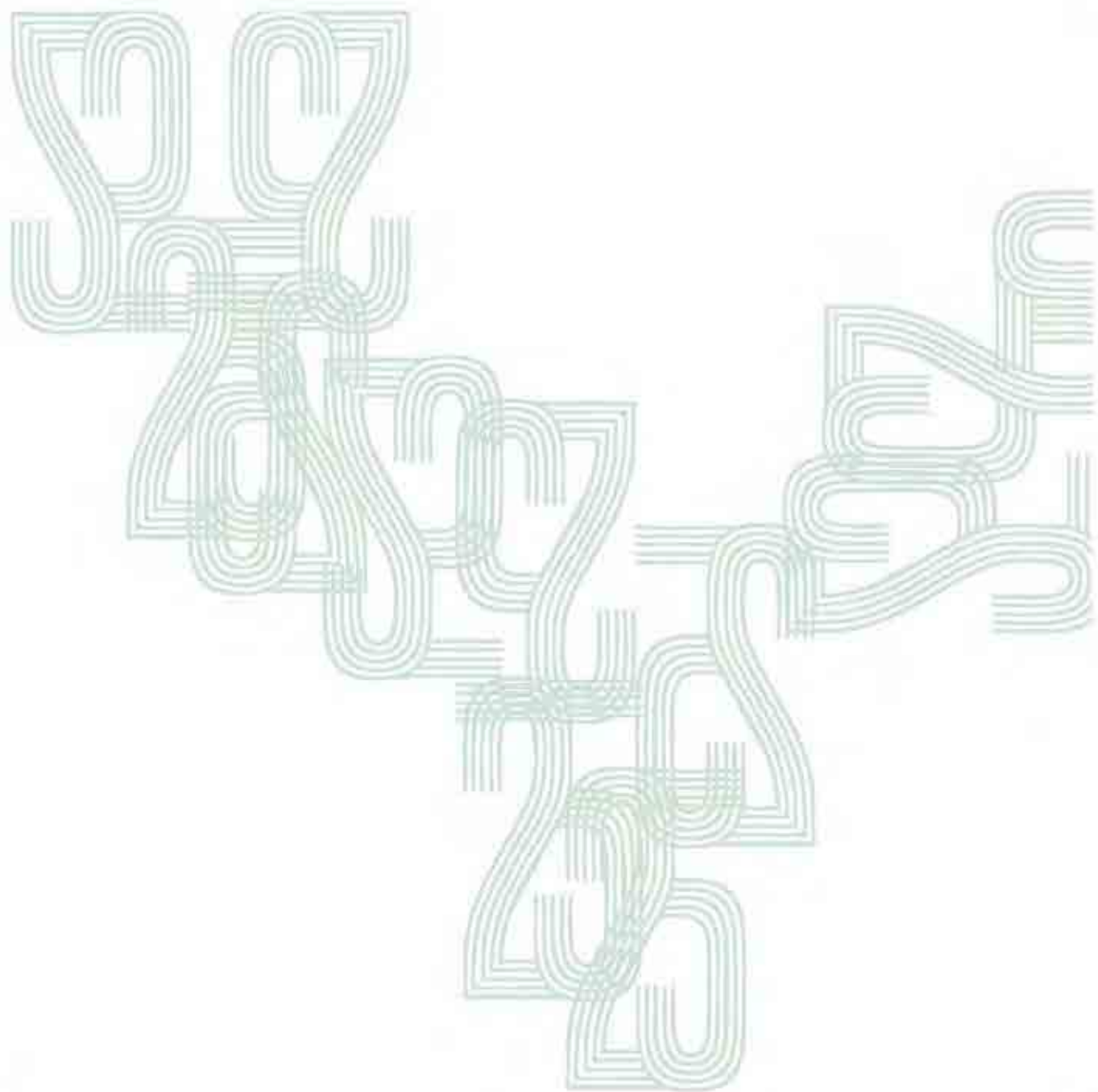




Annual Review : 2016-17

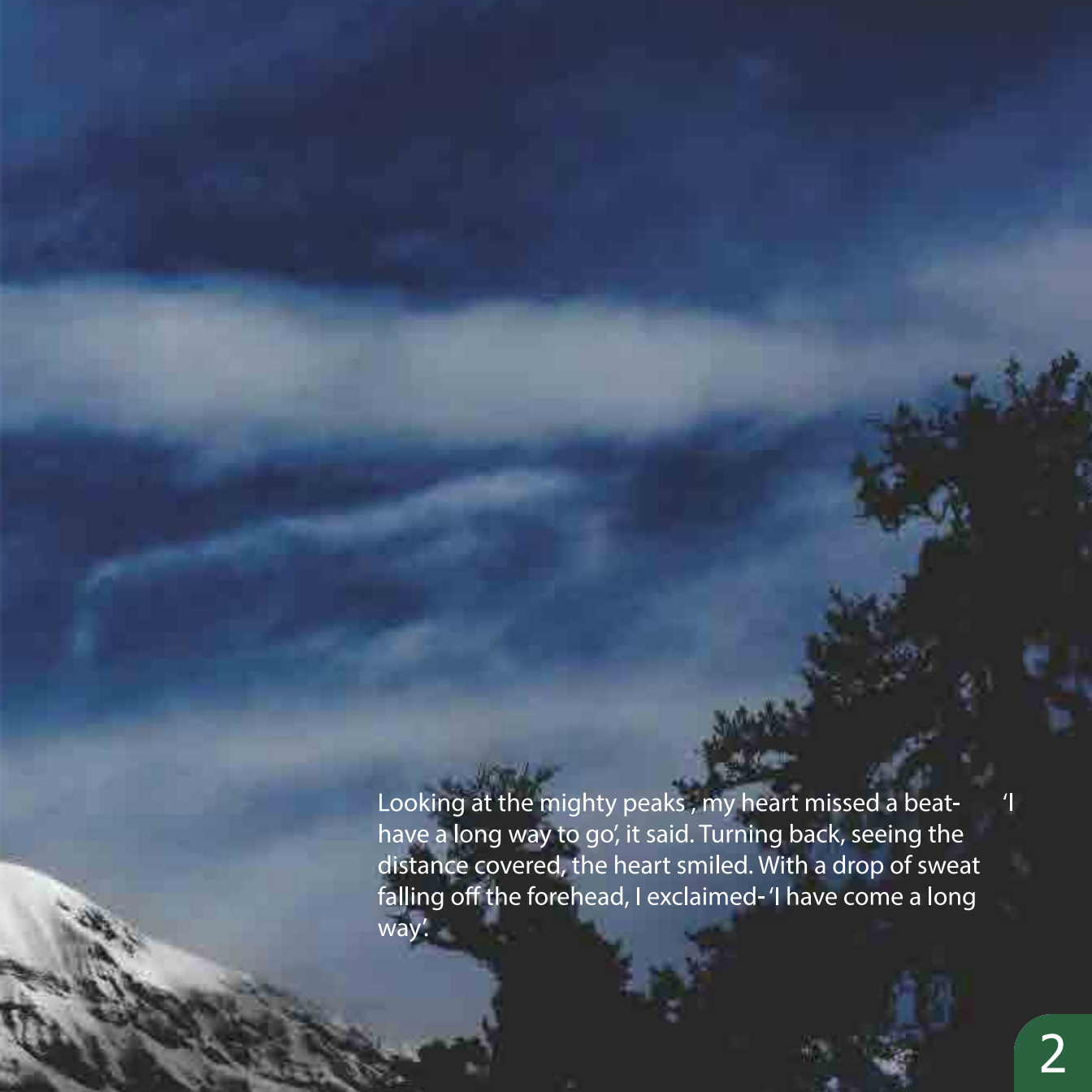




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Looking at the mighty peaks , my heart missed a beat- 'I have a long way to go', it said. Turning back, seeing the distance covered, the heart smiled. With a drop of sweat falling off the forehead, I exclaimed- 'I have come a long way'.



Foreword

We are celebrating the Silver jubilee of Aarohi this year. Aarohi, which started in a small way in 1992, arose out of Oona's and Sushil's dream of doing something not only to improve the life of the people in this Himalayan region, but also to create a better society. It is really sad that Oona is not there to see her dreams come true. I am sure on this occasion she must be looking down happily from heaven at the progress Aarohi has made. We thank her from core of our heart and pray to the Almighty to give us the strength and the means to continue the work started by her. With the grace of God and with Oona's blessings, Aarohi today has become a well known and successful organisation, having over 100 employees and has been a positive force for change in the field of Health, Education and Livelihood, in this remote central Himalayan region of Uttarakhand.

As the Chairman, on this auspicious occasion of Silver jubilee of Aarohi, I would like to extend my sincere gratitude to all our donors, without whose generous help over the years, it would not have been possible to achieve so much. My special thanks to

Ms Kanta and Rajendra Joshi, trustees of Hari Kishen Trivedi memorial trust, to Sarah and Robert of AaroHi Schweiz of Switzerland, to the Trustees of Sir Dorabji Tata Trust, to the Himalayan Drug Company, to the Hans Foundation and to the large number of donors and long time well wishers for their support that has allowed AaroHi to provide much needed health and education services in this region.

My heartfelt thanks to all the staff members, past and present, who have worked tirelessly and with dedication to make AaroHi successful in its mission. Many thanks also to the board members, past and present, for their commitment and valuable contributions. I would like to extend my sincere thanks to the local community too for their wholehearted support to AaroHi, all these years.

We are lucky that we now have a wealth of young blood to carry on the legacy of AaroHi; Sangeeta and

Sudhakar are spearheading community health services, Himanshu is taking care of Mobile and Health facilities at HQ, Tejasvi is taking care of Dental health, Monica has taken charge of education and AaroHi Bal Sansar, Neha besides taking care of Livelihood is also helping as EO in HQ and Jyoti is our new Secretary.

Last but not the least, we are proud to have with us Dr Sushil Sharma, the founder of AaroHi, who, in spite of the personal tragedy of losing Oona in the early, formative years, has continued with ardour and dedication to serve the people in this remote region.

Looking forward to celebrating the Golden jubilee of AaroHi,

With best wishes,

Chandra Shekhar Pant
Chairperson – AaroHi
July, 2017



Greetings : Aarohi Schweiz

It was back in 2004 when Sushil Sharma followed, an up to then hidden inner wish of seeking innovation. Sarah and Rahel Marti had met him high up in the hills of Utrakhand and this paved the way to newer ideas, newer ways of delivering health services to the rural mountain communities and newer sources of funds, far from home, in Switzerland.

In an amazingly short time Sushil had planted lots of trees deep in the hearts of his new and old Swiss friends, which have grown since to a strong forest. Sarah, Corina and Panco took a close look at Aarohi; Bernadette and Reini helped build the hospital at Satoli; they worked with the health team and taught martial arts. They are now thinking of coming back to Aarohi. Sarah, Corina, Noemi, Silvia, Vinz and Nina or Beate and Caro worked at different times as doctors or midwives. Philip designed the beautiful new school (Aarohi Bal Sansar) building. Robert Maringer manages accounts and the financial transactions to Aarohi and this list could easily continue.

In all these years, those at Aarohi, have given us the feeling of being part of Aarohi; giving us the joy of contributing towards the development of communities living up in the Kumaon hills.

It was Sushil, his aura, his conviction, his pure dedication and his fire that kept the flames of Aarohi Switzerland from extinction. Even in difficult times, Aarohi, under Sushil's leadership continued working towards creating a better life; for substantial and sustainable support for the local people; for the poor, the newly born, the youth and the elderly members of society. He continuously worked towards innovative pathways to development and global impact, importing new ideas from Switzerland, Denmark, the Netherland and the UK.

It was Sushil – with the help of Priti, Sheeba and last year Megha - , who kept it, who kept us all together, in good and bad times.

Looking back on these very special 25 years of Aarohi, half of them with the Swiss heart beating to the Indian rhythm, we are proud of being part of Aarohi. We are happy that besides all the donations and energy each one of us has put in this collaboration, we have learnt from all of you. Moreover we have understood what it means to take one's own global responsibility seriously in this life.

