



NEWSLETTER

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MIGRANTS OF SATOLI : A STUDY COMPILED BY A VOLUNTEER DOCTOR AT AAROHI

Behind the lovely façade, the beautiful bungalows and summer houses of the riches, there lies the people who work towards bringing these luxuries to life here in the mountains. Unlike anywhere else the terrain here makes it very hard to reach areas where metal roads don't touch. Materials are sourced from bigger cities in the plains, mules carry these materials uphill - cement, bricks or even the finer furnishings and the workforce sourced in on daily wages either from close by or from surrounding districts and nearby Nepal.

These migrants had me interested right from when I got there. One, because they came to the hospital in plenty, they came in groups of three or four hoarding a whole bunch of complaints. Right from simple joint and muscle pain, skin diseases, diarrhoea and vomiting, gynae conditions such as vaginitis, bad PIDs, severe dysmenorrhea to infertility, they always came with a list. I was told that a couple of years back it was just the labourers working who would come to these work sites but lately the entire families come here and live together. We have families who have infants to older people living together in these settlements leading to the varied health needs that arise. Sometimes we would find that they come in multiple times in the same week. Since it was the same set of people coming in, we wanted to go visit their homes and understand what the cause for this pattern of illness was. It was often perceived that they could afford healthcare and good food but it was their choice not to spend it on staying healthy. Instead save it up for back home. We then took it up out of personal interest to assess the cause for this neglect.

Our First visit in June 2022

Dr. Nithin and I visited this Nepali colony in Satoli village late June 2022. It was a good uphill climb from the hospital and we reached the small tin sheeted hamlet behind the huge mansions being built. Cluster of row houses built out of tin sheets and inside these were dark rooms with a bed used for sleeping, storing and everything else. Kitchens where Chulas temporarily made in the open area outside the rooms.



We went in the evening that is when they normally get back from work. The children who looked like they just had a bath somewhere uphill came running down drenched head to toe waiting to dry while their legs were covered with mud and dirt, The women gathered after collecting water from the Naula uphill starting to prepare food and the men who gathered in a specific spot sharing a smoke and waiting for us to leave to begin their drink. One of our regular patients came to me complaining about her menorrhagia and how it wasn't getting any better. We went into her house asking about how she was doing and to show us what medicine she was taking. She pulled out a plastic bag from the back of her door and poured out a bag full of medicine. She tried very hard to find the medicines we had prescribed her. The bag contained a cocktail of medicines from OCPs to tranexamic acid each prescribed by a different person- the doctor, the medical store, the quacks or neighbours who claimed some medicine worked for them. At the end of the day, she didn't know which one to take, when to take it or what to stop taking. All it led to was a whole messy cocktail that no one clearly benefited from.

We came back with a lot of learning and understanding that day, The population of the colony, the inhospitable environments they live in, the absolute apathy regarding cleanliness and hygiene, the disregard from surrounding villagers and residents and more importantly how a community

dealing with so many collective issues still has so many divisions and internal dynamics playing an important role in terms of who gets better houses or even accessibility to toilets and clean drinking water. Aarohi definitely became a lot more accessible to them when we showed them, they mattered.

It was only after two months in September 2022 that we decided to visit them again. The monsoon was in peak and after a plateau of cases for a month we began to get a lot of patients from these areas with cases of dysentery, GE , skin infections and scabies. They all complained about the bhura rang ka paani or the brown water that's been flowing through the pipe supplying them with water. We had a quick visit once to assess the situation where we had a look at the conditions of the houses again, their water tanks and the general wellbeing of the residents in



that area. That is when we decided to have a complete screening camp.

A week later, we were greeted with large numbers when we conducted an awareness and sensitisation camp with a disease screening in that area. We gathered all the children and adults, spoke to them, played little games, taught hand washing and examined them. We ensured all the children were dewormed and counselled regarding micronutrient deficiencies seen in the children. The adults were all screened and the chronic patients were given their medications. Allum was distributed and residents were taught how to sediment their tanks, drinking water from the Naula was told to be boiled before drinking and vegetables and fruits to be washed before cooking. We got back very satisfied after a camp which happened after a lot of persuading.

- By Dr. Surabhi Sanjay

MOBILE MEDICAL UNIT (MMU) - EXPANDING TO ALMORA DISTRICT

For the first time, Aarohi initiated its beloved MMU services for providing the specific facility of ultrasound, at Petshal, in Almora district. The MMU camp will be conducted on the last day of every month, from August 2022 onwards. The purpose of such expansion is to ensure quality medical and diagnostic services for pregnant women and the underprivileged people, at their doorstep, to save them, the time consuming and expensive travel to Almora. The service is benefitting about 30 patients in a single day of the camp.



