



Aarohi



NEWSLETTER

October-December 2022

Inside this Issue

Health Programme

Aarohi Education programme

Udyaman Mukhayamantri Khiladi Yojna

Evidyaloka Program Team Training

Efforts towards Artful Thinking among learners

Aarohi Livelihood Programme

A National Workshop on Reducing Risk and Building Resilience

Digitalization of Aarohi Bal Sansar

18th Rural Himalayan Haat

Workshop and Session to Save Environment and Reducing Plastic Waste

A new Initiative of AAROHI under Climate Community Biodiversity Program (CCBA)

HEALTH PROGRAMME

Aarohi's Health- Programme is committed to provide quality primary health care that is equitable, accessible and affordable with emphasis on Reproductive, Maternal, New born, Children and Adolescent Health.

- The Aarohi Arogya Kendra (AAK) continues to provide services on all days of the week. From October 1st 2022, the hospital is providing emergency services 24*7 days. The Dental unit has been benefitting more than 100+ patients every month.
- At Aarohi Aarohi Kendra, we have successfully completed one more surgical camp in the month of November 2022. Total of 14 surgeries were conducted during the camp.



- Bracing the October rains and harsh winter, our team has successfully completed 24/24 Mobile Medical Unit (MMU) camps in this period.
- During the period we have done 2 Out Patient Department camps to reach out to far away population and as per the requirement from communities.
- We have screened 140 Aarohi Bal Sansar children for health problems as a part of routine health check-up.





- Aarohi has been complementing the district health administration in all its efforts. Tuberculosis patients with marginalized background remain affected or relapsed due to poor nutrition status even with medication. To improve their nutritional status Aarohi has adopted 6 patients and providing them the nutrition kit for past three months.
- Four Swasthya Mela's (Health Fair) held during this period. Our community health team utilized the opportunity to disseminate knowledge on various health topics with focus on prevention and promotion.
- Our team members participated in a 2-day community mental health symposium organized by Herbertpur

Christian Hospital & Burans, Dehradun, from 27th to 29th November. The focus was on sharing and dissemination of knowledge around “What is working to build mental health in communities with focus on Northern India?”

- Stakeholder meeting for the upcoming launch of Mrs. Saral Tandon Memorial Rural Health Centre held at Sunibend site office on 10th December. The meeting was held in presence of key officials of Aarohi along with representatives of local self-governments of surrounding villages. The meeting led to finalization of creation of the Rural Health Centre at Sunibend Panchayat after obtaining a written permission from village stakeholders and creation of their advisory committee.
- A 3-day residential workshop with the members of the community health was held at Pratiksha Himalayan Retreat, Kausani from 16th - 18th December. The workshop was held on topics pertaining to maternal and child health with 32 community Health workers from Okhalkanda and Supai project areas.



AAROHI EDUCATION PROGRAMME

PERSONALITY DEVELOPMENT WORKSHOP FOR PARENTS

A workshop on Personality development was organized at Aarohi Bal Sansar on 17th and 18th Nov 2022. The workshop was conducted by Mrs. Monica Shah Drego, for the Parents /Guardians of students of ABS. The main objective of this workshop was to create self-awareness, and personality development and provide parents with effective knowledge, and make them learn practical approaches that come with the challenges of raising children. It was an interactive session where Mrs. Monica emphasized on the minimal use of mobile phones, she advised them to put an end to Gender discrimination and spend quality time with their kids, praise their accomplishments, follow up on their homework, set limits, be consistent with discipline, etc. She also conducted a Transactional Analysis Test (TA) to explore their personalities and promote their personal growth and change.



UDYAMAN MUKHAYAMANTRI KHILADI YOJNA

A Nyay Panchayat level Udyaman Mukhayamantri Khiladi Yojnasports event was organized at the premises of ABS, various schools under Nyay Panchayat level participated in the event along with Aarohi Bal Sansar. 12 students of ABS qualified for the block level, out of which 3 got selected for the district level. Harshita Bisht, Ujjwal Bisht, and Preeti Joshi of ABS made us Proud by qualifying for the district-level championship and were awarded the sports scholarship of Rs. 1500, which will be given every month



Theater for Children in Kumaon

This quarter the students in Kumaon got an exposure to a live theater performance, especially designed for children by Gillo Repertory Theatre . Gillo Repertory Theatre is a Mumbai based arts and education organisation working with a focus on children and young people. Under their program 'Gillo On The Go', live performances are created for and taken to children or audiences that usually do not have the access or opportunity to engage with theater. This year, on their tour across Kumaon, they brought performances for rural mountain learners. It was an honor to watch the team perform and we look forward to our collaboration with Team Gillo



EVIDYALOKA PROGRAM TEAM TRAINING

A two days training programme was organized for the eVidyaloka Sampurna Project Team of education professionals for a collaborative education intervention in the district of Udham Singh Nagar. These trainings give a chance to meet each fellow teammate in person and also know each other better. The objective of the training was to orient the members towards their personal and professional goals.



