



A Visit to Post Office, Peora

NEWSLETTER

October to December 2019

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A VISIT TO POST OFFICE, PEORA



The students of class 3 and 5 took a trip to a local post office in village Peora as part of their classroom study on 'Journey of letters'. They were sufficiently oriented before their trip and were encouraged to prepare a list of questions that came to their minds when they thought of a "post office".

On a cool December morning, as they made their way to their post office, they noted little landmarks and shared questions coming to their little smart minds about sending and receiving of information. On reaching the post office, they were welcomed by Mr. Nandan Singh Bisht, Dak Sevak. Mr. Bisht provided the children with basic information about the need and functions of a post office and a post-master. He also patiently answered all the questions put forth by the kids. Afterwards, Mr. Bisht took the kids for a walk inside the 115-year-old post office building. The kids enjoyed their visit and learning outside of their classrooms.

THE GRAMEEN HIMALAYAN HAAT, 2019



Uttarakhand has a history of folk culture, folklore and handicrafts that are unique to the region. With the changing social environment and increasing aspirations, this uniqueness is getting lost. The Grameen Himalayan Haat was initiated 18 years ago, to revive this distinctive culture and to promote local handmade products and talent. This annual fair has gained popularity not only amongst locals, but also amongst tourists.

This year, the Haat was inaugurated by Ms. Radha Bhatt, President, Kasturba Mahila Utthan Mandal, Kausani. Radha Didi gave a powerful speech in which she highlighted the drawbacks of consumerism and personal ambition which has diluted the social and environmental structure. Radha Didi called for the realization of a self-reliant village and expressed that this was possible, if all of us worked towards it.



Following her address, children of Aarohi Bal Sansar regaled the audience with an entertaining performance!

The highlights of this year's Haat were:

- NEKI ki Dukaan - Second-hand items in good condition collected through a drive in the neighbourhood were sold - which went down well with the locals
- Face painting - An impromptu face painting session was organised by our team for the kids, much to their thrill
- A stall was set up to highlight traditions of Kumaon through costumes, food and art forms. We also offered a 'selfie corner' for those who wanted to try out the traditional dresses of Kumaon, this stall remained the center of attraction.
- Professor Shekhar Pathak, an Indian historian, writer and academician from Uttarakhand joined us for the closing ceremony. He danced to the tunes of choliya and helped us judge the winners of a chutney competition made using local ingredients. He stressed to all, the need of stemming migration, to take pride in what Uttarakhand has to offer.
- Chitra Nandan, a whiz at making utility products out of waste material conducted workshops over two days for children and adults.



IMPACT - HEALTH

About 30% of the global burden of disease can be attributed to surgically treatable conditions. This figure is more than the combined global deaths caused by HIV, tuberculosis (TB), and Malaria. The most important factors affecting access to surgery are geographical access and ability to pay.

Sumati lives in Hari Nagar village. She had complained of stomach-ache for about one year. Eventually she had to be admitted to a hospital in Nainital. The doctors advised her to have an operation to remove her uterus. As the family was poor, she was unable to bear the expense of the surgery. When her condition got worse, she visited the Mobile Medical Unit (MMU) camp. The camp physician provided immediate care and informed her about the low-cost, quality surgical camps conducted by AAK.

Sumati was operated on successfully in our October 2019 surgical camp. She went home, a happy woman.



INQUIRY-BASED LEARNING



At the very initial stage of our project ‘Contextualising Education with Farming and Ecology’, an activity was conducted with Upper Primary students wherein with the help of Inquiry-based approach, students were encouraged to think and ask questions on certain themes from their immediate environment. This list of questions was compiled and shared with team members. Some of the outcomes of the activity were developing thinking skills, framing of questions from their surroundings and understanding of a concept. Most importantly we got to know exactly what kids wanted to know or learn. The approach is an active form of learning where a learner can identify a gap, or a problem by himself and pose an inquiry around a theme.

An assortment of questions asked by the students asked are given as follows:

1. The moon also produces light without any human efforts why can't we use that light?
2. how are we able to see when light is on?
3. why can't we catch hold of light?
4. who coined the term jungle?
5. why don't stars sparkle on earth?
6. why are stars so far?
7. why do we feel hungry?
8. why is sky blue?
9. who named different seasons?
10. how is a mountain made?
11. where does water come from?
12. what is soil made of?
13. why doesn't plastic decay?

These questions and more are one of the many aspects that will form the base of our content development exercise in our ‘Project’.



CLUBS FORMATION

We started four clubs at ABS from November 2019 with the following objectives:

1. The idea of creating ‘School Clubs’ originated while discussing solutions to aspects of Creative Teaching-Learning at ABS.
2. These School Clubs shall provide a free and open platform to kids in fields of their choice and interest. Through these clubs we look forward to witness ‘learning outside Classrooms’.

The clubs we formed and the activities we carried out are given as follows:



STEM (Science, Technology, Engineering and Math) -

This club is related to research, developing stuff using waste materials. The club promotes the interest of science among students. The children have so far tinkered successfully with making a “robotic hand” and a “light bulb”.