We wish to keep up the pace; to continue with the same trust towards clearing the obstacles instead of building walls; towards finding solutions and trusting Aarohi to keep moving in right direction. Each one of us, here at Aarohi Switzerland support you and will stand close to you in this journey. We will remain the reliable and loyal friend you could always fall back on. Over years Aarohi will change but the soul will always be the same, for Aarohi lives and breathes through its soul alone.

Dr. Robert Graf,
President - Aarohi Switzerland
25th May, 2017





From my heart!

We came to the mountains with a dream in our head, a song in our heart and no money in our pocket! It was a love for the Himalayas, a love for mountain folk and a belief in life - that things could be better, that life could be less harsh for the gentle mountain folk. A belief that our cup was full and that we could spend our lives sharing what we had.

This belief brought Oona and me together and helped us commit our lives to the mountains that we dearly loved. Oona with her background of rural development from IRMA and the University of Sussex had a clear idea that she wished her organization to be a small `flat' structure of federated village bodies involved with all aspects of mountain life; me, an Anesthesiologist who had just left the services, wishing to be the doc in a setting where no health facilities were available, and Pratap Bhaiya, the charismatic advocate, who believed in us in totality and supported us unflinchingly till his last breath.

Once the decision was made, Oona moved with lightning speed to set up the legal framework of Aarohi. The logo came to her from 'Godel, Escher, Bach: An Eternal Golden Braid', a book by Douglas Hofstadter that expounds concepts fundamental to mathematics, symmetry and intelligence and deals with cognition and communication, patterns and meaning. The unique logo of the book was drawn and the junctions of the triangle opened out by Oona to give concentric lines that could be added on line after line to infinity by mere extension, symbolizing inclusion.

The word Aarohi came to us in our visit to the nondescript town of Jhagadia in Gujrat, which was the headquarter of Sewa Rural. We met a lovely little girl by the same name and later that evening, were transported to heaven by the rendition of 'Raga Aarohi', by Ustad Ravi Shankar and Ustad Allah Rakha. There was no doubt that our organization would be called

Aarohi. It symbolized ascent and the mountains. The name, the logo and symbolism were a perfect fit.

Aarohi's ascent was rapid. We were joined by a few local people; financial aid started pouring in from family, friends and philanthropists who believed in us. We spent three and a half years in hectic village meetings; meetings with government functionaries, institutional funding organisations and individuals. It was a period of discourse with village communities and communication with the outside world about things that needed to be changed in the mountains. Rapid forest degradation and drying water resources; poor access to essential health and education services; limited sources of livelihood and rampant corruption were some of the issues that we needed to tackle with urgency. Hundreds of people from the region and from outside joined hands, gave their time and their money. We had set up shop!

Who was to know that the ride on the crest would take us to a deep trough very soon... In August 1996, we lost Oona to poisonous mushrooms. The shock was devastating. Through that period of intense trial, vested interests from the region tried their very best to

finish what was left of Aarohi. Destiny, as usual, had its own design and Aarohi survived.

Oona, had set the framework for organizational processes and, Aarohi grew multifold. Aarohi today has completed 25 years of its existence! We are now a team of 112 full time staff and 310 members from all over the world. Thousands of people across three districts of the Kumaon region of Uttarakhand have benefited from our health services; hundreds of children from our education initiative; and village communities have found ways to manage their forests, bring sanitation and clean drinking water to their villages and look at new ways of supplementing their livelihood.

I express my deepest thanks to Dr Ashok Agarwal of IIHMR (Indian Institute of Health Management Research, Jaipur) and Deep Joshi of Pradan who supported us financially while we were not even registered formally as a Society and helped us take our baby steps. Thanks are due to Action Aid, the Tata Trusts, Find Your Feet, Community Aid

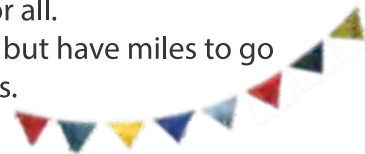
Abroad, Johnson and Johnson, , IGSSS, The Himalaya Drug Company, The Hans Foundation among many others for their financial and technical support over the years. Special thanks to Aarohi Schweiz, our 12-year-old Swiss partner, that is a pillar of support, guided consistently by Dr Sarah Marti and Dr Robert Graf and other members and friends, notably Rahel, Philip, Corina, David, Jan, Bernadette, Reini, Panco, Robert Maringer, Silvia, Noemi, Nicole, Ralph, Anita, Beate, Caro, Karl, Mr Pribnow and many others who support them; to hundreds of individuals who have generously and consistently contributed to development of the region, and most importantly to my 112 strong team members; our Managing Committee members headed by our dynamic Chairman, Col Chandra Shekhar Pant, and to Pradeep, Sheeba, Neeraja and now Jyoti and Neha, for taking on leadership roles at the helm of affairs of the organization. Each drop joins to create the ocean.

Many are not with us in the world today but have played a vital role in the development of the organization. May their spirit continue to guide us. We have the Oona factor with us – a definite, palpable presence and a force that has guided many in the past and continues to do so in the present. It has brought and inspired many to the mountains and inspires many within the community.

As we complete 25 years of existence, it is time to take stock, look back at what we have done, how far we have come and reflect on how we could have possibly done better. It is time for me to step back and hand the baton to others so that the work that was initiated carries on. New members have joined us with enthusiasm to give a new shape to the organization, its reach and impact. I wish them all well, and pray that they find divine guidance, that their actions may be taken with the deepest of understanding and love for all.

We have come a long way but have miles to go before we sleep. Be with us.

Dr. Sushil Sharma
Founder, Aarohi





Background

Aarohi, a not-for-profit organisation, was founded in the year 1992, with the aim of creating development opportunities for the rural Himalayan communities. Keeping an integrated approach to development, Aarohi, for last 25 years, has been committed to creating sustainable livelihood opportunities, providing quality health care and education services to the rural mountain communities.

In August 1992, Aarohi was founded by Oona, a development professional and Sushil, a doctor, with the mission of “creating development opportunities for rural Himalayan communities through quality education, healthcare, promotion of livelihoods and other development interventions.

Conceptually, the organization was inspired by 'Aarohi' – the ascending

musical scale – the ascendance of creativity and harmony; growth and development.

Working primarily in the Kumaon region of Uttarakhand, Aarohi reaches 141 villages in the remote mountain districts of Nainital, Almora and Bageshwar through its varied development initiatives, covering a population of 65,000. Considering the remoteness of the area, poor infrastructure and over all low development indicators, Aarohi's interventions have bridged the gap in existing government structure, and provided essential services to the people from the region.



Summary

Aarohi, in the last 25 years of its existence has tried to integrate with the life here in the mountains- living the ways of the mountains, changing silently. Looking back, with all humility, we can say we have come a long way. Looking ahead, we know we still have a long way to go.

'Aarohi's maiden year could be described as one of quarrying for organisational ideals and backing them with small pilot initiatives to improve the living conditions of the residents of the U.P Hills. The tentative objectives were discussed in an open meeting attended by about 70 people from 10 villages. With 49 members and a team of 14 full time staff, Aarohi began its journey, ascending towards creating a more equitable society'.

(Excerpts from first annual report of Aarohi, 1992-93)

Keeping an integrated approach to development, Aarohi's work is shaped by the needs of the people and the forces of nature. Health, Livelihoods and Education programmes emerged as the three core areas of our intervention.

The Aarohi Arogya Kendra came into being with the registration of Aarohi and it acquired all the assets of a privately owned and run, two-bedded hospital. The centre was located in rented premises in village Peora with a staff constituting of a doctor, a trainee-nurse, and a trainee lab technician. Twenty five years down the line, the centre is a 5 bedded cottage hospital providing medical facilities to the community. The hospital has a fully functional operation theatre performing general, gynaecological, cataract and reconstructive surgeries through periodic medical camps.

This year a new ultrasound machine with a color Doppler, a computerised radiography system,

and a mammography machine were installed in the hospital enabling high quality imaging. The hospital has a full-time doctor, dentist, and a well trained team of paramedics. This year 12,454 patients benefited directly from various clinical health services provided by Aarohi.

For past 25 years we have been working in some of the most remote parts of the Central Himalayan region in Uttarakhand to prevent maternal and infant deaths. What has evolved through these years is a unique health service delivery model for the mountain community. A combination of community participation and community empowerment has brought about marked changes in health-seeking behavior in these parts.

Working towards rural development, we view education as a social equaliser, bringing dignity to human life. Access to quality education, for us, is a means to attaining sustainable development and creating an inclusive, diverse and compassionate society. The programme is an extension of our larger vision of creating a more equitable society by creating development opportunities for Himalayan communities.

Our Education Programme strives to provide 'holistic development of personality in a joyful environment', ensuring every child is nurtured in an environment, which is safe, free, inclusive, empathetic and dynamic. This year, Aarohi Bal Sansar (ABS), a middle level school completes 23 years of its presence in the region, and has a total of 157 students coming from nearby 19 villages, studying from class 1 to 8.

This year our beloved 'Sir Taradutta Masab', retired as principal of ABS after serving the school for 17 years. Monica Shah Drego joined us as the new Education Director from 1st February, 2017 and we are all looking forward to some wonderful interventions in the field of education. With a thirty year- long experience in the field of Education, Monica, will certainly take ABS to new heights.

We also initiated the Education Outreach Programme, to provide crucial mentorship and guidance to Anganwadis (Early Childhood Education Centres) and local community schools in the state. Through this programme we hope to replicate further,

the teaching methodologies evolved from 23 years of our experience of running a school in the mountains.

The Apricot enterprise and the herb grower's enterprise were initiated in the year 1992. The aim was to consolidate collection of Apricot seeds and its further processing. Apricot seeds, which until then would either rot or were used for household purposes were collected and processed. This provided additional income to the households. Simultaneously, growing herbs was a skill introduced to farmers in the region. through systematic training, since this was different from regular farming. Green houses and better tools of farming were also provided such that the herbs could be grown all through the year.

Today these livelihoods initiatives directly impact 1,500 farmers from 205 villages. Revenue from the Body Care range of products amounted to INR 38.45 lakhs and

the Herbs initiative clocked a revenue of INR 7.36 lakhs.

From procurement to production, it is the people from the region who manage this unit, which has an annual turnover of INR 45.81 lakhs. Starting with the 'Oil of Apricot' 25 years back, the unit today has 13 different products including soaps, body creams, body scrub, herbal infusions and culinary herbs.

Like the mountain mist Aarohi slowly touched every aspect of mountain life.

Today, we are a dynamic team of 112, working full time, fulfilling a dream which all of us saw. We are supported by friends from all over the world. We reach out to some 65,000 people from 141 villages nestled within the mighty Himalayan ranges. Our income for the year was INR 3.4 crore / 34 million and expenditure incurred was INR 3.2 crore / 32 million.

Standing before the mighty peaks of the Himalayas, everything appears small. Small, however does not mean insignificant. Twenty five years are insignificant compared to the number of women who die every year during child birth. Twenty five years are immaterial when compared to the miles a woman walks to



bring fodder for her cow every day. Twenty five years are inconsequential compared to the lost dreams of a young boy. Twenty five years are nothing compared to the water that flowed through the streams and the trees chopped in the forest. Twenty five years are nothing compared to the challenges we face each day to reach one pregnant woman, wailing in pain, somewhere down in the valley.

Looking forward, there are many mountains to be crossed. While It is important that we critically evaluate our impact and chart a future course of action based on the changing scenario and community needs, we also know the form will evolve and be shaped by the forces of life. It is a period of transition for us, just as it is a period of growth. As we grapple with changing leadership and succession within the organisation, we are probing deeper into our raison d'être. It is a period of ideological churning which eventually will lead us to yet another journey – equally exciting and fulfilling.

Oona's sudden demise in the year 1996, made us look for capabilities within ourselves and forge an independence in all our activities. The shock made us reel and crumble but gave us the valuable lesson of institutionalizing systems for smooth and sustainable functioning'
(Excerpts from Aarohi Annual Report 1996-97).

