



Aarohi



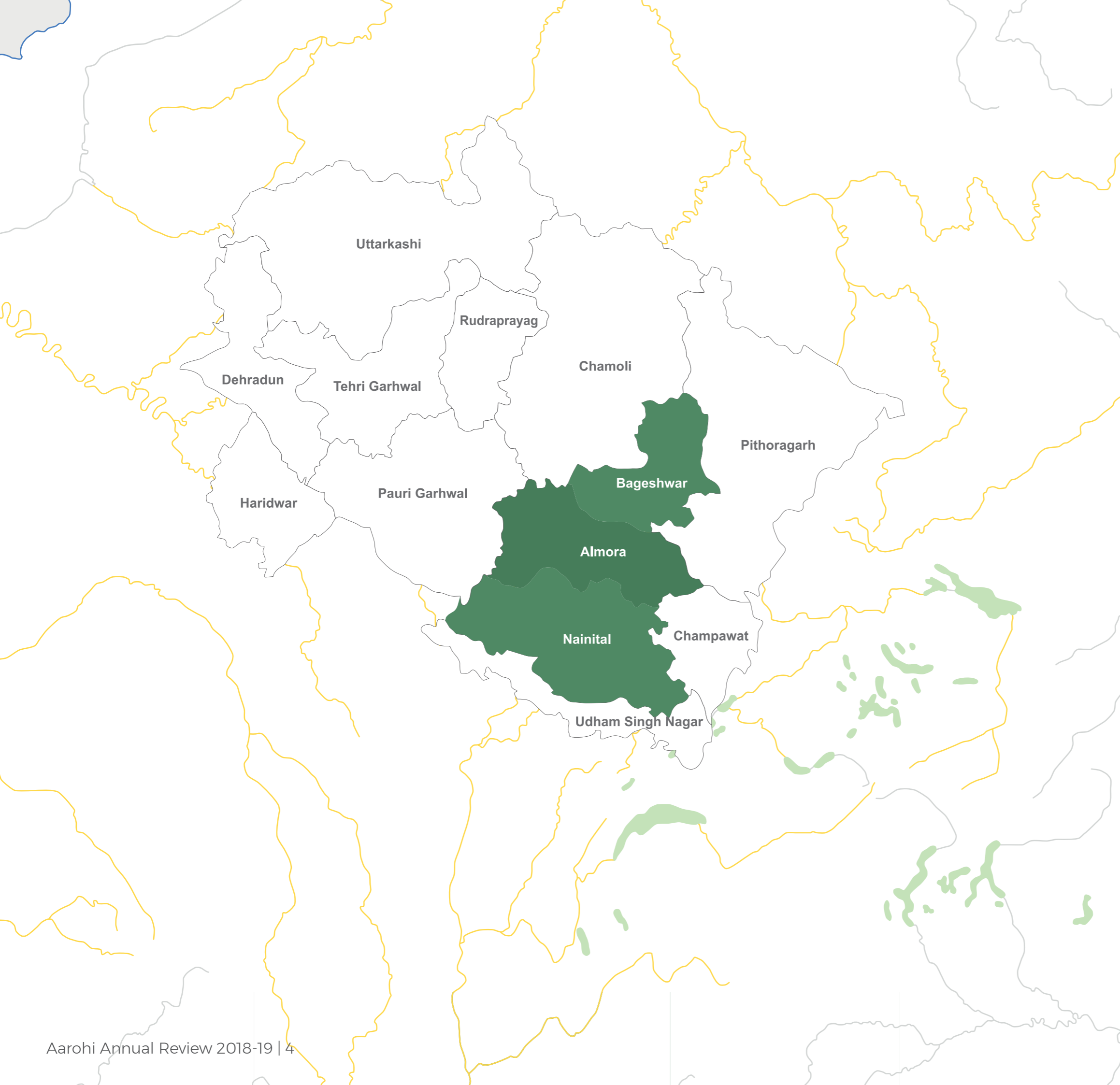
ANNUAL REVIEW

2018-19



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ABOUT AAROHI

Committed to sustainable mountain development, Aarohi was founded by Oona Sharma, a development professional and Dr.Sushil Sharma, a medical professional in 1992. Keeping an integrated approach to development, Aarohi's core areas of interventions include health, education and livelihoods.

Working primarily in the Kumaon division of Uttarakhand, Aarohi covers 114 villages in Nainital, Almora and Bageshwar districts. A population of 65,000 benefits directly from various services provided by Aarohi.



THIS PAST YEAR'S HIGHLIGHTS

Having served Aarohi for 25 years, nurturing the organisation as the Executive Head, Dr Sushil Sharma, Co- Founder of Aarohi, retired as part of the organisation's succession plan in June 2018. The year was a difficult one with the senior leadership changing in all the sectors. Pramod Bisht, our Livelihoods Programme Manager, retired after serving Aarohi for 25 years. The programme went through an intensive recruitment process to create a second line of leadership from amongst the existing local staff. Puran Nayal, who has been with the programme for the past 24 years, became the new Livelihoods Programme Manager. Brijesh Kumar joined as the new Principal of Aarohi Bal Sansar. At the age of 25, Brijesh is one of the youngest principals that Aarohi has had. Kavi Kumar took over the charge of Community Health Programme and Dr. Suchita Lohani joined as the Dentist and Clinical Health Coordinator. With these young professionals aboard, we certainly felt a surge of renewed energy.