EFFORTS TOWARDS ARTFUL THINKING AMONG LEARNERS

An art-learning project was held with primary learners at government Schools. This was done with support and guidance from ArtSparks Foundation, an educational nonprofit that works to support the development of 21st century learning and life skills in children through the medium of visual art & design. It also supports the professional development of teachers and educators, encouraging them to reflect on their teaching practice, and explore new ways to enrich their students' learning. It was observed that there is a need for tremendous unlearning in the field of art, both as a subject and

as a medium of learning. I felt a need of frequent exposure to such projects with various other materials and tools. The imaginative reflections shared by the students at the end was quite impressive.



Various forms of Art-led pedagogies have proved useful in building requisite skills among the learners. As a part of the education outreach program model, frequent in-classroom demonstrations are provided in order to experience an art-led learning session. On the same note, demonstrations of performative storytelling sessions were conducted in government schools.



AAROHI LIVELIHOOD PROGRAMME

New Product Development

A three day's workshop was organized for learning preparation of natural Shampoo, Handwash, Conditioner and body wash. It has been a time of sharpening and enhancing skills in developing these products. The soap making unit has been involved in this. This workshop was organized in partnership with Kashi Wellness and an independent resource person Mr. Rajesh from Himachal facilitated these sessions. Livelihood team thus learnt the making of these items.



New market identification.

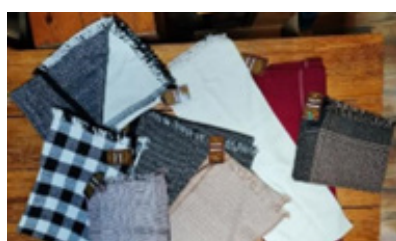
For expansion of market in the NCT of Delhi and NCR region an exhibition was attended by the team of Community based livelihood programme and Livelihood unit at Blind Relief Association (BRA) Delhi.

The team has visited Kausani for promotion of gifting and toiletries in the hotels. Our existing customers were motivated to think of new ideas of promoting local products for welcome gifting or special gifts to their customers as a wow experience.



New product range introduced.

Product range wise it was planned to launch its handloom products and knitted woolen outfits. The new initiative in woolen outfits through mobilization of community women. This is to expand our product reach and community participation in the program.



Business linkages - Reliance

Business linkages were established with Swadesh Brand of Reliance. Aarohi is onboarded with Reliance Swadesh as a vendor.

Golden Fish Grocery Shop - Bareilly

A new launch in the Army area of Bareilly for expansion of sales is initiated. Golden Fish Grocery shop is the counter where Aarohi products were placed for sale.

Exhibitions Bengaluru and Delhi Haat -

Aarohi Participated in Delhi Haat and Bengaluru Dastkari Haat for exhibiting its products. The most appreciated products in this season of sales were Apricot scrub and Potpourri. Products from Institutional and Community based models were marketed.



Community Based Livelihood Programme

A new livelihood exercise was conducted in 3 villages i.e. - Lweshal, Sirmoli and Satkhol. 27350 Rosemary plants were developed by 8 farmers from these 3 villages.

250 mini seed kits distributed to 250 farmers in target areas. These were distributed to help farmers to get a better yield of vegetables. This further intends to give them regular livelihood.

2 New sales outlets for the promotion of value added agro-products were initiated at Mukteshwar, Kasiyalekh.



A NATIONAL WORKSHOP ON REDUCING RISK AND BUILDING RESILIENCE : CAPACITY BUILDING IN THE MOUNTAIN STATES

A two-day National workshop was jointly organized by Dr. R. S Tolia Uttarakhand Academy of Administration, Nainital in collaboration with the the National Institute of Disaster Management Ministry of Home Affairs, Delhi at Dr, R. S Tolia Uttarakhand Academy of Administration(ATI) Nainital on 20-21 Oct 2022, to set up a center for excellence on Disaster Management, participants from all over India participated in the workshop. Mrs. Neha Rautela, Ms. Archana Chandra, Mr. Kavi Kumar and Mr. Samiran from Aarohi also took part in the workshop. Various esteemed dignitaries of NIDM, IAS, IPS, Vice Chancellor of Kumaun University, Divisional commissioner of Kumaun Mr. Deepak Rawat, Hon'ble Vidhayika Smt. Sarita Arya, Padma Bhushan 'Shri Chandi Prasad Bhatt ' graced the occasion with their presence and presented their views regarding Disaster risk reduction. All the sessions were conducted through panel discussion, the representatives of the various states presented their views. Various important topics like Challenges of mountain economy and settlements, particular Challenges of Himalayan Settlements, Sustainable development goals, Nepal earthquake 2015, Kedarnath Tragedy, Amaranth Tragedy, Uttarakhand risk Mapping and it's Applications, Mainstreaming Gender in Disaster strategy, Gender and climate change, States/UTs expectations and strategies and many more topics were discussed thoroughly. The session ended with the presentation of declaration by Prof.Santosh Kumar NIDM. The workshop was very informative and attention grabbing, it provided us a basic idea of effectively preparing for and responding to disaster.