We continue to look within for that source of inspiration which made these 25 years of journey possible. We would like to thank all those who have been with us for these 25 years of Aarohi – our friends from all around the world, the district and the state administration, our staff, volunteers, advisors, members of the board and thousands of community members who have inspired, supported and guided us through this beautiful journey called, Aarohi.

Jyoti Patil
Secretary, Aarohi.



Activities at a glance

PARTICULARS	2014 - 2015	2015 - 2016	2016 - 2017
Number of villages where Aarohi works	107	141	144
Population covered	52,836	65,606	65,606
Number of community meetings held	621	1,164	1,051
Combined attendance at the community meetings	7,675	14,760	13,599
Women representation at community meetings	6,347	12,965	9,865
Male representation at community meetings	1,328	1,795	3,734
Women to Men Ratio at community meetings	4.8:1	7.2:1	2.6:1
Number of patients seen (hospitals+camps)	8,139	10,680	12,454
Sale of body care and herb products (In INR lakhs*)	49.24	51.08	45.81
Children at Aarohi Bal Sansar	174	159	157
Aarohi members	297	371	310
Aarohi workers	103	112	112
Individual contributions (In INR lakhs*)	36.13	43.35	41.28
Grants and incomes (In INR lakhs*)	399.12	277.96	503.03
Expenditure (In INR lakhs*)	321.03	336.45	347.68

Milestones

1992- Aarohi registered as a Society. Rural development work initiated.

1993- First AGBM

1994- Aarohi Bal Sansar begins with 2 teachers and 8 students

1995- Oil of Apricot, Apricot body scrub and range of culinary herbs launched in the market under the brand 'Aarohi'.

1996-An intensive water and sanitation program with a large hygiene and sanitation awareness component launched.

1997- Swajal project a comprehensive water and sanitation project, funded largely by the World Bank and managed by the Government of UP, launched.

1997- Land donated by the Dothal family of Satoli for making a school

1998- Land donated by Shri Laxmi Dutt Kabadwal of Satoli donates for making a hospital
2000- New office and cottage hospital inaugurated

2001- Range of Aarohi herbal tea launched

2001- First Grameen Himalayan Haat held

2004- Community donates land for the school. Construction of school begins.

2005- Aarohi Schweiz registered as a Trust in Zurich for supporting Aarohi in India

2005- Khansyu Project Office opens in Okhalkanda Block

2006- Operation Theatre and Ward opens with support from Sir Dorabji Tata Trust

2007- Computer Centre is launched for the school and local youth in village Peora

2007- Range of Aarohi Scrub Soaps launched

2008- Ultrasonography started in the hospital

2009- Product development in the sphere of natural cosmetic product begins, with the successful launch of luxury bathing soaps

2013- HKT Supai project office opens

2013- Aarohi UK Chapter is launched in London

2014- Computer Centre and Health Initiatives are launched in Supai

2014- Sachal Van/ Medical Mobile Unit starts operating in the area in

collaboration with the Government

2014- The school's art room and middle school building gets constructed

2015- Activity Centre for children is launched in Supai

2015- School's Multi Purpose Hall is inaugurated

2016- Aarohi opens its Nautre Shop on the main road

2016- Digital Radiography and Mammography started in the hospital

Programme Overview





Health Programme

Clinical Health

Aarohi Arogya Kendra (AAK)

The Aarohi Arogya Kendra came into being with the registration of Aarohi and it acquired all the assets of the privately owned and run, two-bedded hospital which had been in operation for a year prior to that. The centre is located in rented premises in village Peora. The centre is staffed by a doctor, a trainee-nurse and a trainee lab technician.

Excerpts from the first Annual Report

Today, the centre is a 5-bedded cottage hospital, which, in addition to outpatient and emergency care, has a modern operation theatre, performing gynecological, general, eye and reconstructive surgeries on a camp basis.

This year a new ultra sound machine with a colour Doppler, a computerized radiography system and a mammography machine were installed in the hospital enabling high quality imaging. The latter will be a landmark in the screening of breast

cancer cases in the region. The hospital has two full time doctors, a dentist and a well-trained team of paramedics.

Mobile Medical Unit (MMU)

The Mobile Medical Unit completes its third year of operation in the region. Initiated in 2014, in collaboration with the State and District Government, the MMU is taking quality health services to communities in distant mountain villages. Manned by a team of a physician, a sonologist and a gynecologist along with a pharmacist, lab technician and a X-Ray/ Ultra sound technician, the MMU covers a distance of 400 to 450 km each month, through the toughest of terrains.

From the 1st to the 8th of every month, the team covers about 100 villages from Okhalkanda, Dhari and Ramgarh blocks, in Nainital district, serving a population of approximately 50,000. On an average, 600 to 700 patients are

examined during these camps each month. Almost 70% of the total antenatal checkups for women (an approximate 400 pregnant women at any point in time) of the entire Okhalkanda block are now being done at the MMU.

Outreach medical camps

Medical camps continue to be the most effective way of making accessible the primary medical services to the communities living in the higher reaches of the Central Himalayas. The biannual ritual of holding medical camps in the far off villages scattered in the high altitude, pristine valley of Pindari river, in the Greater Himalayas, was maintained yet again. A team of doctors, optometrists, paramedics and volunteers, trekked for a week, 80-100 Kms and reaching five villages. Height and weight records of students from 5 schools were updated, the children were dewormed and given Vitamin A supplements, their medical checkups done and patients treated.

Summary of Clinical Services

PARTICULARS	2014-15	2015-16	2016-17
TOTAL PATIENTS BENEFITED*	8,306	10,680	12,454
OPD patients treated in Aarohi Arogya Kendra	1,851	1,910	1,871
Female	755	801	828
Male	1,019	1,056	1,009
Children	77	53	34
In-patients treated	60	60	90
Home visits/emergencies	8	2	1
Laboratory tests	3,571	8,566	8,459
X Ray	276	195	203
Ultrasounds	282	1,745	1,584
Total villages covered	117	50	50
School children screened for health problems	936	654	1,070
No. of Dental camps	12	11	14
Dental screening for school children	245	160	176
Total dental screening	562	592	557
Total Dental extractions	90	172	276
Total Dental fillings	84	111	95
Other Specialist camps	15	9	12
Total patients treated in Specialist camps	840	510	1741
Total surgeries done in the camps	53*	47*	85
Mobile Medical Unit (MMU) camps	138	131	87
No. of patients treated in MMU camps	4,117	6,799	6,222
Outreach camps	–	17	12
Patients treated in outreach camps	–	215	839

एकसरे

भ्रूणका लिंगचयनकरनाएवं

लिंग प्रकट करना विधि

आप
दिलरे की
पुस्तक में है।

के अधीन निषिद्ध है।







Community Health Programme

AROGYA

Supported by the Tata Trusts, the Arogya Project begun in 2013 aimed to reduce maternal and child morbidity and mortality by strengthening of community based government health systems and building capacities of health workers. The five- year project is currently in its fourth year and is being implemented in 70 villages of Okhalkanda block, covering a target population to 34,078 in 5,309 households.

Starting with 35 villages, the project scaled up to include 70 villages in Year 2 and then went on to all 105 villages in the block in Year 3. In July 2016, the project successfully phased out from the 35 initial villages in the Khansyu area, leaving behind a cadre of well-trained local health workers and caregivers, along with a more aware and empowered community.

Campaign on Menstrual Hygiene was initiated this year, as part of the project intervention. In our 25 years of presence in the region we have witnessed the puberty rites prevalent in the region which are harmful to the mental, emotional and physical health of the girls and women. Most of these rites, being associated with religion, are sacrosanct and thus a taboo. At Aarohi, we believe that neglecting the menstrual hygiene needs of young girls and women is a violation of their rights. 'Breaking the Bloody Taboo' is a campaign we initiated this year. The campaign is a celebration of womanhood by acknowledging the right to dignity, information and knowledge of young girls and women. The campaign is a way to enhance the ability of women and girls to talk freely about menstruation. We also acknowledge the need for comfort, privacy, water for washing, spaces for drying and disposal of used absorbents wherever girls and women play, study, work or relax. The campaign will be implemented in 35 villages in Okhalkanda Block, through school and community-based interventions.

Highlights of the Arogya Project

- Early registration: 98% pregnancies are registered in our project. Of these, 49% were registered within 12 weeks of gestational age.
- Antenatal coverage: 76.4% pregnant women received at least one antenatal checkup by skilled care provider against a baseline of 49% in 2010. 24% women received all 4 antenatal checkups during pregnancy.
- TT immunization during pregnancy: 81.5% pregnant women received tetanus toxoid immunization during pregnancy.
- IFA supplementation: Only 14.7% pregnant women consumed 100 IFA tablets during pregnancy. Supply of Iron & Folic Acid from the government was not regular since August 2015. Constant representation to the District Magistrate and the Chief Medical Officer, Nainital resulted in initiation of supply of IFA in the Block.
- Tracking of High Risk Pregnancy (HRP): Mapping was done to track HRPs in the villages and continuous counselling is being done to refer them for institutional delivery. Most of the HRPs are being delivered in hospitals.
- Postnatal coverage: 86% women received postnatal checkup after delivery of which 56.7% women were given postnatal care within 48 hours after delivery.
- Anaemia during pregnancy: Annual survey of Feb 2017 showed that prevalence of anaemia during pregnancy is 78%. While none of the women had a haemoglobin below 7 gm% (severe), most fell into the category of mild anemia. Anaemia here, as in the rest of rural India, continues to be a problem issue.

Technology has always been an important part of the project. The aim is to make the best use of locally available technology or bring innovations and improvements that would reduce drudgery, save time and energy or improve well-being.

The Smokeless Chullah programme was expanded to 82 villages in the Okhalkanda block this year and 745 improved chullahs have been installed till March 2017. These have significantly reduced indoor house pollution and simultaneously reduced energy consumption by 50%.

The project, which is in its last phase of implementation, is already being hailed as a successful model for community-based health interventions to reduce infant and maternal mortality in the inaccessible mountains.

AROGYA HIMALAYA PROJECT

As we phased out with the intensive Tata Trusts supported Arogya Project in 35 villages of the Khansyu area, The Himalaya Drug Company supported Aarohi for a continuation role, aiming to reduce maternal and infant mortality in Okhalkanda Block.

Begun in April 2016, the project is currently being implemented in 35 villages of Okhalkanda block, covering a target population of 21,395 in 2,857 households. Our main activity, is to strengthen the VHND (Village Health & Nutrition Day). This is conducted by the Anganwadi centres (AWCs) that look at the health and education / awareness needs of under-five children and pregnant women once every month. The AWC is identified as the village hub for service provision in the government health systems, and also as a platform for inter-sectoral convergence. The VHND is also seen as a platform for interfacing between the community and the health system and promises to be an effective platform for providing first-contact primary health care.



Aarohi
towards better healthcare in rural Uttarakhand

Himalaya
Pharmaceuticals

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Highlights of the Arogya Himalaya project compared between October 2016 and March 2017

- Institutional deliveries increased from 31% in to 60%. This cluster of villages has easier access to the Primary Health Centre.
- While only 71 % villages organised the VHND in October 2016, all the villages have been able to organise it in March 2017.
- Colostrum (first breast milk) feeding went up from 95% to 100% in the same period.
- Exclusive Breast Feeding went up from 39% to 49% during the six month period.
Postnatal coverage increased from 88% to 100%

Arohi Cluster Coordinators assist the ANM (Auxilliary Nurse Midwife), ASHA (Accredited Social Health Activist) and AWW (Aanganwadi Worker) by mobilising communities, supporting growth monitoring and antenatal services and by being the interface between the health care providers and the community.

Other activities include supporting ASHAs for antenatal and postnatal visits; tracking of high risk pregnancies and malnourished children; counseling on institutional delivery and growth monitoring of infants.

संचल रोग निदान केन्द्र जनपद नैनीताल
परियोजना

चिकित्सा स्वास्थ्य एवं परिवार कल्याण समिति उत्तर



This year, Shanti, an ASHA, from village Adhora in Okhalkanda block received the Healers of India award under 'ASHA worker category' for exceptional diligence.

