



NEWSLETTER

July-September 2021

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HAPPENINGS @ VILLAGE SUPAI

Menstrual Hygiene Matters!!

Under the HKT Memorial Program at Supai, we have now started a new initiative. We will be conducting a series of sessions for the adolescent population to tackle the reproductive health of adolescents and menstrual hygiene issues in the six intervention villages. Menstrual hygiene and awareness among both the genders and sustainable menstruation is the emphasis of this initiative.



Math Workshop

A mathematics workshop of students in 6th standard and above was organised by the principal of Aarohi Bal Sansar. This three days workshop began with twenty three participants each day. Before the beginning of the session, a baseline assessment was conducted and during the course, midline and endline assessments would be conducted to measure the improvements in Mathematics subject understanding.



TEACHER WORKSHOPS @AAROHI

Sanskrit Workshop

Aarohi Bal Sansar staff and senior students participated in a week-long Sanskrit Language Workshop organised by Aurobindo Ashram. An initiative has been started to spread the essence of Sanskrit to create a community that is inspired by the language of its culture. A lot of Teaching-learning aids around Sanskrit language were also shared by the facilitators before the commencement of the workshop. It was a delightful experience for the participants and they are eager to take it forward.



Teacher Development Workshop

Aarohi Bal Sansar staff attended another week-long workshop on 'Teacher Development' at Madhuban Ashram, Ramgarh. These sessions focussed on current challenges in online teaching and deeper understanding of the New Education Policy 2020. As per the participants, each day of the workshop was full of creativity, imagination, innovation and information.

Theatre Workshop

20 teachers from Aarohi Bal Sansar and Chirag School came together for three days of fun-filled workshops on using Theatre-in-Education tools in their subject teaching. Teachers explored the nuances of dramatics like body movement, voice modulation, imagination, creative thinking etc. This workshop was organised as a joint effort by the Education Team at Aarohi and Theatre Professionals, a Mumbai based TiE group. The participants were excited to try the activities with their learners and also try other variations



EXPERIMENTS @ AAROHI LIVELIHOODS PROGRAM



In the community based model of Livelihood Promotion, The Foundation day of Aarohi was celebrated by planting fruit trees in all the three blocks of program intervention and also providing training on plantation techniques. 2781 fruit trees were distributed among 417 farmers in the three blocks in the month of August. Demonstrations on line sowing of herbs and spices were conducted. Collection of garlic from the community was initiated as a marketable product - garlic pickle and dried garlic through the cooperative formed under the Sustainable Rural Livelihoods program. 686 Kgs of garlic seed was distributed among 449 farmers from all the three blocks.

In the Institutional model of Livelihood a week-long training on soap, cream and lip balm making was conducted for ILSP (Integrated Livelihood Support Programme) in Pithoragarh district. In this training 20 participants from various communities from the Pithoragarh district were trained.





Product development: Using herbs and other farm produce, 20 new soaps were developed in the LPP unit. All these products were tested for its quality and proportion of content. These products are now ready for market. Development of packaging is in progress.

In enhancing the quality of apricot scrub for various skin care uses, addition of naturally grown, handpicked herbs were tried. By adding these herbs 4 different kinds of body and hair conditioning scrubs were developed. These newly developed products are now available for trial and packaging development. Three varieties in Apricot oil also have been developed, by adding the various essential oils.



HEALTH HIGHLIGHTS

Another COVID-19 Vaccination camp was organised and successfully regulated by Aarohi, in partnership with the Health Administration. People from nearby villages benefited from the camp.



Mobile Medical Unit camps are playing a vital role in improving the maternal and child health of the hard-to-reach mountain population. Geriatric patients continued to visit the monthly MMU camps to access their routine health check-ups and medicines. Our team has successfully completed September 2021 MMU camps.



Aarohi Arogya Kendra has been successful in bringing modern surgical techniques to the rural mountain region. After a break of 18 months, we have resumed our surgical work benefitting the needy and poor families.





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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