



NEWSLETTER

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AAROHI BAL SANSAR

Taking forward the tradition of offering prayers before any construction, **Bhoomi Pujan** was organized by Aarohi Bal Sansar on 8 February 2023 to construct a new building necessary for expanding classes to 9th and 10th. It was followed by a small cultural program. Wishing a progressive year ahead.

Sainik Schools are nationally acclaimed for the quality education they provide. This year three students- Lakshya Durgapal Class 8, Vimal Bisht Class 5, and Ujjwal Bisht Class 5, got selected. Appreciating the school team for their dedication and cooperation.

Mathematics is an inseparable part of our life. To make it interesting for kids, some materials have been prepared by **Jodo Gyan**, an organization in Delhi. With the help of this, the school can be given a homely environment. These materials are given to schools in different states of India, as well as teachers are also trained on how to use these materials. These materials have also been used for many years by teachers in the ABS to teach. The main objective of Jodo Gyan is to make the child learn by doing and sharing their experiences so with the help of Shape Parivar, Rangometry, Math Mala, Straw, Fraction Kit, Pakhwada, Dice, Value Card Decimal Kit, Place Value Block by Ms. Nidhi Joshi. Various class-wise activities were conducted, which the teachers found very interesting, informative and relevant to the subject. The activities were greatly enjoyed by the teachers



EDUCATION OUTREACH PROGRAM

This quarter, the outreach team experienced an exposure visit to Nanakmatta Public School, an alternative school in Sitarganj block of Udham Singh Nagar district. The school is trying to build a student agency in the rural area with a special focus on 21st century skills and constitutional values. The team got an opportunity to understand enabling affordable education to semi-urban and rural learners. They also interacted with teachers and senior students of the school and exchanged ideas of effective teaching-learning teachings.

Singing, rhyming, and storytelling are part of every culture. By singing and rhyming to children, we not only keep traditions alive, but also help children to articulate words, practice the pitch, volume and rhythm of their language, and develop the listening and concentration skills essential for brain development and memory. Percussion instruments, on the other hand, are essential for building sensorial, gross and fine motor, hand-eye coordination and accelerating brain development. The team explored various simple TLMs like channapatna wooden toys, finger puppets, magnifying glass, and percussion instruments like dafli, damru, flute and whistle.



AAROHI HEALTH PROGRAM

Narmada Devi, age 40 is a resident of Matiyali village of Ramgarh administrative block and has been living with her two children ages 10 and 14. Agricultural laborer by occupation, she has been striving hard to meet her ends.

It's been 10 years since her husband Chandan Ram passed and life has been difficult for Narmada. Few years back she survived a fire accident that ruined her house. She sustained injuries primarily in the thigh region where she experienced burns. Destitution and missing social security documents made it difficult for her to obtain quality care. This led to her burns becoming a wound. The injuries posed not just physical discomfort but also mental trauma.

However, thanks to the efforts of the ASHA of her village, Narmada was convinced to visit to obtain quality care at affordable rates at our hospital - Aarohi Arogya Kendra (AAK). She came to our hospital on 5th January 2023, where she was admitted. She was taken to care by our Young Rural Primary Health Care fellow, Dr. Surabhi, and our Resident Medical Officer, Dr. Vipin.

After her initial treatment, the doctors concluded that she would require reconstructive surgical intervention. Our paramedical staff reached out to the ASHA of her village and she was advised by her to get admitted during our surgical

camp in February 2023. Organized quarterly throughout the year, Aarohi's surgical camp aims to provide timely access to safe and affordable surgical care. Due to a lack of quality surgical care in the mountainous region, people from the hinterlands of Uttarakhand have to flock 100km to urban centers to obtain surgical care. Aarohi aims at increasing the accessibility of care, keeping it affordable, and making surgical care available to the mountainous communities.

These camps are hosted by some of the finest doctors and surgeons from across the country and overseas that are dedicated to the care of the people and helping Aarohi achieve their goals. The camp held in February 2023 had elective reconstructive and plastic, gynecological and general surgeries.

A senior Plastic surgeon based in Goa, Dr. Rajiv Usgaocar, and his anesthetist wife Dr Smita Usgaocar who are long-time associates of Aarohi participated in this surgical camp. Ganga's surgery was performed by Dr. Rajiv.

Owing to the financial difficulties of Narmada, a decision in consultation with the ASHA was taken to offer her a waiver in the treatment and medication charges. Our paramedical staff was uncomfortable seeing her being discharged immediately after her surgery and there is no one to ensure food availability and hygienic



care at her home. Driven by a care for the community, they suggested that Narmada's post-operative care should happen in the hospital considering she lacked a proper dietary intake and absence of a post-operative care support at her home. Our staff took care of Narmada and her young daughter for 2 weeks in our hospital until she was declared fully fit.