Shanti was having a tough time convincing Kunti, who was pregnant for the fifth time to get antenatal checkups done. The first four children of Kunti were delivered at home with traditional midwives, and she couldn't see the logic of such check-ups. Kunti's house is not accessible by road. To reach her house deep in the valley, Shanti needed to trek for a good three to four hours. Despite Kunti's reluctance Shanti persisted in her efforts.

It was late in the night when Kunti started her labour pains and the child, which was in a transverse position prolapsed a hand. It was at this point that Kunti's family got in touch with Shanti, who promptly arranged to take her to the Primary Health Centre (PHC), from where

they were referred to the government hospital in Haldwani, a good 4 hours by road. Considering the critical situation and the distance to the government hospital, Shanti decided to take Kunti to a private hospital in Haldwani. This saved a lot of time and Kunti was operated and her life saved. The child however was stillborn.

Shanti's decision of diverting the route of the 108 ambulance and taking the patient to a private hospital not referred to by the PHC was met with resistance by the ambulance staff. Shanti, however, took full responsibility of her decision, which eventually saved the Kunti's life.

HKT Memorial Fund for Community Health Project

This project was initiated in January 2014 through a corpus grant. The aim was reducing maternal and child mortality, specifically in four villages of Bhaisiyachana and Dhauladevi blocks in Almora district as well as supporting clinical services based out of the Aarohi Arogya Kendra in Satoli. The project covers a total population of 2,718 from 487 households.

Through the project we have been monitoring children in the age group of 0 to 3 years, to understand the prevalence of malnourishment in the region. 102 children were monitored last year, of which 4% were found to be severely malnourished. We plan to conduct an in-depth study to understand the prevalence of malnourishment in the region.

Highlights of achievements through intervention show

- Regular meetings (32 mothers' meetings) were held with seven mothers' groups to raise health awareness among mothers.
- Total institutional deliveries in the region were 29 out of 30 or 97% deliveries. This was a great achievement for the intervention. No maternal deaths were reported in the region for the last one year.
- 100% early registration of all pregnant women was achieved and 73% pregnant women went through the regular antenatal checkups.

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हिन्दी वर्णमाला

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ENG ABET

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Y	Z		

सब्जियाँ Vegetables

Tomato	Cucumber	Carrot	Brinjal	Okra	Peas	Beans	Spinach	Leafy greens	Onion	Garlic	Chili	Coriander	Mint	Shallots	Asparagus	Artichoke	Broccoli	Cauliflower	Tomato
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Challenges

Geographical conditions of mountain villages, poor infrastructure and inaccessibility to hospitals makes institutional delivery difficult. 70% deliveries are still home based. The three maternal deaths which were reported last year were all due to post-partum hemorrhage – two directly related to retained placenta. The district authorities are wary about the use of Misoprostol due to a negative feedback. Since most deliveries are still home based, majority of neonatal deaths that occur in the first few days of life are difficult to prevent. It is difficult to track consistent usage of temporary methods like condoms or oral contraceptives in the community. The current government policies have made the VHSNC (Village Health Sanitation Nutrition Committee) nearly defunct. It has been very difficult to activate these committees.







Education Programme

Aarohi Bal Sansar

"I can play, sing and dance here".

Vishakha, ABS student, class 6

Vishakha is promoted to class six, this year. The eldest in her family, Vishakha walks through dense forest, through the narrow mountain trails, to reach Aarohi Bal Sansar - her school. In the morning, before going to school, she goes to the guest house her father works in, to give him his lunchbox. On her way back she picks up the empty lunch box from her father. She fetches water from the naula (freshwater stream), washes utensils and takes care of her younger siblings. She is a child, yet her face reflects the maturity of an adult. For Vishakha, 'her school', ABS, is a space to discover her childhood.

In 1994 when Aarohi began contemplating its interventions in the field of education, the challenges were many. From inaccessibility, considering limited number of government schools to which children trekked to covering long distances, to poor enrollment in schools, high rate of school drop outs, corporal punishment and dismal state of infrastructure, the sector was abound with difficulties. What one witnessed amongst the students from these mountain villages was lack of confidence and poor self esteem.

The dream was to create a space where the children could learn in an environment which would be, as Oona had scribbled in her diary, "free from fear, fostering curiosity". Aarohi Bal Sansar is that dream.

Upholding the vision of holistic personality development in a joyful environment, Aarohi Bal Sansar, a middle-level school, was started in the year 1994. ABS is a vibrant learning space which is sensitively

designed, nurturing children through quality education using appropriate curriculum, creative teaching methodologies and sufficient infrastructural resources. ABS today is a model public school, providing education which is sensitive to the changing aspirations of the people from these parts.

A strong cadre of competent, empathetic and inspired teachers spearhead the innovative and creative learning process. ABS has 153 students and 22 teachers, learning and growing together.

Academic Performance

Considering, the students studying at ABS belong to the first generation learners, assessment and evaluation is only to enable teachers to create a profile of a student's strengths and needs.

Children are assessed for language and comprehension skills; cognitive development; emotional and social development; scientific approach and curiosity and physical development. A combination of oral and written assessments are done to gauge the child's improvement in language and comprehension skills.







Various co-curricular activities like science workshops, art and crafts workshops, elocution performances are organised to enhance child's emotional and cognitive development.

Sports and extracurricular activities are organized to instill a sense of team work, cooperation and camaraderie. Participation and performance of children in these activities reflect upon their social skills apart from physical development.

We also conduct annual and half yearly written and oral exams to assess academic performance. This year 13 students completed their primary education up to class 8 from ABS. This year's evaluation of academic performance shows high performance of our students from classes 1 to 5 in the subjects of Hindi, English and Maths. In classes 6 to 8 however, the struggle continues to improve the academic performance.

Workshops for Children

Butterfly Workshop, which was conducted by Bheemtaal Foundation, in April, was attended by students from grade I to VIII. A short film on metamorphosis was screened. The children learnt to make butterflies using origami techniques.

Cardboard workshop was held in May for students from grade 6 to 8. They were taught to make different articles using cardboard.

Akka- Bakka group conducted an art workshop in May. Students were introduced to colours and their creative application.

Timeless Life skills workshops to expose students to different modes of thinking, were conducted by Atul Pant. Students learned to conduct scientific experiments, varying only one factor at a time to ascertain causation and not just correlation.

In '**Thinking Like an Engineer**' workshops, students were challenged to construct bridges using craft sticks which were then tested for load-bearing capacity, introducing students to the concept of hydraulics.





Teacher's Training and Capacity Building

As part of annual exposure visit, our teachers visited St.Stephen's School, Ajmer. They attended workshops and shared their teaching experiences with the teachers from St. Stephen's school. This was an excellent opportunity for them to observe the teaching methodologies followed at St. Stephen's School.

Maths workshop was conducted for the Maths teachers at ABS. They learnt creative and innovative teaching methodologies to teach a difficult subject like Maths, to children from rural areas.

Chandrkala Bisht, our teacher teaching life skills was invited by Astitva Trust in Mumbai, to conduct a workshop on Kumaoni folk dance and music.



“ABS, a small school situated at Peora Shilandhar with 50 students in two rooms; four teachers used to run the school. Slowly the number of students increased and to cope with that Aarohi Bal Sansar was established in 1994. Students and teachers both were excited to shift to the new building. Children now had their own sports ground where they could showcase their talents. Later library, laboratory, computer room, art and craft room, music room and life skill development room were added.

Kitchen was built and students started getting nutritious food thrice a week, so that they could have healthy bodies as well as healthy minds.

I have not only developed as a teacher in these years but there has been tremendous development in my personality too. Now, school has various facilities which help in the development of the students. Those who have passed out of the school have done well and many are

working at good posts. We are so proud of them. Not only academically, but our students show their talents in other areas too. After passing standard 8, they are capable of settling down in other schools and make their mark.

Our school always believed in imparting knowledge in a joyful atmosphere and continues to do so”

Neema Devi, ABS teacher

Sports and Co- Curricular Activities

ABS playground is the pride of its students. Children are provided ample opportunities to groom their talents in sports. Children in the mountains exude an innate ability in sports. It has been a continuous endeavour of the school to nurture this potential and groom them for Block and State-level competitions. ABS has a full time sports teacher who trains students in various games like Kabaddi, Kho Kho and athletics. Volunteers also join in to teach football, volleyball and cycling.

This year ABS students participated in a Kabaddi, Kho Kho and Athletic competitions held at the block level. They secured first place at the primary and junior level. At the Block level, students participated in Kabaddi and Kho kho, standing first in all the games. At the district level, Paras Dauthar and Harshit Bisht and Vivek Kumar of class 5, were selected for Kho Kho. Preeti Thapa stood first in long jump and second in 400 meter race. She has been selected for the State-level competition.



Annual Sport's Day was held on 28th December, 2016. Children dressed in corresponding house colours of blue, yellow and green, marched to the marching tune. In the true spirit of sportsmanship they participated in various sports events, cheering their fellow students.

Class 4,5, 6, 7 and 8 students participated in a state level drawing competition held by the Education Department. The topic was 'Energy Conservation'. To promote greater awareness of their cultural heritage, an 'Aipan' drawing competition was held at ABS for the students of class 6 and 8. Children were explained the art form, its motifs and significance of each of the motif. A drawing competition on the topics energy conservation, save the environment and clean India, was held on the occasion of Children's Day, at ABS.

Hari Kishan Trivedi (HKT) Memorial Fund for Education Project

The project, supported by H.K Trivedi Memorial Fund, promotes education in Almora district. Started in 2013, the project provides for the education of girls to make them self reliant. The intervention also includes an activity centre for children and a computer training centre.

Shri Hari Krishan Trivedi Balika Shiksha Protsahan Yojna is a scholarship for students from class 5 onwards to complete their education up to the university level. The education of 29 girl scholars is covered under this programme. All our scholars are further supported through life skill workshops, remedial classes and other extracurricular activities. While age old gender biases still influence the decisions parents take for their daughters, financial insecurity further dissuades them from educating girls. The scholarship

programme has made it possible for many girls from these villages to continue their education. Aaroahi's presence in these villages has opened up the larger discussion on issues of gender bias, importance of education and social differentiation.

The small activity centre run by Aaroahi, is a hub of activities. A colourful space, this activity centre is visited by the children every day. The centre focuses on providing a space for rural children where they can play and learn after school hours. An informal space, the activity centre also provides the scope for villagers to participate in teaching their children. The children are taken through a series of activities which help them learn in a joyful environment.

Since the launch of our Computer Training Centre, 70 children and youth have completed, either a 3 months basic or 6 months advance course at the centre, in Supai. We look forward to continuing this initiative, by introducing more courses and providing certificates to students who successfully complete their courses. Collaboration with the National Digital Literacy Mission (NDLMI Programme of the government is the way forward for this initiative.

“You will have big boils on your body if you eat the candies given by her”, warned a few children, as Minakshi, the facilitator at Aarohi's Activity Centre in Supai, reached out to wish the girl from a lower caste, who had a birthday. Being from the same village Minakshi knew it was the caste dynamics at play.

“I knew that the caste discrimination was prevalent in my village. But to see the children being influenced by it and be insensitive to the feelings of their classmates was unfortunate”.

Taking the candies from the little girl, she popped one in her mouth, saying if she has boils after eating the candies, she will suffer. But if she doesn't then they will have to take the candy from the girl and eat it. The children hesitated, but agreed. Even after two hours when nothing abnormal happened to Minakshi, their 'Didi', the children went close to her to examine her. They touched her hand, her nose, her feet and face to see if there was any sign of boils

erupting upon their 'didi's' body. They found nothing that could prove their beliefs. They lost but won a bigger battle against caste discrimination. They all wanted a candy now, but not before singing “happy birthday to you” for their little friend.





Scholarship Programme

“For long I did not have any purpose in life. I went to school but was never excited about it. It all seemed futile. It was only after I received the Room to Read scholarship through Aarohi that I felt inspired. My roots were strengthened here at Aarohi. I now feel life has some meaning and I am happy to support my parents financially”.

