



# NEWSLETTER

April-June 2022

## Inside this Issue

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Workshop on 'Saving Amphibians of Nainital Himalayas'

The International Yoga Day celebration at ABS.

Aarohi Health Programme

Beautiful mountains and broken bones - a peak behind x ray films

Pappu, A Migrant Labor

Understanding Rural Realities - Village Immersion activity of Social Sciences students.

Celebration at Aarohi's Regional Office, Village Supai

Building a community of mindful teachers in rural Kumaon

# WORKSHOP ON 'SAVING AMPHIBIANS OF NAINITAL HIMALAYAS'

The Rufford foundation organized an awareness programme on *Saving the Amphibians of the Nainital Himalayas* for the students and the teaching staff at Aarohi Bal Sansar. A two hours long interactive workshop was facilitated by Vishal and Dhvani that talked about the research of endemic amphibians, their importance, natural history and threats that the amphibians are facing in the Himalayan landscape. A fun session around frogs was done with kids where frog's pictures, audios and videos were used to help kids not only connect with the amphibians in their immediate environment, but also find fun in learning about their surroundings.



# THE INTERNATIONAL YOGA DAY CELEBRATION AT ABS.

The centuries old practice of wellness was celebrated with full enthusiasm at ABS. The event was organized by Aarohi in collaboration with the Jagmohan deen dayal gramin swarozgar sanstha, the Bhagta bharat, the Sheetla hills and the Nehru youth Kendra. The session was held in the school premises of ABS, students from classes 3rd to 8th, the teaching and non-teaching staff of Aarohi, and the local villagers along with the BJP mandal president, Ramgarh Mr. Kundan chilwal, Dr. Pankaj Tiwari executive director (Aarohi), head of village panchayat (Satkhol) Mrs. Sunita nayal and Mr. Harish nayal took part in the celebration, under the theme “Yoga for Humanity “. The patanjali yogpeeth trainer Mr. Harish sanwal demonstrated various yoga asanas followed by omkara chantings, warm up exercises, sitting and standing asanas were performed.

## AAROHI HEALTH PROGRAMME

Timely access to surgical care is essential to reduce death and disability from surgical conditions. 28% - 32% of the global burden of disease can be attributed to surgically treatable conditions (The Lancet Commission on Global Surgery).

At Aarohi Arogya Kendra, we have completed one more successful surgical camp this month benefitting the needy rural mountain communities. Surgeons and medical students from Maulana Azad Medical College (MAMC), New Delhi and Association of Rural Surgeon of India (ARSI) also took part in this camp.

**Total Patients screened during the camp: 124 | Total Surgeries done: 11**

**Types of Surgeries done: Cholecystectomy - 5, Lithotripsy - 2, Pyelolithotomy - 1, Inguinal Hernia - 1, Dermoid Cyst removal - 1, Parotid Cyst removal - 1**



# BEAUTIFUL MOUNTAINS AND BROKEN BONES - A PEAK BEHIND X RAY FILMS

Our beautiful hilly terrain, and struggles with the last mile connectivity also mean more slips and falls. Mushrooming constructions targeting the expats looking for a permanent or temporary home in the mountains with very little safety regulations also mean more work related injuries. Unlike tribal villages elsewhere, traditional bonesetters here had almost become a thing of the past. Aarohi Arogya Kendra (AAK) houses the only X-ray machine in the area and manages a complex array of fractures, sprains and dislocation. Our elastic bandages, plaster of Paris slabs and casts, pain medications and contextual advices towards rehabilitation would be sufficient to assist the healing process and regain full functionality for most of the people but not for all as was the case in the following scenarios



# PAPPU, A MIGRANT LABOR

Pappu, two years before, in his early twenties, was forced to seasonally migrate in between the reaping and sowing seasons with his wife and a toddler from his home village in Dailekh district of Nepal in search of a better livelihood. Uttarakhand was a preferable destination as it shares a common history, geography and culture to a greater extent than places with opportunities in Nepal. In villages around Satoli the construction industry was booming and he already had his relatives working here as laborers in multiple construction sites.

One evening, on his way back from back breaking work, Pappu tipped over a drum of tar and was unable to walk. He was carried to AAK where the X ray film showed multiple fractures on the proximal right tibia without apparent articular surface involvement. Sensing the danger of a mal-union and fearing the consequences a deformed leg may cause to Pappu's lifestyle, he referred to the nearest tertiary care center. Overnight the pain worsened and with no one to navigate them through the complexities of a medical college, they decided to abscond to the comfort of their home early in the morning. Pappu decided to take away the cast and apply a familiar tree resin for the pain and swelling, wrap it up with a cloth and also decided not to put any weight on his injured leg to help bone healing.

Over a couple of home visits we were able to facilitate a community health action enough for Pappu to regain some trust in the modern medical system. By then, about 4 weeks had passed, his pain and swelling had almost gone, there was sufficient callus formation, bones were uniting with a minimal Varus deformity. Upon tele consultations with our trusted orthopedic consultants, we decided to go conservative and try a closed reduction under IV sedation to maximum possible perfection and put on a long leg cast. Even after the procedure a minimal Varus deformity remained. We now hope that the minimal deformity won't hamper Pappu in his future life. Pappu went back to his home village for the harvest season hoping to get well enough to return back to his land of opportunities aka Kumaon.

The stories of X-ray films to be continued in the next newsletter.



## UNDERSTANDING RURAL REALITIES - VILLAGE IMMERSION ACTIVITY OF SOCIAL SCIENCES STUDENTS.



Yamini, Devki and Vibushita, three young postgraduate social sciences students from Azim Premji University, Mangalore as a part of their academics completed their month-long village immersion activity during the month of May 2022. They have identified Nai - one of our intervention villages located in the remote part of Okhalkanda block, Nainital district. The village immersion activity helped them to understand the realities of rural areas in terms of access to quality education, quality of healthcare, environmental issues and Gender dynamics at community level. At Aarohi, we continued to provide opportunities and facilitate the learning/unlearning process for the students from different parts of the country.



