once the kids are comfortable with this gadget and understand its working, they present them selves as they are.

All kids were made to sit in a circle and were introduced to the basic working of camera-focus! capture! develop! Some of the kids were given the camera to capture a small video. Thereafter, a small snippet of each kid was captured. Kids thoroughly enjoyed the session and looked forward to Gurpal's next visit.



# EDUCATION OUTREACH PROGRAM UPDATES

After two successful years of implementation of our Education Outreach Program in Ramgarh and Okhalkanda Block, we have now entered the third year of the Program. This year we are working with 10 aaganwadi centres, 4 government primary schools and 6 government upper primary schools, with the aim of improving the quality of education and developing children's skills in a variety of areas and subjects. Our work with pre-schools, primary schools and upper primary schools is completely in sync with the New Education Policy 2019 since we are focusing primarily on developing children's foundational skills and from there building on higher skills through experiential learning along with increasing children's confidence and self-expression. In the next few months, we are gearing up for more exciting engagements with teachers, children and the government departments. Stay tuned!



# ACCESS TO FAMILY PLANNING AND CONTRACEPTION



Radha Devi, age 26, lives in Bagore village with her two children, husband and in-laws. Radha has lost two children in the past due to complications arising out of frequent pregnancies. When she conceived for the fourth time, a Village Health Worker from our Women's Health Resource Centre ('WHRC') visited Radha and advised her on care and nutrition. Radha also visited our Mobile Medical camp ('MMU'), where she underwent an ultrasound, which turned out to be normal. However, the visiting gynaecologist stressed to her about following a healthy diet.

Five months later, when Radha visited our MMU camp, the visiting gynaecologist found that Radha was still anaemic and had also lost weight. Aarohi's Village Health Worker, went to Radha's home to counsel her family about her poor health condition and the importance of rest, healthy food and nutrition for Radha during her remaining days of pregnancy.

In the following month, one day, Radha, started bleeding and Aarohi's Trained Birth Attendant was called for help. She delivered a pre-mature baby, however, owing to the child's weak condition, it could barely survive for an hour, even before referral arrangements could be made.

This incident left Radha and her family distraught. On the advice of our Community Health Nurse and Village Health Worker, Radha and her husband visited our MMU camp and learnt of various choices available for family planning from the visiting doctor. They chose a temporary method, while Radha re-gains her strength and improves her well-being.

*Ready access to good quality care is a key to the success of family planning and related reproductive health services. An estimated 232 million women who want to avoid pregnancy are not using safe and effective family planning methods, for reasons ranging from lack of access to informationv services to lack of support from their partners or communities (UNPF, 2019).*



# HEALTH HIGHLIGHTS

**300**  
**PARTICIPANTS**

## SWASTHYA MELAS

In the month of September 2019, two Swasthya Melas were organized in Rikhakot and Lowad Duba villages of Okhalkhanda block, Nainital. More than 300 participants were benefitted by these melas.

**MORE THAN**  
**80**  
**PATIENTS**

## SURGICAL CAMP

Aarohi Arogya Kendra (AAK) conducted its quarterly surgical camp in the month of August 2019. More than 80 patients were screened in this camp and a total of 9 patients were operated for their surgical needs.

**MORE THAN**  
**1727**  
**PATIENTS**

## MOBILE MEDICAL UNIT CAMPS

In this quarter, we conducted 24 successful Mobile Medical Unit camps where 1,727 patients were benefitted from across 105 villages.

**117**  
**SCHOOL CHILDREN**

## QUARTERLY HEALTH CHECK-UP

In the month of August 2019, AAK conducted quarterly health check-up of 117 school children.