Renu Kabdal, Seema Nazreth
Scholar 2016

Renu Kabdal lives close to Aarohi. Her parents are relatively old with mother being speech and hearing impaired. Renu being a hard working student, received a Room to Read scholarship to pursue her education up to class 12th. It was difficult for her parents to finance her higher education due to their poor economic condition. Renu then received the Seema Nazreth Scholarship, through Aarohi, for higher studies. She chose to pursue a nine-month residential Nursery

Teacher Training course from Jingle Bell Academy in Faizabad. Having successfully completed her course, she has been hired as a primary school teacher at Aarohi Bal Sansar where she has begun teaching from this academic year.

To make education inclusive and ensure that no child is left out for any reasons, be it caste, class, gender, religion or poverty, Aarohi has an established scholarship programme catering to a range of educational needs.

Aarohi currently provides four different types of scholarships covering primary, secondary and professional education. In total, 80 students are currently covered by scholarships provided by Aarohi.

Overview of Scholarship Programme

Scholarship	Beneficiaries	Criteria	Annual Cost Per Scholar	Number awarded
ABS	Children from the local area who need financial help to attend ABS	Families with limited financial means	INR 9,000 (school fees, uniforms, books, stationery, health check-ups and nutritional supplement)	59
Ilya	ABS Students from Std 4th till 8th	Exceptional Talent in music, art, craft, theatre, dance, sports or exhibited special qualities like leadership, curiosity etc.	INR 1000 (Deposited in a bank account opened in student's name)	10
Almora	ABS students of Std 8th, who wish to pursue their education in Almora until Std 12th	Strong academic performance	INR 40,000 - 70,000 (admission fee, tuition fee boarding, extra coaching, uniform, books)	10
Seema Nazareth	Girls wishing to pursue graduate level or vocational education	Limited financial means, academic performance	INR 10,000-25,000	1





Outreach Programme

Based on our years of experience of running ABS, a model middle-level school in the mountains, we initiated the outreach programme to provide crucial mentorship and guidance to Anganwadis (Early Childhood Education Centres) and local community schools in remote areas of the State. Supported by The Hans Foundation (THF), the project aims at promoting holistic learning opportunities for the children from the rural Kumaon hills.

The programme has two verticals. The preschool vertical, where we are working with nine Aanganwadi centres and the private school vertical, where we are working with four private schools. The preschool programme covers nine villages in Ramgarh Block in Nainital district. 88 children, 9 Aanganwadi teachers and 99 preschool workers are the direct beneficiaries and 88 households are indirect beneficiaries.

Through its private school vertical, the programme has reached out to four private schools in four districts – Himalayan Public School (Basgaon, dist. Nainital), Hiteshi Vidya Niketan (Garud, Dist. Bageshwar), Hamari Jeevan Shala (Mardam, Dist, Almora), Mini Kashmir Brahm Samiti (Jhulaghat, Dist. Pithoragarh). There are 399 children and 33 teachers who are the direct beneficiaries of private school vertical of the programme.

A comprehensive baseline study was completed this year. Workshops on language learning skills, arts and crafts, health education and life skills have been conducted. Three Shiksha Sahayaks were trained to conduct trainings and activities in the Anganwadis. Teaching and learning material was carefully selected, procured and was distributed in the schools. The teachers and the children were trained in using this material. A workshop on creating teaching and learning resource material was conducted for the Shiksha Sahayaks and bulk of the resource material was created in house. Flash cards, puppets, charts and tactile material for different activities, were conceptualized and produced.

AAKUMI
APRICOT SCRUB SOAP

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AAROHI
BODY SCRUB

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FROM THE HIMALAYAS

100% NATURAL

AAROHI
BODY OIL

APRICOT

A NOURISHING OIL
FROM THE HIMALAYAS

100% NATURAL

Livelihoods Programme

Apricot and Herb Enterprises

In an essentially subsistence economy, Aarohi has promoted livelihoods which will provide additional sources of income to offset risks inherent to agricultural sector. It was the hail storm in the year 1992 that set the backdrop for our livelihoods interventions. Fifty litres of precious "Oil of Apricot" was extracted through the traditional cold pressed technology and introduced in the market. This pure apricot oil with its healing properties, today forms the backbone of our small-scale rural enterprise.

Over the years, Aarohi has expanded its product range to include other items for body care such as soaps, creams and scrubs. The revenue from the body care range amounts to INR 38.45 lakhs which is 84 % of total revenues. Over the years, our rural enterprise, that prides itself in quality and purity, is growing into thriving initiative.

It was also in the year 1992, that meticulous research was done on herbs which could be cultivated in the region to create marketable surplus. Dozens of herbs were grown,

then, and their quality and fragrance surpassed the best of what was available in the national market. Our herbal infusions packed in "mal-mal" hand-made tea bags, have garnered interest from businesses and has boosted the growth of our business in herbs. Bulk orders have also been on the rise. Herbs initiative clocked a revenue of INR 7.36 lakhs this year.

Sales and Marketing

Aarohi Nature Shop, opened its doors to public in July this year. With improved accessibility and greater opportunity to attract tourists, we feel positive that we are that much closer to meeting our desired sales targets.

The contribution this year, from the retail segment is INR 35 lakhs, forming 75 % of the total revenue. Exhibitions have always been a lucrative avenue, allowing for close customer interaction and creating brand awareness and an exposure for our team. This year, we

participated in 5 exhibitions, in 4 cities across the country. However, our revenues from exhibitions dropped as compared to the previous year due to the effects of de-monetisation. We consciously participated in fewer exhibitions this year.

Janki Thapa and Kamla Negi, women from our Livelihoods team had the opportunity of participating in the popular Kala Ghoda festival, in Mumbai, this year.

In their words:

"We have many people to thank for our wonderful experience in Mumbai. We got a chance to see new places and have new experiences. We were independent in a big city and that teaches you a lot. When we go to a new place, we face difficulties, but it is part of our learning process. Every woman in our organization/team should have this exposure to cities, so they get to see the world, which is very different from our own".

Satoli has not remained far behind when it comes to technology – which is why we achieved a decent amount of nearly INR 3 lakhs through online sales. Online sales is a relatively new development for us and our team has worked hard on improving delivery timeliness.



Feedback from customers about the quick turnaround in response to an order has further boosted our confidence.

In comparison with the previous financial year, revenues dropped this year. At the beginning of the year, Uttarakhand had widespread forest fires and flash floods, leading to a drop in tourist footfall. Towards the latter part of the year, the effect of de-monetisation, resulted in our sales outside of Uttarakhand to drop. Our procurement and processing also declined because of high stock levels at the beginning of the year. Nevertheless, our initiative has made a surplus of INR 3.5 lakhs which is 7% of total revenues. This is a huge achievement, despite drop in revenue.

Sales and Marketing

Particulars	2014-15	2015-16	2016-17
Total number of products	13	13	13
Total revenue- Product segment wise (In INR lakhs)			
Body care products	42.5	43.38	38.45
Herbs	6.74	7.70	7.36
Total revenue- location wise (In INR lakhs)			
Within Uttarakhand	27.98	30.26	27.67
Outside Uttarakhand	21.26	20.81	18.14

Procurement and Processing

Through procurement of apricot kernels, nuts/seeds and herbs we engage with women and farmer groups. Today, our unit has 17 full-time employees. This initiative is about and for the people.

Particulars	2014-15	2015-16	2016-17
Total producer beneficiaries	1,822	1,455	1,485
Number of procurement villages	220	180	205
Apricot nuts purchased (In quintals)	23.68	41.37	8.50
Apricot kernels purchased (In quintals)	48.32	49.84	21.70
Apricot kernels processed (In quintals)	54.11	46.46	32.86
Dry herbs purchased (In kgs)	223	270	210
Benefit to farmers-purchase of nuts/kernels/herbs (In INR)	529,483	1,108,737	310,481
Total number of people involved in processing activities	22	16	17
Benefit to people, involved in processing activities (In INR)	233,234	123,841	92,408

*Procurement spans a maximum of 3 months in a year.

** Members of the same family are each considered as being an individual beneficiary. For example-if husband and wife conduct 2 separate transactions, they will be taken as 2 beneficiaries and not as 1 family beneficiary. It is quite common for different members of the same family to supply raw materials individually.

Combined Benefit

Particulars	2014-15		2015-16		2016-17	
	No of beneficiaries	Benefit to beneficiaries (INR)**	No of beneficiaries	Benefit to beneficiaries (INR)**	No of beneficiaries	Benefit to beneficiaries (INR)**
Procurement*	1,822	529,483	1,455	1,108,737	1,485	310,481
Processing	22	233,234	16	123,841	17	92,408
Salaries & wages	21	1,571,165	16	1,657,742	17	1,762,197
Combined benefit	1,865	2,333,882	1,487	2,890,320	1,519	2,165,086
Average benefit	1,251		1,943		1,425	







Summary of Participation and Sales at Grameen Himalayan Haat

PARTICULARS	2014-15	2015-16	2016-17
Number of stalls	35	39	40
Number of organizations/ SHG/CBO	10	9	7
Number of entrepreneurs	25	30	33
Footfall	35,000	41,400	37,000
Total sales (In INR Lakhs)	4.21	7.3	3.9
Community contributions (INR)	37,365	40,419	40,130

Grameen Himalayan Haat

Aarohi has been working towards creating local market for the artisans and producers from the region by initiating and hosting 'Grameen Himalayan Haat', an annual market, in the area. This too has emerged as an important model to provide the much needed market for the locally produced and manufactured produce and goods. The 15th Grameen Himalayan Haat, an annual fest conceived by Aarohi, was held with usual fanfare this year too, in the month of October. The event is organised jointly by Aarohi and the local community. A colourful extravaganza, the event lasted four days. The purpose of the Haat is creating a platform for bringing the Himalayan communities together, selling and buying local produce as well as promoting local culture in the form of songs, dances and cuisine. Over the years, the Haat has turned into a 'festival', that people, especially women and children from the region, look forward to celebrating.





Home Stay Programme

“On 20th June, 2013 we had our first guests from 'America'. My family was both excited and nervous. We wondered how we would communicate with them; if they would like our humble dwelling; will they like the kind of food we cook.....we were all anxious. But they were wonderful people. They were sensitive to our ways of living and were curious about almost everything – from where we fetched water to how the women carried fodder, they wanted to know all about our way of living. It gave my children an opportunity to practice English and we learnt a lot about their ways of living”.

Jeevan Singh Bisht, Homestay Owner, Village Peora

Development of responsible tourism, especially in the fragile high-altitude Himalayan region, is a challenge. From operational and infrastructural barriers to averting adverse impacts on the local environment, the challenges are manifold. However, tourism is also one of the few available alternative pathways that can create new jobs and reduce

poverty for the communities in the remote and rugged region of Himalayas. By providing supplementary income to the rural communities, ecotourism has shown to be effective in preventing land abandonment and subsequent rural–urban migration.

Considering the growing tourist footfall in the region, we initiated the Home stay programme in 2010. Currently, there are 11 home stays promoted by us that are spread in five villages, around Satoli. The average annual earning per household has been INR 30,000 to INR 35,000 through this programme.

The home stay owners have been given inputs on management and maintenance. For the future, we aim to make these home stays self sufficient, enabling them to attract their customers independently as well.







Youth and Adolescent Programme

Aligning its activities to match the changing aspirations of the youth and young adults from the region, the Aarohi Youth Wing entered its sixth year. Mobilising youth towards shaping the development of their own community, has been at the centre of Aarohi Youth Wing.

Enhancing their skills through context specific trainings, channelizing their energy through sports and supporting them in fulfilling their dreams through counselling, is what the youth wing is committed to.

In the month of August, games were organised in four villages namely; Peora, Bhiyalgaon, Kool and Mona. Forty students were trained for Army entrance exam and were oriented on physical fitness. Twenty adolescent girls were given training on sewing.



General Gurbir Man Singh Van Panchayat Award

Community mobilization for forest conservation and natural resource management had formed the very fabric of Aarohi's inception and work from 1992 till 2002. Since 2008, we've attempted to keep the debate alive through an annual award for Van Panchayat, or the village forest councils.