In November, Dr.Himanshu Upreti, the much loved 'Doctor Saab' in the local community, working with Aarohi as a General Physician for the past three years met with an accident injuring his back. As we grappled with the uncertainty of his full recovery, it became a challenge to run the health programme without a full time doctor. In spite of this, our health team successfully conducted 88 mobile medical camps, five surgical camps and 19 outreach medical camps as per the annual plan. A total of 11,823 patients benefited from services provided at Aarohi Arogya Kendra this year.

The third phase of Aarohi Arogya Project, supported by Tata Trusts was successfully completed this year. The project evaluation has shown measurable improvement in early identification of high risk pregnancies, breastfeeding, immunization and maternal and child health. The best practices to manage maternal and child health care in remote mountain villages, which emerged from this project, were documented as a 4-part documentary film series.

A Women's Health Resource Centre was set up this year with the support from Bajaj Auto, with the aim of empowering women with health information and health services.

Making education relevant for rural children, we initiated our efforts to contextualize the National Curriculum Framework (NCF) with agriculture and ecology. This two-year project is being supported by Duleep Matthai Nature Conservation Trust and its successful completion will lead to greater participation of parents in education, and better understanding amongst students from the region about their environment and its conservation.

After a gap of a year, Aarohi Grameen Himalayan Haat was once again organized in all its grandeur. The Haat was well received by the community which not only exhibited their products, but enthusiastically participated in its organisation and management.

The Livelihoods Programme broadened its scope of operations by systematically planning towards creating climate resilient communities. Following the sustainable livelihoods framework, the programme worked to build household assets and generate additional income through its various initiatives. All the home stay owners under Aarohi's Homestay Program were supported to get their home stay licenses. The home stay owners were provided trainings on meeting legal compliances, home stay management and housekeeping.

To promote agro forestry and strengthen backward linkages, 350 Chuaru (wild apricot) seedlings were planted on local private farmland. It is expected that the initiative will provide additional income to farmers through the sale of apricot kernels and will lead to soil and water conservation on farm land.

Considering the transition and uncertainties at all levels, we have successfully sailed through this year with many new initiatives. We have paved the path to a more decentralized management - strengthening and empowering the sector heads and second line leaders. The year was also about networking with the District Government, local NGOs and Public Health Networks. The Embassy of Switzerland to India invited Aarohi to present its work to the Ambassador Andreas Baum.

We would like to thank you all for standing by us through this year of transition, trusting our work and supporting us. We look forward to yet another year of creating development opportunities for the marginalized and deprived communities from the Central Himalayas, with your support.

Jyoti Patil
Secretary

Aarohi,
May 30, 2019



WORKING FOR SUSTAINABLE MOUNTAIN DEVELOPMENT

Programme Overview

आरोही आरोग्य केन्द्र

स्थापना 17 अगस्त 1992

इस भवन का निर्माण कार्य निम्न उदार हृदय व्यक्तियों एवं संस्थाओं की प्रेरणा व अमूल्य सहयोग से सम्भव हुआ है।

1. डा० अशोक अग्रवाल, श्री प्रभु दयाल अग्रवाल फाउण्डेशन, जयपुर ने स्वेच्छा से 3 लाख रुपये देकर हमें इस पुनीत कार्य को शुरू करने की प्रेरणा दी।
2. ब्रिटिश हाई कमीशन ने 4 लाख रु० अनुदान एक्स-रे यूनिट लगाने हेतु दिया।
3. श्री लक्ष्मीदत्त कबडाल, ग्राम-सतोली ने अपनी भूमि दान देकर अस्पताल बनाने का हौसला दिया।
4. आरोही संस्था के कई कार्यकर्ताओं, देश-विदेश के कई मित्रों ने अपनी सीमित आय का कुछ महत्वपूर्ण हिस्सा देकर उत्साह बढ़ाया।
5. श्री किशन राम, ठेकेदार, ग्राम-दियारी एवं उनके साथियों ने प्रतिदिन 1 घण्टे का श्रमदान किया।

यह अस्पताल क्षेत्रीय लोगों की सेवा हेतु समर्पित है।
प्रिय डलगा की स्मृति में आरोही के अध्यक्ष श्री प्रताप
दलगा कांक 20-12-99 को किया गया

सतोली, जिला-नैनीताल

HEALTH PROGRAMME

Providing quality health care that is equitable, accessible and affordable

Aarohi's Health Programme is committed to quality health care that is equitable, accessible and affordable. Emphasizing women's health, particularly maternal and child health, this programme has two main components – Clinical Health Care and Community Health Care. On the one hand, Aarohi delivers medical services through its unique rural hospital and Mobile Medical Unit and, on the other, behavioral change communication via its specialized team of field level primary health workers and trainers. Aarohi's pioneering community healthcare model has discernably improved health indicators in the rural communities it has served.