DIGITALIZATION OF AAROHI BAL SANSAR

An informative session for the teaching staff was organised at Aarohi Bal Sansar, on 15/12/2022. The session was conducted by Principal Mr. Brijesh Kumar to make the teachers learn the use of Smartboard for effective learning and teaching. It was an interesting session and he taught and guided us about how to operate the projector and Smartboard and also the basic use of a printer. The teachers were given hands-on-experience using the printer. The purpose to organise the session was to make teachers learn the effective use of this education tool for establishing solid teaching and achieving their learning goals.



WORKSHOP AND SESSION TO SAVE ENVIRONMENT AND REDUCING PLASTIC WASTE

An event was organized at Government Inter College, Peora for the teachers and students to create the consciousness among them towards biodiversity conservation and reducing plastic waste. An interactive lecture with a practical demonstration of a baling machine for plastic waste made on 19th November 2022.

The core issue addressed was to make the villages plastic free with focus on reducing use of multilayer plastics which contributes around 66% of total plastic waste by changing our food habits and using our nutritional local crops. This will help in reducing the waste itself and also to keep

us healthy along with agro-biodiversity conservation. The baling machine for compressing the plastic waste manually was also demonstrated. In all, around 350 students along with 15 teachers were part of the program.



19TH GRAMEEN HIMALAYAN HAAT

A UNIQUE FUN FILLED INITIATIVE TOWARDS SUSTAINABLE MOUNTAIN DEVELOPMENT AND TRANSMISSION OF TRADITIONAL CULTURE TO THE YOUNG GENERATION.

Uttarakhand has been identified with its folk culture, folk songs and handicrafts. Unfortunately, this priceless heritage has taken a back seat with the advent of urban and western influence. Rural Himalayan haat is an initiative to revive the old tradition of holding markets in different places as a platform for local producers and small entrepreneurs. This poses an opportunity to sell their goods and artists to display their talent. We encourage and invite local entrepreneurs, self-help groups and artists to promote their products and inspire the coming generation towards self-reliance. The tremendous response from local communities led to the Haat becoming an annual event. Over the years it has come to be much more than just a village market. In many cases, it is the only outing in a year that a village woman experiences.

After being held successfully for 18 consecutive years, the Haat entered into 19th year. The inauguration was made by the Honourable Minister for State for Tourism and Defence, Government of India Mr. Ajay Bhatt. This year 'Waste Management and Manual Baling of Plastic' was chosen as the theme for Haat Mela with practical demonstration; owing to spreading awareness among the community. The glimpses of this year's Haat were the traditional folk dance of Kumaon known as Choliya Nritya (a martial arts display that accompanies



wedding processions - an art form which is slowly falling out). Outdoor games and races for children and adults along with competition for different schools' children; Swings & rides for all age groups and Skits by Aarohi Bal Sansar children. It is always a pleasure to meet and greet Aarohi's fellow organizations working in the mountains and communities from mountains. Around 18000 people witnessed the haat this year after a gap of two years due to Covid pandemic.



A NEW INITIATIVE OF AAROHI UNDER CLIMATE COMMUNITY BIODIVERSITY PROGRAM (CCBA)

AAROHI has been engaged with communities and Van Panchayats (Community Forests) in Uttarakhand towards conservation and management practices in the past. It is proposed to go for mass scale plantation/regeneration in mountain villages. To expand the green cover Van Panchayats (VPs), Common Village Land and Private Land will be taken up and it will be primarily taken up in deforested, degraded and wastelands in VPs and common village land whereas in private land it would be preferred in terraces and barren land. The method for increasing the green cover will be primarily the plantation of seedlings raised in nurseries, direct sowing of seed/acorns of selective species and Assistance to Natural Regeneration (ANR).

Thus, 3 types of areas and 3 methods will be applied for increasing the area under forest tree species. The proposed intervention will be focused in Uttarakhand state initially in 04 districts of Kumaun region. It is proposed to cover around 4000 ha area with focus on barren and fallow land and application GIS in next three years covering around 220 villages.

A team of international donors, experts and funding agency i.e. VNV Advisory services visited the area and had a Stakeholder consultation during 23-24th November 2022 before initiating the program in field to ensure better understanding and a sense of ownership along with final selection of tree species and also to create a sense of ownership for future resource availability for mitigating climate change and generating opportunities for livelihoods.



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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