The system of Van Panchayat has played a pivotal role in forest conservation and management in the state of Uttarakhand. General Gurbir Man Singh Van Panchayat Award was instituted to honour communities managing and maintaining their forests effectively, independently and with transparency.

The process of reviewing and screening of the Van Panchayat is based on proposals presented by the village council or a Community Based Organisation (CBO). The evaluation is based on participatory systems

evolved to manage the village commons; distribution of forest produce and other natural resources; financial transparency and accountability; biodiversity and conservation efforts made.

Van Panchayat of Village Maichoon from Dhauladevi Block, Almora district was honoured with this award this year.



VOLUNTEER PROGRAMME

"Sometimes you visit a place for the first time and feel right at home. Aarohi felt like home from the very first day. The people, the work and the environment, all became a part of this beautiful story that I'll cherish for a long, long time. This is not the end of the road. This is the beginning of a dream that I can live forever. To helping and being."
Paribhasha, Student (youngest volunteer at Aarohi)

The beauty of this programme is the synergy which is created through the combined contribution of the local community and the professionals who come from diverse backgrounds. It is a cultural amalgamation of thoughts, ideas and skills to achieve a common vision of social change. Sustaining our work would be difficult without the volunteers who reach us from near and far with professional and creative skills. Whether it is exposing our children

to different art forms; providing professional inputs like marketing and product design; reviewing our policies; designing and creating publicity material; documenting our work through photography and films; doing research or performing critical surgeries during the medical camps, contribution of volunteers in shaping Aarohi is invaluable. This year we had 22 volunteers, from within and outside India.



Volunteer Testimonials

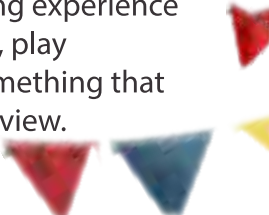
Sharang Jatar, Chartered Accountant, Hyderabad

It's unbelievable how a casual conversation with a former mentor could be the start of an enriching relationship with Aarohi. The warmth and affection of everyone here captured my heart. In addition to my "accounts & admin related assignments", I tried to get in touch with my creative side (Something accountants are not really known for) by creating a couple of social media outreach campaigns and creating content for Aarohi's social media pages.

I left Aarohi on my last day with a heavy heart and a promise to return soon. Even now, as I sit in my office cubicle, I'm waiting for that moment when I book my tickets to Kathgodam and be a part of the Aarohi story once again.

Vinitha Belliappa, Education professional/specialist – (Early Childhood), Bengaluru

With not much experience of schools in rural areas, Aarohi Bal Sansar was an eye opener. We take so much for granted in the city with easy access to whatever is required to make early childhood education an interesting and fun learning experience for the little ones - be it educational material, books, art and craft material, play equipment, picnics and field trips. But I must say Aarohi Bal Sansar has something that we can never hope to have here in the city....pure, fresh air and a fantastic view.



Mirjam, Medical student, Switzerland

On 5th of September 2016 I joined AaroHi to volunteer with the health team for one month. Immediately after my arrival I felt very much at home – no wonder, as I had been welcomed very warmheartedly. In my first week I joined the MMU (mobile medical unit) camp, which put me in the exposition of rural Indian health care right away. It was quite a cultural shock as two weeks previously I had been interning at a Swiss hospital. Medical possibilities were much more restricted all of a sudden and it felt like a different kind of medicine: the doctors have to examine the patients more thoroughly and listen to them more attentively as there is simply no possibility to run a full lab or a CT scan on site.

Another highlight of my stay with AaroHi was the Pindari Trek. When I had signed up for it, I didn't know how lucky I was to be part of this special experience. During a week we hiked from village to village providing medical care for village populations who can't access it otherwise. This week was amazing: we met so many nice people on the journey, we saw stunning landscapes and the team was just great. I miss the evenings around the bonfire.



Ankit Gupta, Software Engineer, Delhi

Being a software engineer by profession and working with a software giant, life was hectic! My decision to take a break and volunteer with Aarohi was a good one as it re-energised me completely! The warmth and the hospitality makes you feel special. Walking daily uphill for 35 mins to reach office was the best part of my journey as I got to chat with kids on the way and share their child like enthusiasm. Life, at Aarohi is certainly unique and I am sure I will head back soon.

Rashmi Gupta, Design Professional, Delhi

I would like to start by thanking Aarohi for providing me an opportunity to be a part of its legacy. This was my very first-hand experience of volunteering for community service.

Aarohi is a beautiful portrayal of people co-existing and working towards an integrated sustainable development. The love and warmth of the Kumaon is make this place a home away from home. It was an immense pleasure to directly engage and work with the local community. One of my most valued moments at the organisation was the livelihood workshop. Believe me, this place is full of talented stars. I wish all the very best to this gleaming and much-endowed team eam at Aarohi. Thank you for all your love and support. Cheers!







Financial Overview

NOTES TO THE CONSOLIDATED FINANCIAL STATEMENTS

Note 1 : Balance sheet

1. General fund consists of unrestricted funds contributed to Aarohi over the years and the funds that created for running the organisation for charitable purposes
2. Designated fund consists of various funds set aside by the management for specific purposes or to meet future commitments
3. Endowment fund are a form of restricted fund received with a stipulation from the donor that amount received should not be used for any other purpose. Only the income earned from these funds can be used for specific purposes, depending upon the terms of contribution made.

The increase under this head is because of an additional corpus fund of INR 10 lakhs donated by Mr. Vinit Joshi in memory of his late father, Mr. B.C Joshi towards supporting the salary of one of our paramedical staff. Similarly, we received corpus funds totaling to INR 2.20 lakhs for providing scholarships under our education programme.

4. The increase under the head "others" of restricted funds relates to the net increase of expenditure incurred and grants received during the current year. Major grants/donations were received from the following organisations during the current year:

1	Tata Trusts	22,374,000	Towards our community health programme
2	Hans Foundation	3,323,637	Towards our Education outreach programme
3	Aarohi Schweiz	3,326,250	Towards our health, education, forestry initiatives
4	Himalaya	1,000,000	Towards our community health programme
5	Oil & Natural Gas	880,000	Purchase of an ultrasound machine
6	Bajaj Auto	800,000	Towards improving mobility of our employees/staff

In the current year Aarohi purchased several equipment for our community health and clinical health projects. This includes purchase of an ultrasound machine amounting to INR 12.25 lakhs and an X-Ray machine of INR 5 lakhs both of which are installed in our hospital, Aarohi Arogya Kendra.

1. Capital work in progress pertains to land improvements in the form of fencing for our school, Aarohi Bal Sansar. The work is 50% complete and is expected to be capitalised by end of next financial year.

2. Provision pertains to the gratuity liability as of March 31, 2017, net of contribution made to Life Insurance Corporation of India. This is the first year of implementation of gratuity scheme as per the Payment of Gratuity Act, 1972. The liability of previous years has been adjusted in opening reserves & surplus. Current year liability has been reflected in the income & expenditure of the current year.

3. Increase in investments is clearly on account of increase in grants and donations received during the current year.

Our investment portfolio consists of investment in fixed deposits, state government securities, financial institutions and mutual funds - with investment in fixed deposits in banks consisting of 80% of total investments.

4. Decline in inventories is on account of decline in stock of our goods at Livelihoods unit. This year the raw materials and packaging material purchased have been less as compared to the previous year, hence the decrease.

5. Increase in other current assets is on account of accrued interest as of March 31, 2017 as compared to the interest accrued for as of March 31, 2016.

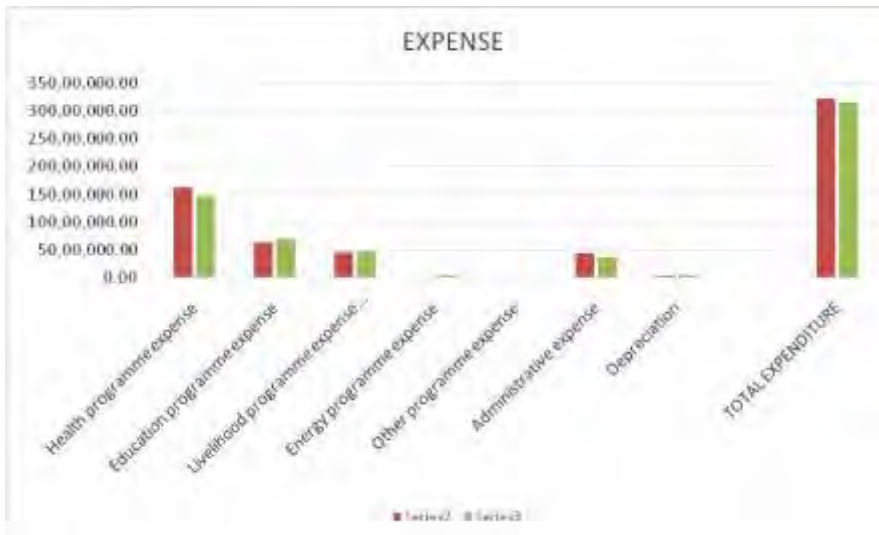
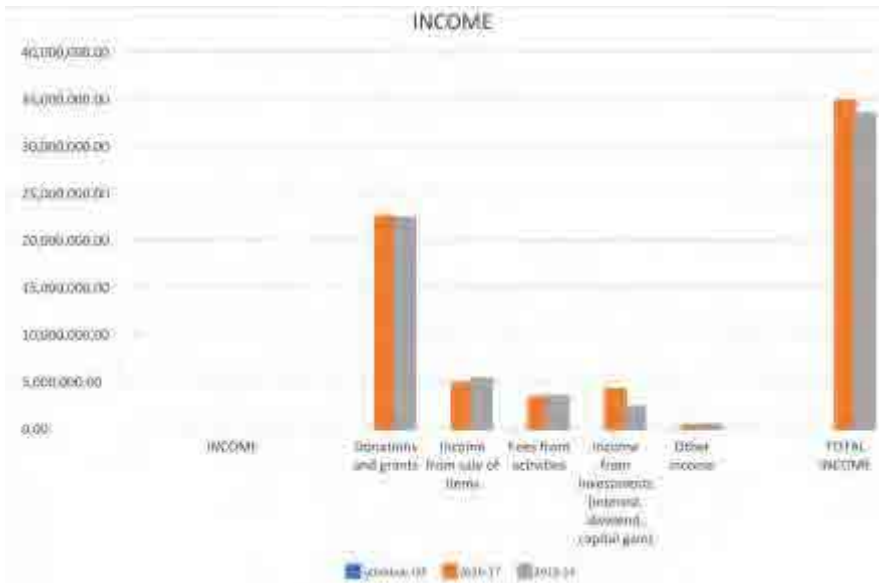
AAROHI SOCIETY
FINANCIAL YEAR - 2016-17 : BALANCE SHEET

LIABILITIES	Schedule ref	2016-17	2015-16	Movement
Unrestricted funds				
-General Fund	la	16,575,679	16,863,993	(288,314)
Designated funds				
	lb	15,967,024	13,978,438	1,988,586
Restricted fund				
-Endowment/Corpus fund	IIa	29,620,000	28,400,000	1,220,000
-Donations and grants pending utilisation	IIb	20,156,198	9,659,315	10,496,883
Grant utilised for fixed assets and capital work in progress				
-Local funds	III	11,663,467	9,308,428	2,355,039
-Foreign funds	III	7,818,831	7,616,011	202,820
Current liabilities & provisions				
-Sundry creditors	IVa	420,035	181,050	238,985
-Statutory dues payable	IVb	303,200	269,713	33,487
-Deposits	IVc	1,397,035	1,548,927	(151,892)
-Provisions	IVd	300,000	-	300,000
GRAND TOTAL - LIABILITIES		104,221,469	87,825,875	16,395,594
ASSETS				
	Schedule ref	2016-17	2015-16	Movement
Fixed assets	V	24,614,472	22,577,629	2,036,843
Capital work in progress	V	150,000	-	150,000
Investments				
Long-term investments	VI	47,496,122	45,631,478	1,864,644
Current investments	VI	19,174,000	9,640,000	9,534,000
Total investments		66,670,122	55,271,478	11,398,644