Clinical Health Care

Through a combination of cottage hospital, Mobile Medical Unit (MMU) and medical camps, Aarohi provides specialized health services to a population of 55,000 spread over 105 remote and difficult mountain villages.

Aarohi Arogya Kendra (AAK), a three bedded cottage hospital, started in 1992, is equipped with state-of-the-art medical facilities, doctors, dentist and a qualified team of paramedics and nurses. This year AAK conducted five surgical camps, 88 mobile medical camps and 19 outreach medical camps in far flung villages in the Greater Himalayas. A total of 11,823 patients benefited from services provided at Aarohi Arogya Kendra in the year 2018 -2019.

Surgical Camps

Surgery is increasingly becoming an integral part of public health systems worldwide. However, provision of essential surgery in remote and rural areas, especially in the mountains, remains inadequate and poses great challenges. The dire shortage of surgeons and anaesthesiologists, poor infrastructure and lack of basic health care services makes it difficult to provide essential surgery in these areas.

Aarohi, however, has been successful in bringing modern surgical techniques to this remote and rural mountain region. For the past one decade, Aarohi, through its cottage hospital, Aarohi Arogya Kendra, has performed sophisticated surgeries in a cost effective manner with 100% success rate.

This year, Aarohi Arogya Kendra held 5 surgical camps, conducted by experienced surgeons and anaesthesiologists from across the country. A total of 780 patients were screened in these camps and 57 general surgeries were performed. In collaboration with the Association of Rural Surgeons of India (ARSI), Aarohi introduced the technique of Gasless Lift Laparoscopic Surgery, for both vaginal hysterectomy and cholecystectomy (i.e. gall bladder removal). This technique employs a lift apparatus that enables laparoscopic surgery in resource-poor rural locations.



Mobile Medical Camps

Since 2014, Aarohi's Mobile Medical Unit (MMU) has provided primary health care services to 105 villages in Ramgarh, Dhari and Okhalkanda blocks in Nainital District. The unit is equipped with a laboratory, a pharmacy and diagnostic equipment, like ECG, ultrasound and X-ray machine. These mobile medical camps provide various diagnostic services, covering communicable and non communicable diseases. This strengthened the referral mechanism and linkages with higher population of 55,000 facilities. The camps are conducted in the first week of every month, covering a population of 54,857 in 105 villages and a distance of approximately 500 kms.

Aarohi's monthly mobile medical camps facilitate routine Antenatal Checkups (ANC) of pregnant women and the early detection and monitoring of High Risk Pregnancies. In 2018-19, some 1,607 pregnant women were examined and cared for. Resultantly, this past year, 99% of pregnant women received ANCs, up from 49% in 2013.

Outreach Medical Camps

So as to make available basic health care services to remote border villages on the Indian side of the Greater Himalayas, biannual medical camps are held every year. This year, nineteen such camps were held in the five villages in the Namik Valley.

Nestled at an altitude of 2,136 meters, these villages are cut off from basic amenities and infrastructure. The Aarohi medical team, comprising of doctors, paramedics, dentists and community volunteers, trek through precarious mountain trails to examine, treat and counsel patients.

Summary of Clinical Services

PARTICULARS	2016 - 2017	2017 - 2018	2018 - 2019
TOTAL NUMBER OF PATIENTS BENEFITED	12,454	12,807	11,823
OPD patients treated in Aarohi Arogya Kendra	1,871	2,574	1,592
Female	828	1,106	732
Male	1,009	1,419	811
Children	34	49	49
In-patients treated	90	105	60
Laboratory tests	8,459	8,239	6,675
X Ray	203	176	170
Ultrasounds	1,584	1,765	1,132
Total villages covered	50	50	50
School children screened for health problems	1,070	745	332
Number of Dental Camps	14	24	32
Dental screening for school children	176	745	1,049
Total dental screening	557	673	605
Total dental extractions	276	391	276
Total dental fillings	95	73	48
Other Specialist Camps	12	13	5
Total patients treated in Specialist Camps	1,741	787	795
Total surgeries done in Specialist Camps	85	105	58
Mobile Medical Unit (MMU) Camps	87	94	88
No. of patients treated in MMU Camps	6,222	6,557	6,006
Outreach Camps	12	9	19
Patients treated in Outreach Camps	839	728	844



**COMMUNITY
HEALTH CARE**

Maternal and Child Health is the main focus of Aarohi's Community Health Care programme. Aiming to reduce maternal and infant deaths in Nainital District's remote Okhalkanda Block, Aarohi's Community Health Care programme has been building the capacities of frontline workers, training traditional birth attendants, promoting institutional and safe delivery, and disseminating information.

Aarohi Arogya Project

Supported by the Tata Trusts, the third and last phase of the Arogya Project was successfully concluded. Enhancing socio-cultural conditions for better health in rural Kumaon, this five-year project was implemented in 105 villages, covering 35 villages in each phase. A one-year, no-cost extension of the project was approved by the Tata Trusts, which facilitated the consolidation of key project interventions.

Women's Health Resource Centre

That women's health is not a priority in the rural and remote parts of Kumaon is well established. From financial vulnerability to the secondary social status of women in these mountain communities, the reasons for the poor health of women are many. Inaccessibility to basic health services and lack of health information further complicates this matter.