Within 2 weeks, after nurturing care and medical support, her hemoglobin levels had risen and Narmada's health improved. Post her discharge, she and her daughter were dropped by the staff members of Aarohi and they met the village president (Gram Pradhan) to understand how her financial situation could be improved along with requesting him to ensure she gets timely follow-up visits at AAK. Narmada's wound has seen an improvement and she has thanked the Aarohi family a lot.



LIVELIHOODS

This quarter Aarohi tried out some new **market expansion**. A Sales outlet was initiated at Bareilly cantonment area. To identify better marketing possibilities field visits were initiated to Nainital, Kausani and marketing linkage built in Ramnagar area. Aarohi was recognized and empaneled by **Reliance** as a vendor for handmade soap supply.

Aarohi's wellness and agro product range was exhibited in an incubator's exhibition organized by IIM Kashipur. Aarohi's products were appreciated by the exhibitor end users.

Under the **Community Based Livelihood** 3500 temperate fruit plants (Peach,

walnut, Plum and Pear) were distributed for plantation to the farmers. The purpose This was done to connect environment protection with sustainable rural livelihood. 50 forest species nurseries are being developed for developing seedlings to further connect with rural livelihood and to conserve the biodiversity in Van Panchayats and fallow land.



Executive Director Dr. Pankaj Tewari was a speaker on **“Climate Change and Migration”** in a two-day international workshop of the International Cooperation Project, “Brazil East Africa Peru India Climate Capacities - B-EPICC”, at India Habitat Center, New Delhi. Organized by The Energy and Research Institute (TERI) together with Potsdam Institute for Climate Impact Research (PIK) and funded by Germany's International Climate Initiative (IKI). The overview of Himalayas in this context and Aarohi's integrated approach was presented during the workshop. Around 45 participants across the world were part of the workshop.



Team of Aarohi exhibited and attended (a 10-member team from Aarohi and women farmers) the three-day Grameen Vigyan Congress, where the Executive Director was a speaker for the session on Non Timber Forest Products (NTFPs) and Sustainable Supply Chain. Program was organized by Uttarakhand State Council for Science and Technology (UCOST), Dehradun. The products of Aarohi and the initiatives were shared among the stakeholders, scientists, policy makers, etc. and much appreciated for the natural and organically produced value added range of wellness and agro product range.



Livelihood and dignity re-established

Durga Kapil from a village Simayal, located in the Ramgarh block of district Nainital, narrated her story of overcoming perils of life. Her husband's demise at a very young age left her and her kids in a very helpless state of life. Means of regular financial support were almost absent for her. Only the mother earth has been her means of support. But again the farming was limited to subsistence farming only. She was seriously lacking technical guidance to take a better yield or repeated crops of anything she was showing and laboring for. Thus farming gave her support to



family survival but the means of livelihood was missing in complete.

In the year 2021, SRL (Sustainable Livelihood Programme) was implemented in partnership with Aarohi and Bajaj. This became a pivotal support for her livelihood. She became a member of CBO (Community Based Organisation) and benefited from the information provided by the representatives of the organization in the meetings taking place in her vicinity. A greenhouse was constructed for income generation through traditional but advanced methodology. The quality vegetable seeds distributed in the first year of programme implementation were planted, which were made available

through the organization. It resulted in a good yield. She sold the vegetables locally and earned Rs. 20,000 with a savings of Rs. 10,000. Due to her active participation in the meetings and readiness to accept responsibilities, she was entrusted the responsibility of grading and sorting of Ragi (finger millet) by the project. She happily took this regular opportunity of earning livelihood and earned Rs. 5,000/- (Rupees Five Thousands Only). Currently, she is successfully carrying out the work provided by the organization and is also setting an example for others in the village by growing medicinal and aromatic plants. She feels much confident towards her family and Future endeavors.

AAROHI YOUTH WING PROGRAM

स्वरोजगार कार्यक्रम के अंतर्गत 2 युवाओं को आरोही द्वारा सहायता प्राप्त हुई, जिसके पश्चात उन्होंने इस माह से अपना काम शुरू कर दिया है। यूथ विंग के अंतर्गत 5 युवाओं को आर्मी ट्रेनिंग दी जा रही है। यूथ विंग कार्यक्रम के अंतर्गत युवाओं को एथिलिटिक्स, कबड्डी और क्रिकेट की ट्रेनिंग दी जा रही है।



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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