LIABILITIES	Schedule ref	2016-17	2015-16	Movement
Current assets				
Cash & bank balances	VII	5,937,548	5,276,276	661,272
Receivables	VIII	858,148	699,816	158,332
Inventories	IX	1,681,658	2,200,121	(518,463)
Sundry deposits	X	23,824	17,000	6,824
Other current assets	XI	4,285,697	1,783,555	2,502,142
Total current assets		12,786,875	9,976,768	2,810,107
GRAND TOTAL - ASSETS				
		104,221,469	87,825,875	16,395,594

Note 2: Income & Expenditure notes

1. Drop in sales is on account of the decline in our revenues from our livelihoods initiative. In comparison with the previous financial year, revenues dropped this year. At the beginning of the year, Uttarakhand had widespread forestfires and flash floods, leading to a drop in tourist footfall. Towards the latter part of the year, the effect of demonetisation, resulted in our sales outside of Uttarakhand to drop.
2. Increase in income on investments is on account of increase in accrued interest as of March 31, 2017 in comparison to previous year.
3. Health programme expenses have increased on account of increase in salaries on account of increment, gratuity expense (because this is the first year of implementation) and other programme related expenses.
4. Education programme expense has reduced in comparison to previous year, despite the launch of our education outreach programme expense with effect from October 2016. This head consists of salaries, scholarships, teacher learning aids/material, construction & maintenance and travel. Decline is primarily on account of decline in scholarship expense. The number of children wishing to study in residential schools, outside of Satoli after class 8 has declined. Further, the children in the earlier scholarship batches have graduated, which has resulted in an overall decline. There has also been a decline in construction & maintenance expense in school, on the other hand there has been an increase in salaries on account of increments and gratuity liability.
5. With the launch of our education outreach initiative, menstrual hygiene campaign in addition to increase in donations/grants from new donors - there was a great requirement/need for support by our administrative personnel. This has resulted in an increase in administrative expense during the current year.
6. Our intervention in the energy initiative was minimal during the current year, which has directly impacted the expenditure, as can be seen.



AAROHI SOCIETY
FINANCIAL YEAR - 2016-17 : INCOME & EXPENDITURE

Particulars	2016-17	2015-16	Movement
INCOME			
Donations and grants	22,417,567	22,258,348	159,219
Income from sale of items	4,697,305	5,202,110	(504,805)
Fees from activities	3,236,981	3,345,925	(108,944)
Income from investments (interest, dividend, capital gain)	4,069,124	2,191,755	1,877,369
Other income	261,132	328,486	(67,354)
TOTAL INCOME	34,682,109	33,326,624	1,355,485
EXPENDITURE			
Health programme expense	16,179,861	14,682,095	1,497,766
Education programme expense	6,327,290	7,130,477	(803,187)
Livelihood programme expense (including Haat)	4,646,497	4,761,336	(114,839)
Energy programme expense	147,821	493,544	(345,723)
Other programme expense	1,600	159,815	(158,215)
Administrative expense	4,380,732	3,767,265	613,467
Depreciation	414,850	459,167	(44,317)
TOTAL EXPENDITURE	32,098,651	31,453,699	644,952
Excess of income over expenditure	2,583,458	1,872,925	710,533





Appendices

Founder Members

Late Pratap Bhaiya, Advocate	Chairman till 30 November 2009
Late Ms. Oona Sharma	Secretary till 28 August 1996
Dr.Sushil Sharma	Vice Chairman
Late Mr.V. B. Eswaran, Secretary	Finance Ministry (Retd) Founder Member
Late Lt. Gen. Gurbir Mansingh	Founder Member
Mr. Mohit Satyanand	Founder Member
Late Dr. Ajay Dhar	Founder Member

Managing Committee

Dr. (Col.) Chandra Shekhar Pant, VSM (Retd)	Chairman
Dr. Sushil Sharma	Vice-Chairman
Ms. Neeraja Joshi	Secretary till 31 January, 2017
Ms. Jyoti Patil	Secretary from 01 February, 2017
Shri Jagdish Singh Nayal	Treasurer
Mr. Ram Vaidya	Member
Dr. Jiwan Singh Mehta	Member till 26 October, 2016
Mr. Ranjan Joshi	Member 26 October, 2016
Mrs. Premila Satyanand	Member

Life Members

Name	Place	Name	Place
Dr. J.S. Mehta	Almora	Mr. Subhash Puri	Chandigarh
Mr. Mohan Chandra Kandpal	Almora	Mrs. Jasjit Mansingh	Delhi
Mr. Gopal Negi	Kaphura	Dr. Surjit Mansingh	Delhi / USA
Dr. P. L. Arya	Kaphura	Mrs. Jasleen Dhamija	Delhi
Mr. Rajendra Singh Mehra	Mouna	Mrs. Sukhada Gupta	Delhi
Ms. Anandi Arya	Mukteshwar	Air Vice Marshal V.B. Batra (Retd)	Delhi
Mr. Kunwar Singh Negi	Nathuakhan	Lt. Col. Rajat Chatterjee (Retd)	Delhi
Mrs. Kiran Singh	Nathuakhan	Ms. Niharika Puri	Delhi
Mrs. Julia Singh	Nathuakhan	Mrs. Neelakshi Chatterjee	Delhi
Mr. Harish Chandra Singh Negi	Nigrar	Col. Sudhir Tripathi (Retd)	Delhi
Mr. Pradeep Gupta	Satkhoh	Mrs. Vijaylakshmi Baig	Delhi
Mrs. Shubha Gupta	Satkhoh	Mr. Ranjit Dhillon	Delhi
Mr. Tikam Singh Bisht	Satkhoh	Mr. Ibadat Singh Dhillon	Delhi
Dr. Sushil Sharma	Satoli	Mr. Sanjeev Saith	Delhi
Ms. Munni Kabdal	Satoli	Mrs. Laxmi Ahuja	Delhi
Mr. Vikram Maira	Sitla	Mr. Aditya Ahuja	Delhi
Mr. Sanjeev Kumar Bohra	Dehradun	Mr. Rajesh Thadani	Delhi
Mr. Arjan Brijnath	Dehradun	Ms. Anuradha Sharma	Delhi
Mrs. Diljit Brijnath	Dehradun	Mr. Peter Laughton	Delhi
Mr. B.D. Kharkwal	Haldwani	Mr. Subodh Kumar Saigal	Delhi
Dr. Lakshita Joshi	Haldwani	Mrs. Purnima Saigal	Delhi
Mr. Saurav Debnath	Haridwar	Ms. Aishwarya Saigal	Delhi
Mr. Jagdish Bhandari	Nainital	Ms. Aparajita Saigal	Delhi
Mr. Diwan Singh Bisht	Nainital	Mrs. Smriti Sharma	Delhi
Mr. Praveen Sharma	Nainital	Dr. Puneet Singh	Delhi
Mr. Kalyan Paul	Ranikhet	Mr. Vishal Bhandari	Delhi
Mrs. Anita Paul	Ranikhet	Dr. (Col) C. S. Pant (Retd), VSM	Delhi

Name	Place	Name	Place
Mr. Yoganand Sinha	Allahabad	Dr. Geeta Pant	Delhi
Mrs. Maya Sinha	Allahabad	Dr. Sanjay Jain	Delhi
Mr. Peter S. Chowfin	Bareilly	Dr. Nivedita Deo	Delhi
Mrs. Kalpana Ghai	Chandigarh	Mr. Rahul Jain	Delhi
Ms. Surbhi Bhalla	Delhi	Mrs. Meera Gurbaxani	Mumbai
Mrs. Saral S. Tandon	Delhi	Mrs. Arti Gurbaxani	Mumbai
Ms. Kamiya Dargan	Delhi	Mr. H. Gurbaxani	Mumbai
Mr. Iqbal Husain Khan	Faizabad	Mr. Avinash Gurbaxani	Mumbai
Mrs. Manjula Jhunjhunwala	Faizabad	Mr. Kaushik Chatterjee	Mumbai
Dr. Kusum Jasuja	Faizabad	Mrs. Suchishree Chatterjee	Mumbai
Dr. Rohit Radhakrishan Nair	Goa	Mr. Kurush Pavri	Mumbai
Dr. Raju Usgaocar	Goa	Dr. Amrish Vaidya	Mumbai
Dr. Smita Usgaocar	Goa	Mr. Mahesh Natekar	Mumbai
Ms. Juhi Harisinghani	Pune	Mr. V. Venkat Rao	Mumbai
Mrs. Meena Harisinghani	Pune	Ms. Priti Rao	Mumbai
Mr. Ajit Harisinghani	Pune	Mr. Ram Vaidya	Mumbai
Mr. Anand Vinze	Pune	Ms. Shilpi Gupta	Mumbai
Mrs. Jayashree Vinze	Pune	Mr. Suresh Bhapkar	Nagpur
Mrs. Pilloo Framjee	Pune	Ms. Rashmi Birmani	Nagpur
Mrs. Geeta Billimoria	Pune	Mr. Sanjay Deshpande	Nagpur
Mr. Shirish Kulkarni	Pune	Mr. Peter Furst	Shillong
Mrs. Raj Arora	Pune	Mrs. Maureen Furst	Shillong
Dr. Kumar Vishwanath	Pune	Dr. Ravi Chandra	Patna
Mrs. Radha Vishwanath	Pune	Mrs. Manju Gupta	Noida
Mrs. Usha Deo	Pune	Mr. Arun Kumar Gupta	Noida
Mr. Vikas Deo	Pune	Mr. Aashish Chaudhary	Meerut
Mr. Deepak Deo	Pune	Dr Astrid Christoffersen-Deb	Canada

Name	Place	Name	Place
Brig. Vivek Sapatnekar (Retd)	Pune	Mr. David McMinn	Canada
Mrs. Neela Sapatnekar	Pune	Ms. Nicole Kilborn	Australia
Ms. Prajakta Sarwottam	Pune	Mr. Tim Winton	Australia
Dr. Ashok Agarwal	Jaipur	Ms. Marissa Howard	Australia
Mr. Mohan Lal Gupta	Jaipur	Ms. Helen Peters	Australia
Dr. Bharaj Lal	Maharajganj	Mr. Arjun M. Hiemsath	Australia
Ms. Shweta Gopalachari	Mumbai	Mr. Kabir M. Hiemsath	Australia
Mr. Vikram Suresh Nerurkar	Mumbai	Ms. Pilar Palacia	Italy
Mr. Vijay Kumar	Germany	Mr. Abhinav Saigal	USA
Mrs. Margaret Kumar	Germany	Dr. Seemin Qayum	USA
Mr. Claude Al Tabar	Lebanon	Mr. Sinclair Thomson	USA
Ms. Kanika Jain	Singapore/USA	Dr. Sanjeev Arora	USA
Dr. Sarah Marti	Switzerland	Dr. Madhu Arora	USA
Dr. Corina Wild	Switzerland	Ms. Anita Arora	USA
Ms. Jaqueline Lane	UK	Ms. Sarah Arora	USA
Ms. Robyn Davidson	UK	Ms. Siddhi Gupta	USA
Mr. Leeds	UK	Mr. Joshua Kearns	USA
Mrs. Fiona Mohan	UK	Dr. Anjali Niyogi	USA
Mr. Barrows	UK	Mr. Patrick Staiger	USA
Mr. Charles Dobbin	UK	Dr. Vineeth Varanasi	USA
Ms. Hazel Jackson	UK	Dr. Subhashini Allu	USA
Ms. Gill Smith	UK	Ms. Medha	USA
Ms. Liz Roberts	UK	Dr. Mukesh Shah	USA
Mr. Kenneth Robbie	UK	Dr. Neera Shah	USA
Ms. Jodie Giles	UK	Mr. Ranjan Joshi	Almora
Ms. Lucy Lloyd Price	UK	Mr. Steven Langendries	Belgium