To make basic health services and information accessible to the rural women from remote villages in a timely and appropriate manner, this year Aarohi set up its first Women's Health Resource Centre (WHRC) with support from Bajaj Auto Limited.

WHRC is envisioned as a space for women catering to all their health needs - from making accessible primary health care and medical services to dissemination of health information. It is a space where one can discuss without fear or inhibition, their health concerns and where they can access affordable health services.



Child health

Through Aarohi's Community Health Care Programme, a total of 813 children from 0 – 5 years were cared for in the 35 intervention villages. Sustained efforts by Aarohi's health team has ensured that 100 % neonates are breastfed within 24 hours of birth. This is a major cultural shift and will go a long way in securing the health of children in this area. Due to Aarohi's intervention the incidence of diarrhoea and pneumonia amongst children in these villages has decreased by 7% and 5%, respectively. The number of villages organizing immunization camps have increased from 15 to 27.

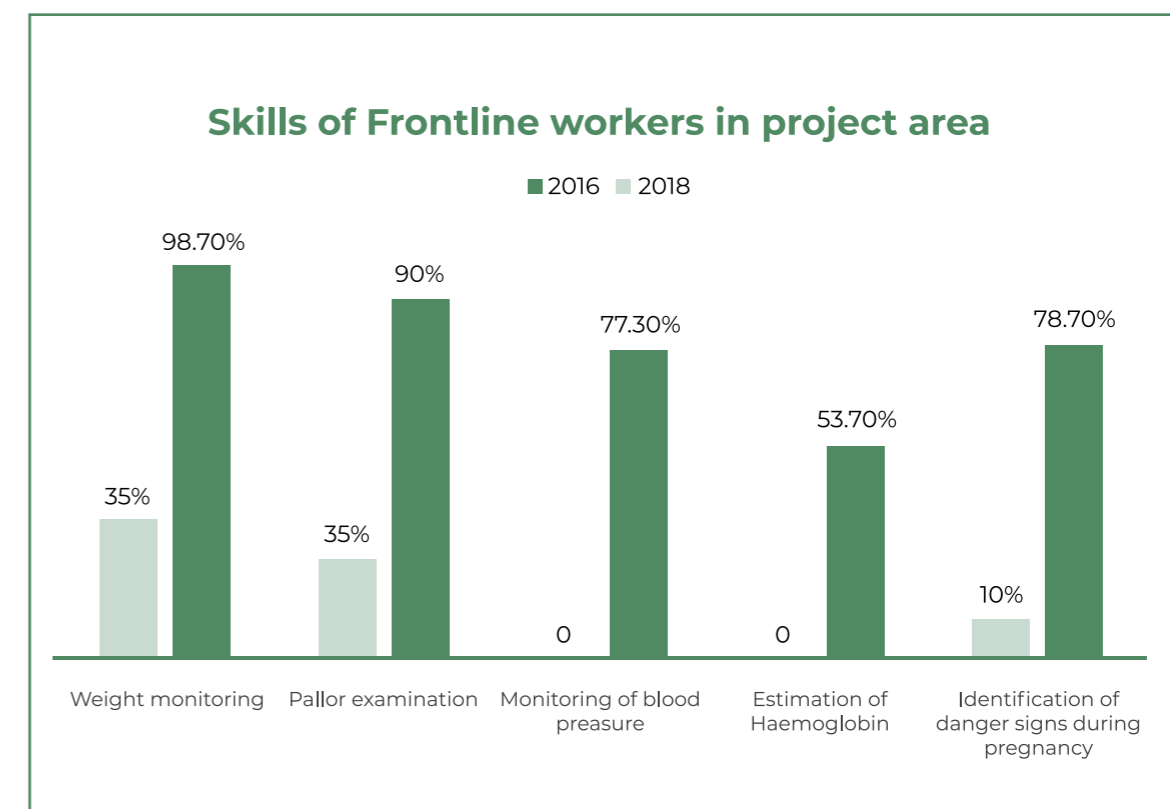
CHILD CARE	Baseline 2013 - 2014	2018 - 2019
Neonates breastfed within 24 hours (for baby)	78 %	98 %
Infants 0-6 months exclusively breastfed	34 %	65 %
Children 0-5 years monitored for growth	52 %	77 %
Children 0-5 years who had Diarrhoea	40 %	7 %
Children 0-5 years who had Pneumonia	N/A	5 %
Children 0-5 years with another illness	N/A	2 %
Children 0-5 years referred due to all illnesses	N/A	82 %

Highlights of Community Health Care Programme

- Antenatal coverage in the project area is 85% against the baseline of 49% in 2010.
- According to the last six-monthly survey held in July 2018, the rate of early registration of pregnancy was 84%.
- The rate of institutional delivery was 41% in 2018 – 2019, as it was in 2017-2018.
- 68 % of total home deliveries are now performed by Aarohi-trained Traditional Birth Attendants (TBA) in 2018 - 2019.
- Postnatal coverage is 82%, which means 82% of new mothers received postnatal checkups within 48 hours of delivery.

