



Aarohi



NEWSLETTER

October-December 2021

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HEALTH HIGHLIGHTS

Amid the second wave of the Pandemic and severe lockdown situation, Aarohi health team continues to perform to its best in providing access to quality primary healthcare and emergency services to the rural mountain population round the year. Along with the visiting doctors, and support of our Frontline health workers it was possible to respond to the uncertainties. Our doctors and paramedics played an important role in early identification and appropriate referrals. Patients from far away villages visited the clinic for emergency medical services. Apart from the Pandemic response, our team also responded to the cloudburst disaster that happened in the month of October 2021 in the region. After a break of seventeen months we managed to resume our surgical work at our cottage hospital.

Community Health programme - Village level Mother's group meetings

S.No	Indicator	Oct 2021	Nov 2021	Dec 2021	Total
1	Topic discussed	Nutrition and covid precautions	Family planning and covid precautions	Kangaroo Mother Care practice, Pneumonia and covid precautions	
2	Total Meetings	18	33	35	86
3	Total Participants	206	366	396	968

Aarohi has been implementing the Community health program in the Okhalkanda block of Nainital district since 2010. One of the main objectives of the programme is to promote better health of mother and child, to create health awareness and to build their capacity. Monthly mother's group meetings are being conducted in each of the 50 intervention villages every month. Pregnant women, lactating mothers, mothers of children from 0 to 5 years and adolescent girls constitute the Mother's group. The mother's group meetings are an open platform for women and girls, in which all of them can share their health related queries, discuss new health topics and also get information related to it.



- The Aarohi Arogya Kendra continues to provide its services on all days in the week. Dr. Bula Roy, Dr. Mukul Bisht and Dr. Puneet provided their services during this period.
- Organizing of Covid-19 vaccination camps for tenth consecutive month
- Quarterly health screening of Aarohi Bal Sansar (ABS) children
- Successful completion of the annual residential capacity building workshop on “Reproductive, Maternal, Newborn, child and Adolescent Health” (RMNCH+A), for 33 participants
- The Mobile Medical Unit (MMU) conducted 18 camps against 24 scheduled camps in the last quarter. 10 OPD camps in the Okhalkhanda block and 3 camps in the Ramghard block were conducted
- About 1200 home visits each month through 7 Women’s Health Resource Centers

We thank all our funders and individual donors for the kind support which they are providing us to bring quality healthcare services to rural mountain communities.



HIGHLIGHTS FROM THE INSTITUTIONAL MODEL – LIVELIHOOD PROMOTION PROGRAMME

This quarter was dedicated to development of new products from hair nourishment and acne treatment. An apricot hair mask was curated for natural dandruff treatment and hair conditioning. Another product being apricot-nettle face scrub for naturally treating the acne, black heads, tightening and exfoliating of the facial skin. Both these products are under trial and results are awaited. New marketing linkages have been developed in partnership. A Small batch of about 60 soaps was developed with Marigold. 8 women from the village participated in this initiative.



Community Based Model: Sustainable Rural Livelihood Program

Fruit plants were distributed among 107 farmers. A total of 1200 fruit plants including Apricot, Plum and Kiwi were distributed in the two development blocks.

Water tanks with 1000 ltr capacity and pipes for rainwater harvesting and quality irrigation, controlling the wastage of water were distributed among 156 farmers in Dhari, Ramgarh and Okhalkanda developmental block.

150 farmer families were given a kit of quality vegetable seeds. In parallel the farm products worth Rs. 100000/- were purchased from the farmers. This resulted in production of 200 jars of Malta Marmalade and development and distribution of 70000 onion plants.



MATH DAY CELEBRATION @ABS

On the occasion of Mathematics Day, the upper primary learners at Aarohi bal Sansar came together to prepare and present various Mathematics models from around their lives. The learners, facilitated by the subject teachers, not only worked in teams to understand a mathematical concept but also prepared the presentation from scratch. The kids were seen addressing the questions and explanations with confidence. The parent community also joined in to get a glimpse of the child's learning around the subject. We look forward to organizing and conducting more such occasions in the future.