Name	Place	Name	Place
Mr. Barry Morley	UK	Ms. Stefanie Friedel	Belgium
Mr. Richard Chamberlin	UK	Mr. H.L. Kapoor (Rajiv Kapoor)	Delhi
Dr. Michael Priest	UK	Mr. Lalit Bhandari	Delhi
Mr. Russell Scott	UK	Mr. Vivek Gupta	Delhi
Mr. Nigel Ried	UK	Mr. Nitin Gupta	Delhi
Ms. Aparajita Singh Breur	USA	Mr. Neeraja Joshi	Gurgaon
Dr. Thomas Breur	USA	Mr. Abey Pandaplakkal John	Kerala
Ms. Nimmi Harisinghani	USA	Mrs. Sheeba Sen	Satkhoh
Mr. Alope Mansingh	USA	Mr. Gurpal Singh Bindra	USA
Mrs. Yasmir Bisal	USA	Mr. Rajneesh Ranjan	Varanasi
Ms. Maya Mansingh	USA	Members joined this year	
Dr. Sandeep Gupta	USA	Mr. C.S. Martoliya	Almora
Ms. Fatima Gupta	USA	Mr. Vinit Joshi	Haldwani
Mr. Romi Sahai	USA	Mr. Sunanda Joshi	Haldwani
		Ms. Aarti Shenoy	Mumbai
		Mr. Milind Gandhi	Mumbai
		Mrs. Lopa Gandhi	Mumbai
		Mr. Ankit Gupta	Noida
		Ms. Neha Jacob	Pune
		Dr. Harish Chandra Pant	Satoli

INSTITUTIONAL CONTRIBUTIONS

Name of Organisation	Amount	Sector Of Support
Sir Dorabji Tata Trust	22,374,000.00	Health
Aarohi Schweiz (Hirslanden Clinic)	2,018,250.00	Health
The Himalaya Drug Company	1,000,000.00	Health
Oil and Natural Gas Corporation Ltd.	880,000.00	Health
Team Computers Pvt. Ltd.	125,000.00	Health
M/s Coinmen Consultants LLP	50,000.00	Health
Alfa Clinic (Dr. Fatema Poonawala)	50,000.00	Health
Global Giving-Health	1,636.00	Health
The Hans Foundation	3,323,637.00	Education
Goldman Sachs & Co. Matching Gift Program	536,617.00	Education
Soroptimists International	231,598.55	Education
University of Washington	140,608.00	Education
M/s Kogta Import Export Pvt. Ltd.	100,000.00	Education
Bit Giving	61,754.00	Education
Sisi and Savita Charitable Trust, UK	59,640.00	Education
Charities Aid Foundation India	13,600.00	Education
World Learning India Pvt. Ltd.	10,000.00	Education
Aarohi Schweiz	1,308,000.00	Development
Parksons Packaging Ltd.	500,000.00	Health & Education
Bajaj Auto Ltd.	800,000.00	Mobility Program
M/s Kogta Import Export Pvt. Ltd.	100,000.00	Aarohi Ward Scholarship
Khand Shiksha Adhikari, Ramgarh	60,480.00	RTE Scholarship
Canara Bank	15,000.00	Grameen Himalyan Haat
Bahuguna & Associates, Haldwani	5,500.00	Grameen Himalyan Haat

INDIVIDUAL DONORS

Name of Donor	Amount	Programme
Mr. Keith Goyden	140,000	Education
Mr. Sudhankumar Moghe	95,055	Education
Mr. Ankit Gupta C/o Adobe Systems	91,140	Education
Ms. Neeraja Joshi	60,000	Education
Ms. Jennifer Collins-Foley	55,613	Education
Dr. Puneet Kumar Singh	50,000	Education
Mr. Ashwin Walia	50,000	Education
Mrs. Indra Joshi	50,000	Education
Mr. Abhay Raj Kapoor	36,000	Education
Ms. Shalini Cornelio	32,946	Education
Dr. Purnima Dhar	27,806	Education
Mr. Sharat & Rashmey Seth	25,000	Education
Mr. Deep Chandra Joshi	25,000	Education
Ms. Helen Louise Sharrock	23,000	Education
Ms. Aparna Gonibeed	21,897	Education
Dr. Anjila Aneja	21,000	Education
Dr. Ravi Kashyap	20,000	Education
Mr. Bondal Jaishankar	20,000	Education
Ms. Meena Harisinghani	20,000	Education
Mr. Utpal Rawal	19,011	Education
Dr. Rashmi Kandari	18,000	Education
Mr. Chandrajit Bajaj	18,000	Education
Mr. Mithun Agarwal HUF	18,000	Education
Mr. Mohammad Jamal	18,000	Education
Mr. Sreekant Khandekar	18,000	Education
Ms. Sadhna Koul	18,000	Education
Dr. Shilpa Khanna	15,000	Education
Mrs. Madhumita Mitra	15,000	Education
Ms. Brinda Tejeshwar Singh	15,000	Education
Mr. Vikas Kutty	13,500	Education

Name of Donor	Amount	Programme
Dr. Veereshwar Bhatnagar	10,000	Education
Mr. Akbar Khaleeli	10,000	Education
Ms. Tulsi Gurbaxani	10,000	Education
Ms. Anjana Vatsan	5,607	Education
Ms. Dipti Tejwani	5,000	Education
Mr. Rahul Jacob	4,000	Education
Mr. Hari Thadakamalla	3,237	Education
Mr. Xiaowei LI	3,169	Education
Mr. Amit Sharma	3,000	Education
Ms. Sheeba Sen	3,000	Education
Mr. Siddhant Kumar	2,800	Education
Mr. Apurav Jain	2,000	Education
Mr. Vinod Metre	2,000	Education
Ms. Nancy Tewari	2,000	Education
Ms. Neha Gupta	1,000	Education
Ms. Pritika Bhatnagar	841	Education
Mr. Nagesh Jasti	13,139	Forestry & Energy
Mr. Narendra Vidyadhar Joshi	5,000	Haat
Mr. C.S. Martoliya	4,001	Haat
Mr. Nitin Page	2,500	Haat
Mr. Vikas Kuty	1,500	Haat
Ms. Shraddha Kokane	1,000	Haat
Mr. Vinit Joshi	1,000,000	Health
Ms. Nivedita Niyogi	237,456	Health
Mr. Pankaj Wadhwa	187,000	Health
Mr. Anu Khurana	125,000	Health
Ms. Sangeeta Sharma	36,700	Health
Dr. S.P. Aggarwal Dental & Orthodontic Center	33,000	Health

Name of Donor	Amount	Programme
Dr. Sushil Sharma	30,000	Health
Ms. Sheela Kohli Joshi	25,000	Health
Mr. Bondal Jaishankar	20,000	Health
Dr. P.K. Sharma	10,000	Health
Ms. Debabrata Roy	6,819	Health
Mr. Ashok Dakavarapu	6,475	Health
Ms. Anjana Vatsan	5,607	Health
Mr. Mohan Lal Gupta	5,001	Health
Mr. Rajesh Arora	5,000	Health
Mr. Shwetabh Dublish	5,000	Health
Anonymous	2,752	Health
Dr. Asha Kubba	2,000	Health
Mr. Bhupendra Chupal	2,000	Health
Mr. Bulla Sudhakar Reddy	1,800	Health
Mr. Katayoun Font	1,584	Health
Mr. KyungWhan Chung	1,584	Health
Mr. Vikram Mehra	1,100	Health
Ms. Kristyl Borg	660	Health
Mr. Lee Ka Yan	328	Health
Mr. P.N. Reddy	200	Health
Dr. (Col.) Chandra Shekhar Pant, VSM (Retd)	50,000	Others
Dr. H. C. Pant	20,000	Others
Mr. Narottam Puri	10,000	Others
Mr. Gaurav Srivastava	10,000	Others
Mrs. Kusum Haidar	5,000	Others
Dr. Neelam Vasudeva	5,000	Others
Ms. Padmini Nambiar	3,000	Others
Mr. Arun Kumar	2,000	Others
Dr. Sheila Mehra	2,000	Others

Name of Donor	Amount	Programme
Ms. Kamini Gengwal	2,000	Others
Dr. Geeta Pant	500	Others
Ms. Premila Nazareth Satyanand	100,000	Scholarships
Ms. Achla Sawhney	70,000	Scholarships
Ms. Achla Sawhney	30,000	Scholarships
Ms. Aarti Shridhar Shenoy	30,000	Scholarships
Dr. Puneet Kumar Singh	20,000	Scholarships
Mr. Benny Kurain	3,310	Scholarships
Dr. (Col.) Chandra Shekhar Pant, VSM (Retd)	868,452	Health (Ultrasound machine - In kind)

Product Price List

Product	Weight/Volume	Price in INR
Apricot Body Oil	50 ml	149
	100 ml	249
	200 ml	449
Apricot Body Scrub	50 gms	79
	100 gms	149
	150 gms	199
Apricot Body Cream	50 gms	199
Apricot Scrub Soaps Cinnamon/Orange/Vetiver/Rosemary/ Geranium	70 gms	79
Luxury Soaps Rhododendron & Rose/Lemongrass & Nettle/ Neem & Turmeric / Sandalwood & Patchouli/Jasmine & Mogra	70 gms	99
Culinary Herbs Oregano/Parsley/Jumboo/Marjoram/ Thyme/Rosemary/Basil	20 gms	149
Herb Tea Chamomile/Rosemary/Peppermint/Thyme	Pack of tea bags	149
Mixed Herb Salt	20 gms	149
Apricot Gift Box Oil, scrub, soap & geranium sachet	150 gms	349

TRAININGS AND EXPOSURE

Description	Participants	Programme	Trainings	No. of Participants
Estimation of Haemoglobin using Sahli's method, Home Based Newborn Care (HBNC), RCH skill enhancement	Health Supervisors	Health	10	24
ANC, counselling during pregnancy, monitoring high risk pregnancies, malnutrition, , HBNC	ASHA/ SK	Health	86	74
Roles and responsibilities of TBA, postpartum hemorrhage, six cleans, TBA kit	TBA	Health	56	80
Postpartum haemorrhage and danger signs in pregnancy	Project Coordinator/ trainers	Health	5	6
Teacher's Exposure visit	ABS teachers	Education	1	11
Creating lesson plans	ABS teachers	Education	2	11
Teaching and learning methodologies	ABS teachers	Education	1	11
Teaching Languages (Hindi)	ABS teachers	Education	1	11
Personality Development using Transactional Analysis	ABS teachers	Education	1	22
Teaching Maths	ABS teachers	Education	2	11

Join Us

We welcome development professionals, doctors, public health professionals, nurses, mid wives, counselors, teachers, managers, social entrepreneurs, to work with us.

Volunteer with us to serve in our hospital, teach at our school, document our work, or help us in marketing our products, designing new products and raise funds. Your professional skills can go a long way in strengthening our structure and processes.

Beautiful Himalayan ranges, pristine forests and days which can be called adventures - working with Aarohi is a beautiful experience. We work with limited internet connectivity, fluctuating voltage and sudden rainfall. You will interact with a well qualified, creative and passionate Aarohi team, who has left the comfort of their homes, to work in these parts of the mountains.

Be a life member, contributing INR1,000/- and become a part of the larger Aarohi family.

Support us in raising funds by donating towards our health, education and other development initiatives.

All contributions to Aarohi are exempt from Income Tax under Section 80G of the IT Act.

Contributions can be made in the name of Aarohi by way of demand draft or cheque, or bank transfer (NEFT/RTGS). Transfers using SWIFT can be made for out of country contributions.

Aarohi is a not for profit society, registered under Societies Registration Act, 1860; Section 6(1) of the Foreign Contribution (Regulation) Act, 1976: Section 80G and 12 A of the Income Tax Act, 1961.

Connect to us at,

Aarohi Satoli (India)-
infor@aarohi.org

Aarohi Schweiz (Switzerland Chapter)-
rob.graf@yahoo.de

Global Giving Education-
<https://www.globalgiving.org/projects/aarohi-bal-sansar/>

Global Giving Health-
<https://www.globalgiving.org/projects/improved-maternal-and-child-care-in-the-himalayas/>

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Aarohi, Village Satoli, P.O Peora,
Dist. Nainital, Uttarakhand 263138 India
+91 9758625455, info@aarohi.org,
www.aarohi.org
www.facebook.com/Aarohi.NGO