Vital Events

Indicators	2017 - 2018	2018 - 2019
Maternal deaths	1	1
Neonatal deaths	6	7
Infant Deaths	10	2
Under 5 deaths	11	2



The figure above shows overall improvement of clinical skills of frontline workers in 2018 against the baseline assessment in 2016. ASHAs/SKs in the project area are now competent in blood pressure monitoring, pallor examination, weight measurement, Haemoglobin level estimation, identification of danger signs during pregnancy.

Smokeless chullah

On an average, women in Aarohi's field areas spend 2 to 3 hours every day collecting fuel wood. Moreover, traditional stoves emit hazardous smoke, impacting women's health. Aarohi improved design of smokeless stoves which burn wood more efficiently and reduces drudgery.

A total of 1,347 chullahs were constructed from August 2013 to June 2018. Currently, a total of 1,341 (99%) chullahs are in use.

Documentary Films

The best practices evolved during the implementation of the project 'Arogya', were documented in a series of four documentary films. Immediate newborn care, Anaemia, Healthcare service of Aarohi and Aarohi promoted Smokeless chullahs were documented through these films.

Community Mobilization

In the past one year, we used different methods to mobilize the community to sensitize and raise awareness on various topics on health. Our methods include door to door visits by community health workers and ASHAs, awareness campaigns, village level meetings and school health sessions.

A total of 199 mothers' meetings were conducted during this period and a total of 2,472 mothers participated in the meetings. This year 14 'Swasthya Mela' (Village Health Fair) were organized covering issues of reproductive, maternal and child health; menstrual hygiene, sanitation and nutrition.

Hari Krishna Trivedi (HKT) Memorial Fund – Health

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

This year two health camps were organized at Supai. The focus was on preventive health. Sustained efforts were made to create awareness regarding sanitation, cleanliness and hygiene. Communities were encouraged to make waste disposal pits, soak pits and drainages. A clean home survey was conducted to monitor waste disposal in the villages. Eighteen

households from four villages have taken the responsibility of regulating the use of drinking water and maintaining cleanliness of drinking water sources in their respective villages.

S.no	Indicators	2017 - 2018	2018 - 2019
1	Total number of pregnant women benefitted	26	28
2	Total number of early registration	17	18
3	Total number of High Risk Pregnancies	0	5
4	Total number of PNC women benefitted	16	17
5	Total number of 0-3 year children weighed	1198	1274
6	Total number of Severely Acute Malnourished children	19	35
7	Total number of Matruh Samuh meetings held	33	34
8	Total number of participants attending Matruh Samuh meetings	301	384





लालची चूहे जी



EDUCATION PROGRAMME

To create a culture of learning in which every child thrives and has opportunities to learn, express and reach maximum potential.

Aarohi's Education Programme started in 1994, with the initiation of Aarohi Bal Sansar, a middle level school. Currently the programme includes the education outreach programme, post school activity centers, scholarship programmes and the youth programme.

Aarohi Bal Sansar

Aarohi Bal Sansar (ABS), a middle-level school managed by Aarohi, was founded in 1994 to bring quality education to the children from rural and remote mountain villages. The school is nestled in the small village of Peora, in Nainital District. Children from 14 nearby villages avail education at this school.

Aarohi Bal Sansar is continuously working to make education relevant and meaningful for children from rural areas. Improving learning outcomes, contextualizing curriculum to rural realities, integrating education with natural resource management and conservation has been our endeavour. Using an appropriate curriculum and creative teaching methodologies, Aarohi Bal Sansar is currently running classes from Kindergarten to Standard 8.

In last 25 years, the school has created a cadre of well-trained and compassionate local teachers, teaching children from their own villages. Around 400 children have successfully completed their primary education from ABS.

Aarohi Bal Sansar has brought quality education to the children from marginalized families, making it possible for them to live in their own region and not migrate to bigger towns or cities for better education for their children.

School Performance

In the academic year 2018-19, 162 children from 11 villages (Chapad, Kafuda, Simayal, Diyari, Kumati, Chataula, Satkhol, Peora, Soon, Satoli, Nigran) were part of ABS, out of which 85 were boys and 77 were girls.

The school remained open for 257 days for teachers and 231 days for students. There was 88% student attendance and 77% teachers' attendance, this year. Teachers' attendance was low because 11 ABS teachers had enrolled for the mandatory Diploma in Elementary Education and bridge course this year.