Movie -

In this club, the children watch inspiring and informational movies and then discuss the highlights of the movie. Movie clubs

improve young children’s imagination and creativity as it also improves speaking, listening discussion and social skills. They watched movies such as “Madagascar”, “Nil Battey Sannata” and “Coco”.



A THEATRE CLASS IN PROGRESS

Theatre -

This is the club for all theatre enthusiasts. The club envisages developing the self-confidence of the child, improving his/her presentation skills. It provides much more than just academics and fills his/her life with imagination and dreams.

In this club, the children did role plays of characters in a hospital, railway station, bus stand, school – they learnt nuances of emotions, speech and acting. They entertained their audience with funny skits and drama!

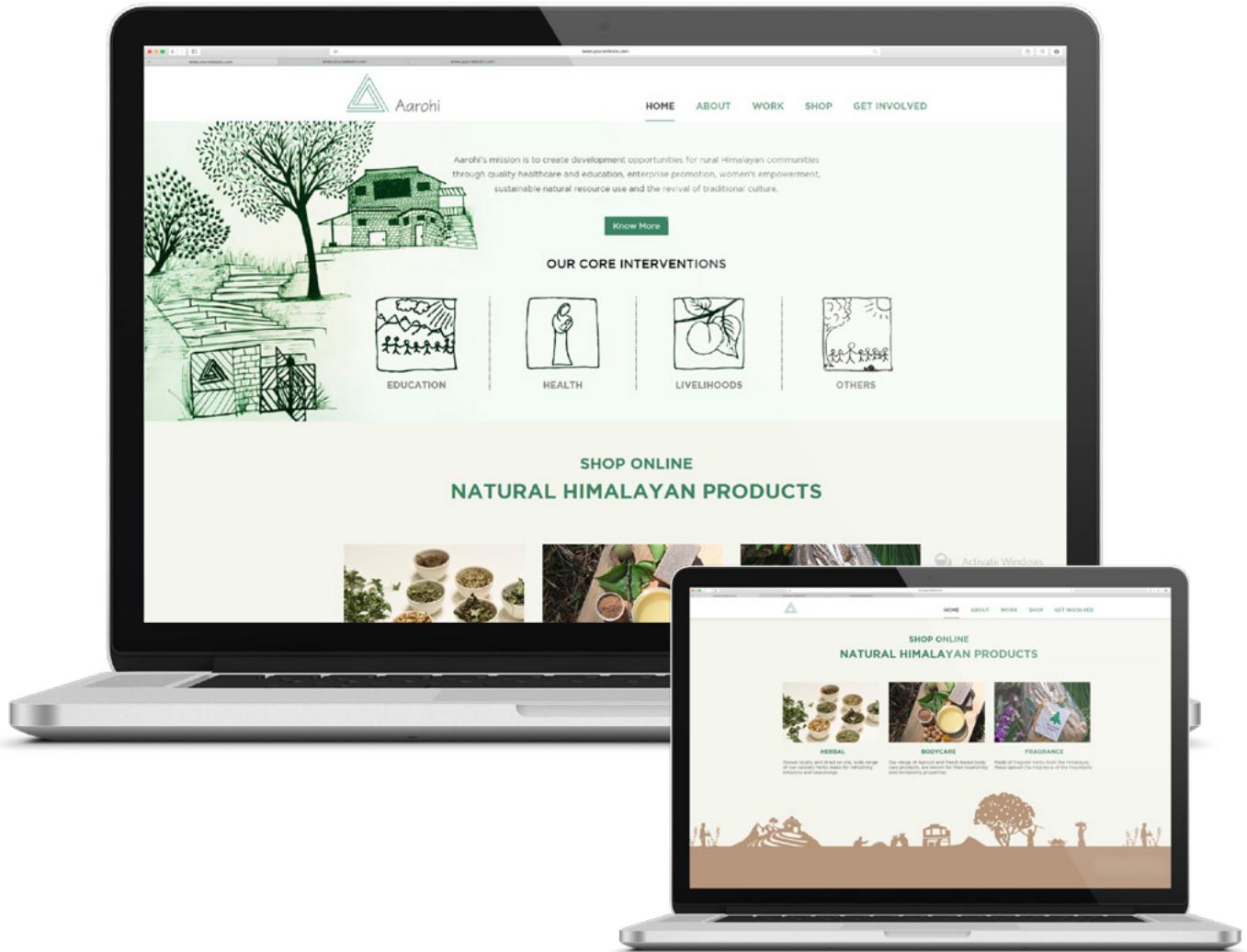




A BUSY COOKING CLASS!

Cooking -

A variety of food dishes have been created in this club to teach children names of pulses, herbs, spices and nutrition. Cooking with kids is a great way to educate them about good nutrition, what's in season, planning and preparing meals, and reading food labels. It can encourage them to eat healthy foods, especially ones they may normally refuse to try. The children made a variety of dishes including soups and omelettes.



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

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 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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