



Aarohi



NEWSLETTER

April-June 2021

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Dear Donors, we could do so much more because of YOU!

HIDDEN WARRIORS DURING PANDEMIC: EFFECTIVE FRONTLINE WORKERS IN RURAL HIMALAYAS

Rani Devi, 29 years old, a resident of one of the most remote villages- Bhumka (under Nai WHRC) was found pregnant during the home visits by Aarohi VHW. Her Husband is a farmer and receives seasonal work labor. Rani manages all household and field chores right from cooking food, getting timber from the forest to collecting fodder for the cattle. This mother of six girls, against her will, but in desperate urge for a male child, conceived for the seventh time and hence it was a high risk pregnancy. She started feeling labour pain and uterine contractions before the expected date of delivery. When taken to Aarohi's MMU Camp, the gynecologist examined her. Low Blood pressure became a threat to both the mother and the child. She was immediately directed towards a hospital for safe delivery where she delivered a healthy girl child. Although we were happy to save both the mother and the newborn, Rani Devi was clouded with severe mental trauma of having a seventh girl child.

The WHRC team continued to support Rani Devi through PNC visits and telephonic consultations with the gynecologist which helped her deal with not just physical



discomfort but also mental trauma. The team approached the village leaders and discussed the family condition to help Rani Devi. It was decided by the parents that they wanted to donate the baby. Village heads and multiple agencies helped in facilitating the adoption process. We wish Rani Devi a healthy and happy life ahead.



INTRODUCING NEW HERBAL TEAS !!!!



Aarohi livelihoods team has successfully launched two new herbal teas- Nettle Tea and Rhododendron Tea. Nettle Tea has been curated from Stinging Nettle, a naturally occurring plant in Himalayan region. It possesses high amounts of iron and vitamin C. It is also believed to improve the body's absorption of iron and alleviate anemia. Rhododendron Tea is prepared from the petals of naturally occurring Rhododendron Flowers. It possesses immense health benefits like prevention and treatment of heart diseases, dysentery, diarrhea, detoxification, inflammation, fever, constipation, bronchitis and asthma.



TEACHING-LEARNING SCIENCE DURING PANDEMIC



Science teachers at Aarohi Bal Sansar attended a science workshop organised by Sri Aurobindo Society, Madhuban. The workshop focussed on the importance of 'learning-by-doing' especially for a practical subject like Science. Various techniques for approaching model-based learning were discussed and tried out with the participants. The teachers practised around 45 activities from a simple science kit provided by the organisers. It was decided by the participants that kids should conduct practical sessions at least twice a month to promote self-learning. It was quite an enriching experience for science teachers to explore online mode of practical teaching during the time of pandemic.



AAROHI'S NEW INITIATIVE- SUSTAINABLE RURAL LIVELIHOODS PROGRAM



Aarohi initiated a project in partnership with Bajaj Auto Limited. This project, in consultation with the Chief Development Officer, Nainital, focusses in three targeted development blocks of Nainital district. Six Community Based Organizations (CBOs) have been formed in three Blocks. The project team is currently represented by 92 members with 30% of women members. Under some initial activities, certified seeds (*Madua, Maadira, Makka, Ramdana, Gahat*) have been distributed to 70 farmers. This is to be sown in 2.25 ha area.



MERE SAPNE, A CASE STUDY FROM VILLAGE SUPAI



My name is Daya Jadaut. I come from a small village called Supai in Almora district. I completed my graduation from Almora through the support of Aarohi's Scholarship Program. I am currently exploring health related work with Gramin Utthan Samiti in Bahadurabad block of Haridwar. This is my first job and it demands relationship-building skills in order to work with the community. Initially, it was a challenge for me to engage in conversations with the people. But slowly, as I could apply the learnings from 'Life Skills' workshops conducted by Aarohi, I became more and more comfortable. Now, I love to go out in the field areas and work with girls, pregnant women and children. While working with them, I share my learnings from Life skills workshops and it helps them in effective communication.

Thanks to Aarohi's Scholarship and Life Skills Program to help me move forward in life.

Daya Jadaut

Village Supai
Almora (Uttarakhand)



DEAR DONORS, WE COULD DO SO MUCH MORE BECAUSE OF YOU!

During the second wave of the Covid-19 pandemic, Uttarakhand had been severely hit. Rural mountain communities, especially in the interiors, suffered the brunt of inadequate medical care. It was during these testing times that Aarohi was supported by donors from across the nation to continue providing best possible primary health care. The generous donations and material support provided timely covid relief to the needful rural communities in Uttarakhand.