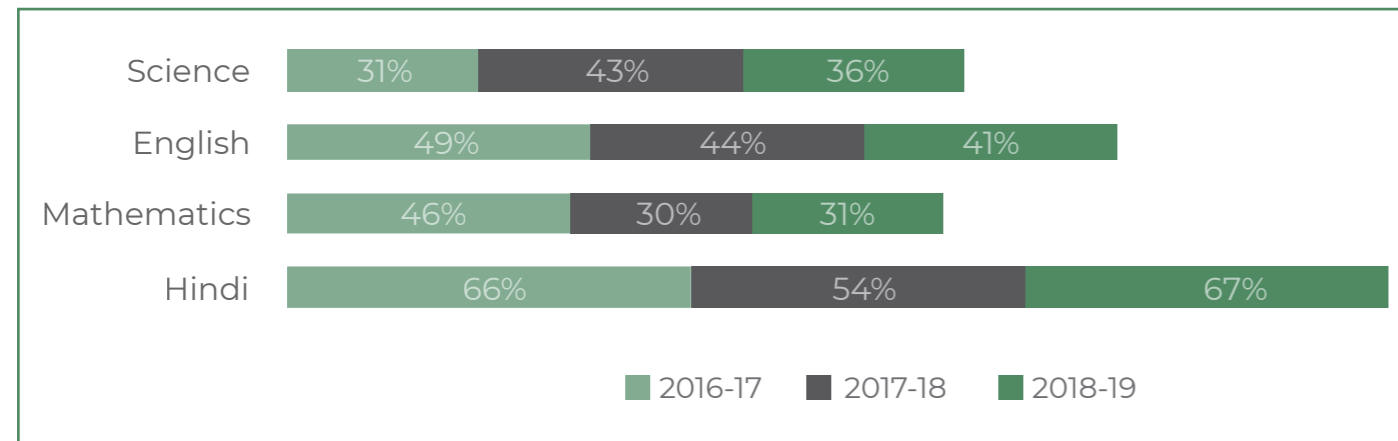
Three new teachers were recruited in this academic year. The school has 15 teachers. Of these, 9 teachers specialise in STEM subjects, 8 in languages and 2 in social sciences. There is one teacher each for Art and Crafts, Music, Sports and Computer. The student-teacher ratio this year has been 1:11.



Academic Performance of ABS Students

ABS holds half-yearly and annual exams for Classes 1 to 8 to assess their academic performance. The exams are both written and oral. Child's overall performance is also assessed through the child's participation in various co-curricular, extracurricular and sports activities.

This year 91 students, that is 66.4% of students, scored above 60% marks. Only 6 students (4.3%) scored less than 40% marks.



Co-Curricular and Sports Activities

The 'School Farm Project' was initiated this year as part of the project 'Contextualising Rural Education to Agriculture and Ecology'. A structure (greenhouse) has been constructed based on a model made by the students of ABS. Two compost pits have been made on school premises. Children collected indigenous varieties of seeds to be propagated in the school nursery with the help of their parents. Preliminary attempts were made to connect language learning with farming. Children learnt Kumaoni, Hindi and English words for farm tools, farm techniques and local vegetables. This allowed the parents to participate in their child's education since they could connect learning goals with their everyday life of farmers.

Hindustani classical music is being taught at Aarohi Bal Sansar, grooming further the innate talent of the children from the region in singing and dancing. Currently it is a month-long programme orienting children to music in a more structured way.

A film club introducing students to the best of international cinema, sensitizing them not only to different cultures but also to the art of cinema, was initiated this year. Films such as The Gods Must Be Crazy, Bicycle Thief (Italian film), Songs of Sparrow (Iranian film), The Way Home





(Korean film) were screened through this film club. Swiss Films on Wheels, an initiative by the Swiss Embassy screened 'Heidi', a film based on a book by Swiss author, Johanna Spyri.

Students of Class 8 experienced the production of a feature film, to know the science and the art of film making. They interacted with film director, cinematographer, sound designer and art designer of the feature film, 'Limited Story', which was shot in the area. Students could experience the real-life application of what they studied in their classrooms.

A day-long visit was organized to the Army Training Center, Ranikhet. Students got a glimpse of the rigorous training a soldier from the armed forces goes through. A visit to an all-religion site at the training centre, with a gurudwara, a mosque, a temple and a church, led to a discussion on the concept of secularism and unity in diversity.

A two-day workshop was organized by the London-based organization 'Timeless Life Skills' on creative thinking, logical and analytical thinking. Using the medium of robotics and animation, the children were introduced to various approaches to problem-solving.

A model-based mathematical calculation, with which one can tell anyone's age was developed by ABS students during the Mathematics Fair. The fair was organized to demystify mathematics and know its application in everyday life. Students exhibited various models based on mathematical calculations.



उलटी-सुलटी पढ़ाई

कोमल
सातवीं, आरोही बाल संसार
ग्राम सतोली, नैनीताल, उत्तराखण्ड

उलटी-सुलटी पढ़ाई
जो कभी ना मुझको भाई
हो जाती हूँ मैं तंग
जब बैठूँ किताबों के संग
मम्मी कहतीं पढ़ ले बेटी
ले ले थोड़ा ज्ञान
पढ़-लिखकर जब थक जाएगी
कर लेना आराम
मैं कहती माँ मुझे सुला दो
दिन में मैं पढ़ लूँगी
तंग हो जाती हूँ मैं इससे
फिर भी कोशिश करूँगी
ये उलटी-सुलटी पढ़ाई
जो कभी ना मुझको भाई



A poem by Komal, student of ABS was published in the popular children's magazine 'Chakmak'



Mini Sports Day

Mini sports day for the little champs from pre-primary was held on 27th December 2018. Annual sports day for the students from the primary and upper primary was held on 31st December 2018.