# AAROHI HAS LAUNCHED NEW GIFT COMBOS, THIS SEASON

PLACE YOUR ORDER NOW



**THE GRAND  
GIFT SET**

Rs.  
**600/-**



**FEEL LUXURIOUS  
GIFT SET**

Rs.  
**600/-**



**THE FABULOUS  
SCRUB SOAPS  
GIFT SET**

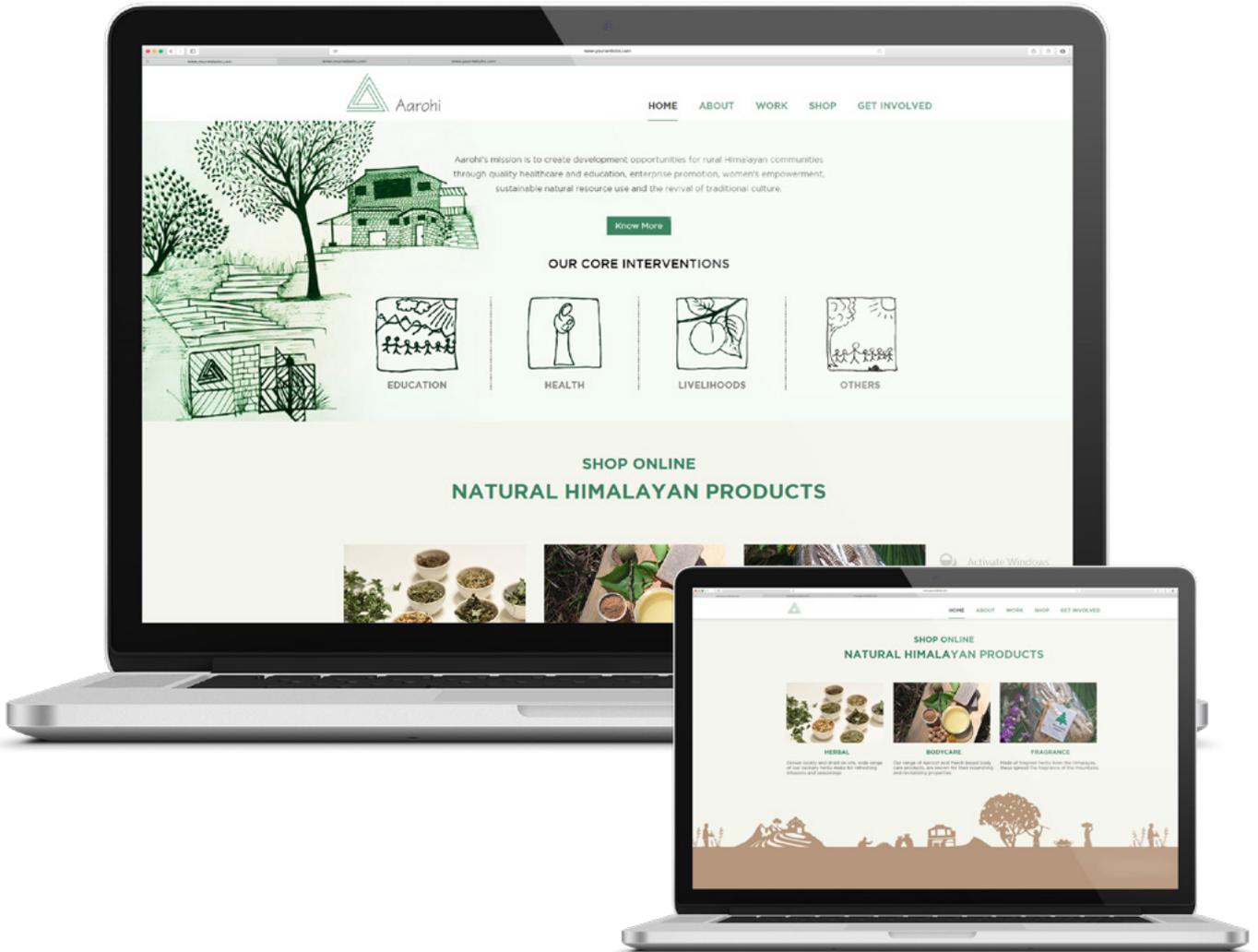
Rs.  
**475/-**



**THE BEAUTIFUL  
GIFT SET**

Rs.  
**550/-**





# AAROHI'S WEBSITE HAS UNDERGONE A MAKE-OVER!

GO CHECK IT OUT NOW



## WWW.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](mailto:info@aarohi.org)

## DONATE ONLINE!

We have partnered with GlobalGiving offering an easy and safe platform for online giving. **Go to [www.globalgiving.org](http://www.globalgiving.org) and search for 'Aarohi'.**

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## 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.

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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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