DIRECT FUNDS WERE RECEIVED BY

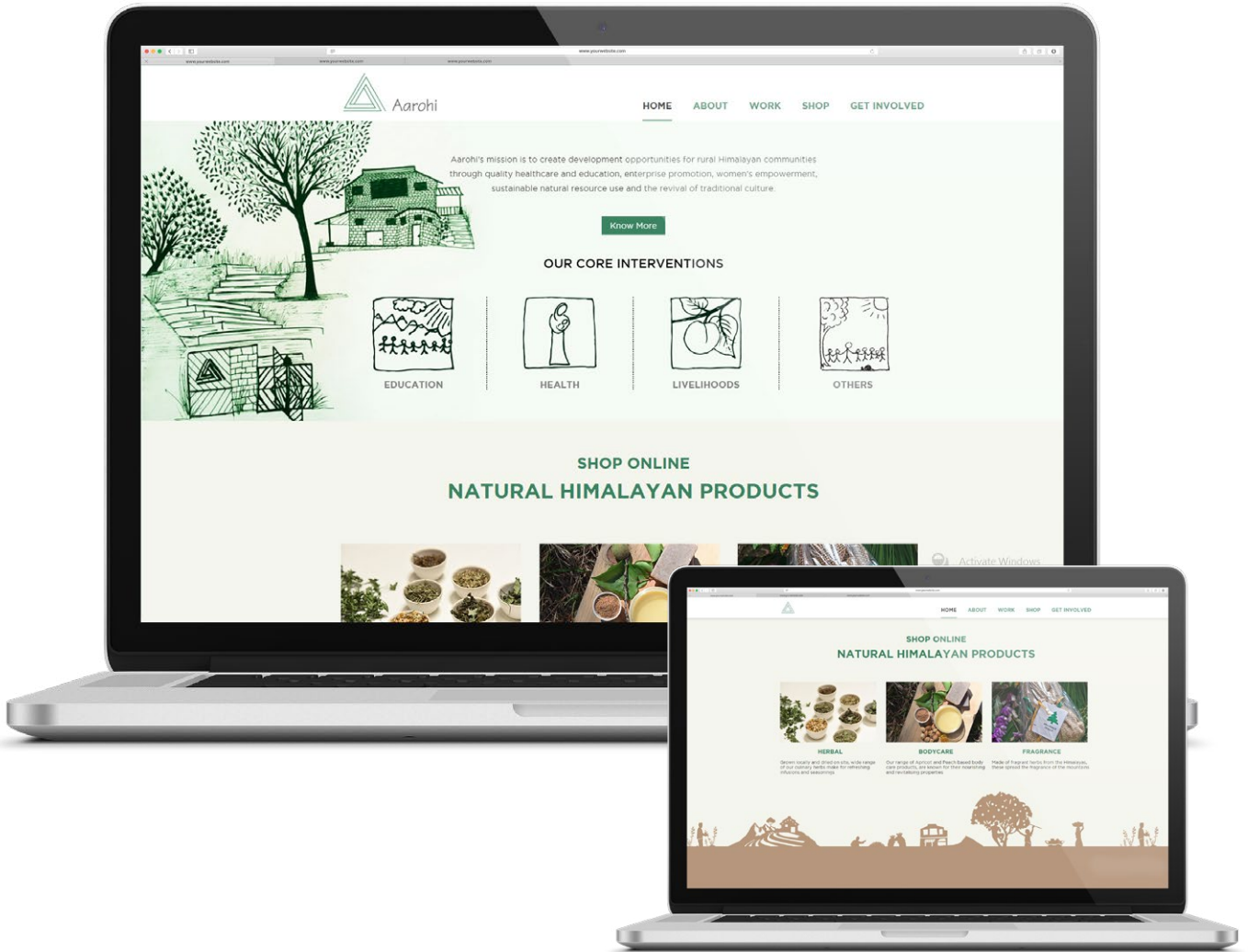
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COVID RELIEF MATERIAL SUPPORT WAS PROVIDED BY

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- Theatre Garage Project, Delhi
- Mr. Saurabh Bahuguna
- Dr. Punam Bajaj
- Ms. Arti Jaiman

To dozens of other supporters and well wishers, a big THANKS for helping us move forward with our dream of healthier and happier lives in the mountains.





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 Global Giving 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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