HIGHLIGHTS FROM LIVELIHOOD PROGRAM

LAUNCH OF NEW PRODUCT RANGE

A new set of Aarohi products were prepared for gifting purposes. This has been developed keeping in mind the hospitality industry as well as the customers who wish to reach their near and dear ones with quality natural products. A welcome gift set was prepared with new set of outer packaging and designs.



COMMUNITY BASED INITIATIVE

Developing plantation material for Center for Aromatic Plants, Uttarakhand (CAP) has been a key activity of this quarter. 40000 rosemary plants were developed in 3 villages under Sustainable Rural Livelihood Programme. Seven Farmers took part in this initiative. This initiative yielded a net profit of Rs. 1,12,000 for the farmers. This has boosted confidence of farmers in agricultural activities and given them a hope for the upcoming generation in farming and related endeavors.



HIGHLIGHTS FROM AAROHI BAL SANSAR



- ABS celebrated the 76th Independence day beginning with 'Prabhat Pheri ' to mark the gracious celebration of Aazadi ka Amrit Mahotsav under the theme 'Har Ghar Tiranga'. The students presented a cultural programme on the occasion.
- Teacher's day was celebrated with great fun and enthusiasm. The students presented their love through handmade greeting cards and cultural activities like dance, songs, poems, speeches etc.
- POSH workshop was conducted for Aarohi Staff to bring more awareness around sexual harassment at work place, 'Prevention, Prohibition and Redressal Act 2013'. The difference between sexual harassment, physical abuse, gender discrimination, identifying harassment etc. were discussed.
- Aarohi Staff and local community initiated an awareness rally on 'Importance of Cleanliness'. BEO Ramgarh, Mrs. Geetika Joshi participated and interacted with the localites to take up this cause seriously and to continue this initiative in their homes and neighborhood.
- An online learning Assessment workshop was conducted by Mrs. Monica Shah Drego around addressing the academic issues, challenges, problems, doubts and to get deeper understanding on subjects and concepts.



BRINGING FLAVORS OF ARTFUL THINKING THROUGH TEACHERS IN RURAL SCHOOLS

Through Aarohi's Education Outreach Program, we intend to bring together the young teaching aspirants from the villages to experience the new wave of contemporary teaching and learning process at the foundational level.

This quarter the team experienced the techniques of gamification. Questions like what are the elements of a game? How to design a game? How to map a game to a child's learning goals, and most importantly, how to facilitate a game-based learning session? Ramgarh Block team also got a chance to meet and discuss 'Education' with Ms. Geetika Joshi, BEO, Ramgarh. Ground realities and challenges emerging in the village schools were discussed. Later in the quarter, a training, specifically focussing on designing learning through final Theatre performances was organized and step-by-step sub-activities were laid out and discussed. The fun training session was topped with an outing at an adventure camp, away from the office setting. The team enjoyed ladder climbing, shooting, nature treasure hunt, bonfire singing and dance circles.



CELEBRATION OF THE 30TH FOUNDATION DAY

This year will be remembered as the true progression, "AAROHI". A top-notch accommodation for doctors and paramedical staff within the Aarohi campus, was inaugurated by Ms. Jasjit Mansingh, mother of Aarohi's founder, Late Oona and was dedicated to Oona. The occasion saw the planting of trees



and ornamental species at the main campus and Aarohi Bal Sansar. More than 150 people attended the programme, including the friends and colleagues of Oona, as well the community members associated with her, who shared their experiences of working with Oona, in the Nineties. After the programme, fruit saplings were distributed to the attending guests.

ORGANISATION OF AAROHI'S 30TH ANNUAL GENERAL BOARD MEETING (AGBM)



Aarohi's 29th AGBM was celebrated with much fanfare, after a two-year hiatus, with the overwhelming participation of local women and community members. The chief guest of the program was Mr. Roshan Singh Lamgaria, a community and social worker from the remote area of Okhalkanda development block. Various cultural programmes were presented by the students of ABS and HKT Supai Activity Centers. The Aarohi team shared the yearly progress with the attending Management Committee members, Life members and the local community. The emphasis of the development work done by Aarohi was centered on community outreach and ways to synergize and bring quality change in the mountains through an integrated approach.



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

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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