# CELEBRATION AT AAROHI'S REGIONAL OFFICE, VILLAGE SUPAI



On 15th April 2022, the annual festival of the village Supai, Almora was celebrated with great enthusiasm. Honorable MLA Shri Manoj Tiwari ji joined the festival as a chief guest. The village community and nearby villagers joined the celebration where Aarohi's initiatives were shared with the villagers- life skills education, sports



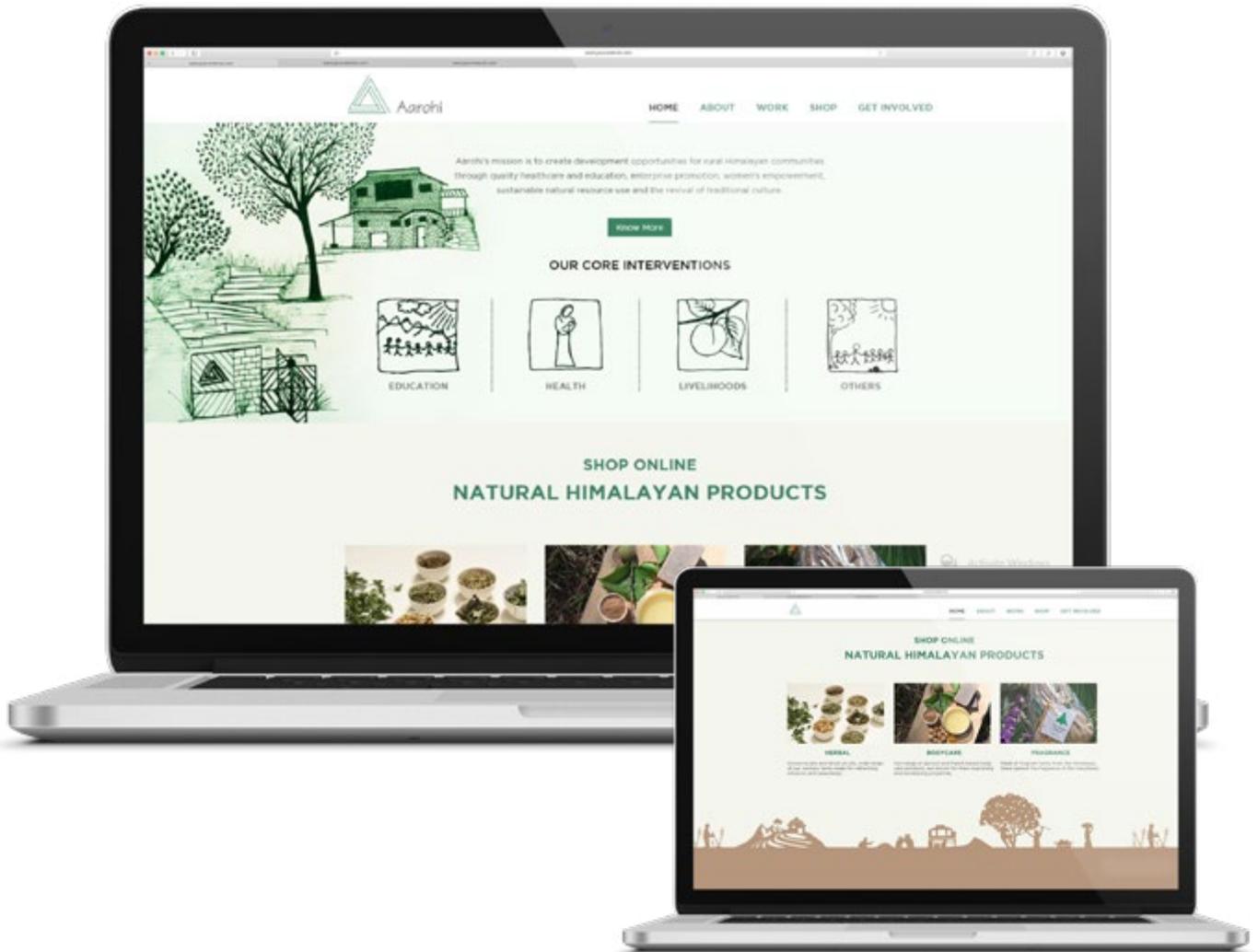
exposure, mother-child health care, personal hygiene workshops, math and science sessions etc. The details of the upcoming Van Panchayat project and the Health care programs were also shared with the community for their support and suggestions. The student benefited from the scholarship Daya Jadhaut narrated his journey. MLA Shri Manoj Tiwari, the Chief guest and Shri Kalyan Man Koti, the Chairman of the program, said that they will support the community in every way possible.



# BUILDING A COMMUNITY OF MINDFUL TEACHERS IN RURAL KUMAON

Through Aarohi's Education Outreach Program, we intend to bring together the young teaching aspirants from the villages to experience, observe and build perspectives around the new wave of contemporary teaching and learning process at the foundational level. Every month we conduct team workshops on a range of topics like- Art-immersion in day-to-day teaching, using context while designing activities, educational philosophies in India, classroom set-up etc. This quarter, in addition to the new activities and games, the team was introduced to one of the educational philosophers, Sri J. Krishnamurthy, and his book 'Educating the Educators'. These sessions are seen to open up avenues of discussion, sharings, and most of all building understanding of ' Education'.





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

GO CHECK IT OUT NOW



[WWW.AAROHI.ORG](http://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 Global Giving 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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