RESPONSE TO UTTARAKHAND FLOODS

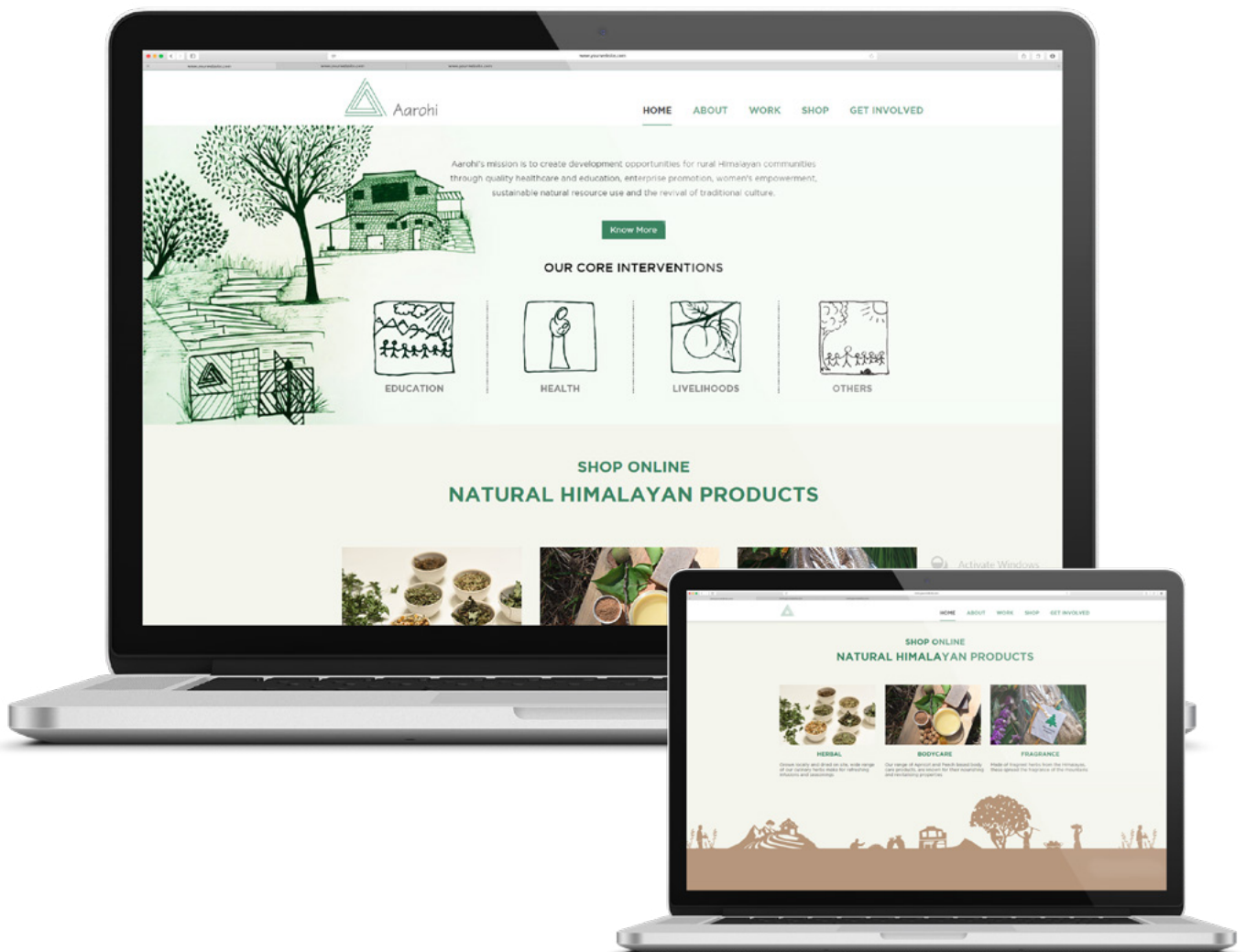


October 2021 witnessed record-breaking heavy and unprecedented rains in Uttarakhand. 10 of Uttarakhand's 13 districts recorded between 100 and 500 millimeters of rain. The Kumaon division of the state has been especially affected. Ramgarh Block, Nainital District has registered heavy losses to life and property due to the rains.

During the recent floods, many villages in Kumaon have experienced huge damages, especially landslides due to excessive rains, causing the washing away of several houses. These land-slips and debris falling from the mountain slopes added to the trouble, forcing families to leave their damaged houses and find shelter in the neighborhood .



In such sensitive times, many people seek help from all those who are keen on contributing to their relief in some way. Aarohi, in collaboration with other NGO, like Khushi, provided assistance through relief material distribution. This was done after visiting the sites to assess the intensity of structural damage. In addition to this, three main linking paths from Chatola to Satkhola village; Naulikan to Peora village and Dyari village are being repaired, benefiting around 279 households.



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 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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