Aarohi Bal Sansar students participated in various sports events at Panchayat, Block and State level. The ABS team won the Kabaddi and Kho-Kho matches at the district level. Chitra, Sakshi and Ishika from Classes 7 and 8 were selected at the state level. Girish Kumar, a student of class 8, won the district level 100 meter race. He represented the block at state level athletics. ABS girls' Kabaddi team secured second place at the district level and two of them were selected to the state level Kabaddi team.

When Girish joined Aarohi Bal Sansar in the year 2009, he was three years old. As he moved to higher classes, Girish's academic grades dropped. His confidence was low and he was unable to express his problems, clearly.

As the teachers at ABS began working with him, they realised he had a passion for sports. The teachers at ABS encouraged him to take up sports, something he was good at. His winning performance in athletics and other games soon made him popular amongst his friends and teachers. He became an 'Idol' for the students from lower classes and this encouraged him to work harder. He has represented ABS at the state level in athletics. He is now preparing for Sports College and aspires to become an athlete. His parents, humble farmers from a nearby village, too see a great future for their son in sports.

He has shown considerable improvement in academics as well. "Now that I can read and write better, I feel motivated to study. My parents are proud of me and support me", says Girish, who completed Class 8 this year.

Teacher's Training and Exposure

Aarohi Bal Sansar teachers received training in project-based learning and contextualized teaching. A two day workshop was held at Madhuban, in Ramgarh, on project-based learning. Through various projects, teachers were oriented to the teaching methodology emphasizing learning by doing.

As part of their annual exposure visit, the teachers visited field area of 'Eklavya', a Bhopal based NGO doing pioneering work in the area of education. It exposed the teachers of ABS to various approaches to rural education and to innovative educational programmes designed by Eklavya.

The principal of Aarohi Bal Sansar attended a workshop organized by Avishkar, an NGO from Himachal Pradesh, on current education policies and their impact of education.

Education Outreach Programme

With the aim of strengthening existing government education system, Aarohi initiated the Education Outreach Programme three years ago. Currently, the programme covers 10 government Anganwadi centres (pre-primary), 8 government primary schools and two government middle schools in the Suni Bend cluster of Okhalkanda block.

The government schools in this block have an endemically skewed teacher-student ratio, untrained or demotivated teachers, lack of teaching and learning aids, rote teaching and learning methodologies, which distinctly shows in the poor language, numerical and communication skills amongst the students in the area.

This year, Aarohi trained 20 local youth to be para-teachers, to improve language, numerical and communication skills, using interactive and democratic teaching and learning practices in government schools. Through this programme, Aarohi para-teachers reached 300 students in the age group of 5 to 14, improving their learning outcomes.

The primary schools, Anganwadi centers and middle schools were provided with a range of teaching and learning aids to make classrooms visually stimulating and facilitate learning beyond the textbooks.

Through the programme, Aarohi clearly demonstrated how the teaching and learning experience in a government school can be transformed with regular monitoring, inspiring teacher's training and following progressive education principles. One can see an improvement in teacher and student attendance in these schools; improved self-esteem of children; better oral and written communication skills and increased participation of parents in their child's education.



In the remote village of Seemalkanya, the ruins of an old building houses a primary school, consisting of two classrooms, a head teacher room and a kitchen.

As you enter the classroom, you are formally greeted by a group of children. It is very easy to miss the presence of Dinesh, who is shorter than most of his classmates. He does not talk to anyone. When you start asking him about himself, he keeps his eyes low, stares at one point and waits for you to get tired and go away.

His classmates and his teachers had given up on Dinesh. They left him alone.

When Dhyan Singh, a Shiksha Sahayaka, part of Aarohi's Education Outreach program was placed at Dinesh's school, he made the effort to spend time with Dinesh. He recognised Dinesh's true abilities and became his ally. The program team and Dhyan Singh knew that Dinesh had his own set of problems, and mild dyslexia may have been one of them, but mostly it was a complete lack of self-esteem.

A significant aspect of Aarohi's approach is to explore various activities using a range of hands on resources to promote self-learning and learning in groups. With time, Dinesh started writing small words, tracing words on worksheets. He also started counting numbers using the 'ganit mala' and gradually started developing an understanding of the number line.

Small group activities focusing on communication skills and strategies gave Dinesh many opportunities to express, the confidence to explore and learn and most of all have is self-esteem back.

Dhyan Singh's compassionate engagement with Dinesh helped him overcome his fears. This new side of Dinesh has caught the head teacher by complete surprise, but it is no surprise for his new friends and his mentor Dhyan Singh, who believed in him and offered a helping hand through lots of love and laughter.

Scholarship Programme

So that no child is deprived of quality education, Aarohi's scholarship programme was initiated to support primary education. Currently, Aarohi provides three different scholarships based on merit and economic condition.

The Aarohi Bal Sansar Scholarship is provided to children studying in Aarohi Bal Sansar. This scholarship is especially provided to students who are either from economically poor backgrounds or have shown exemplary performance in sports, performing art or fine arts. The scholarship amount of INR 10,000 is awarded per child, which covers annual expenses including tuition fee, school uniform, books, health checkups and nutrition. This year, seven new students were awarded this scholarship. Currently, the education of 71 students (36 boys and 35 girls) are covered under this scholarship.

The Almora scholarship is given to meritorious students, who complete their Class 8 education from Aarohi Bal Sansar, and wish to pursue high school education in prestigious public schools in Almora. Aarohi covers 50% of the annual education fee of the scholars. Currently, 8 students receive this scholarship.

The Ilya scholarship is awarded to ABS students studying in Classes 4 to 8. This year, 10 children were covered under this scholarship.

Aarohi Youth Programme

Harnessing youth potential to spearhead the development of their own community and region, Aarohi's Youth Programme was initiated in 2010. Currently, there are 150 young adults from 16 villages registered as members of Aarohi's Youth Programme.

This year, five youth clubs were formed in five villages, to encourage youth to lead the youth programme activities in their villages. Of these, three youth clubs have started a community library in their village. As part of a waste management campaign, 16,000 1-liter bottles stuffed with plastic waste from villages were sent for recycling to Haldwani.

To integrate the youth with conservation, six youth members were trained as nature guides. The members, along with Will Hotopf, a trained mountain guide from the United Kingdom, developed hand drawn maps of forest trails and hiking routes. They were introduced to the concepts of conscious tourism and sustainable development.

Various sports activities were organized during the year. Between November to January, 160 youth programme members participated in the Khel Mahakumbh where 6 boys and 2 girls played upto State level competitions in Kabaddi and football.

Hari Krishna Trivedi (HKT) Memorial Fund - Education

The project, supported by the 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 skills workshops, remedial classes and other extracurricular activities. While age-old gender biases still influence the decisions parents make 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. Aarohi's presence in these villages has opened up the larger discussion on issues of gender bias, importance of education and social differentiation.

Aarohi organized career counseling sessions this year, at the Girls Inter College, Badechina, for the students of Classes 11 and 12. Four such career counseling trainings were conducted this year, orienting students to the wide range of career options opening up in all fields.

The small activity centre run by Aarohi is a hub of activities. A colourful space, this activity centre is visited by 30 to 40 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.

A computer training centre provides basic and advance computer trainings to children and the youth from nearby villages. Since its initiation in 2013, 70 students have completed their basic 3-months and 6-months advance course from the centre.





LIVELIHOOD PROGRAMME

Creating Climate
Resilient Communities

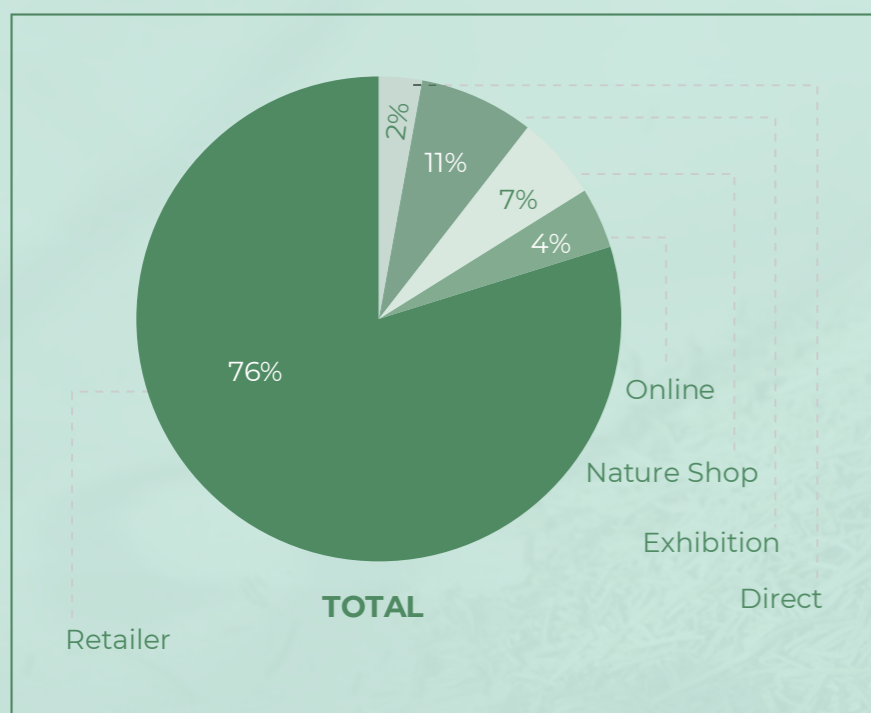
Following a sustainable livelihood framework, Aarohi's Livelihood Programme has been building household assets through its various interventions. Keeping an integrated approach, Aarohi has been working consistently towards livelihood diversification, natural resource management, creating market for local produce and building household assets.

Apricot and Herbs Processing Unit

Aarohi's Apricot and Herb Processing Unit generated an additional income of approximately INR 9 lakhs for 990 households, only through procurement and processing of apricot seeds, nuts and culinary herbs. On an average there has been an income increase of approximately INR 689 per beneficiary, from last year. This year 6.17 quintals of apricot seeds were processed to extract apricot oil and scrub. A total of 3.86 quintals of culinary herbs were cultivated, processed and marketed.

The total revenues for financial year 2018-19 are INR 49.45 lakhs, same as the previous year. Our top selling products are undoubtedly the apricot oil and apricot scrub. We participated in exhibitions across India including Kala Ghoda Festival and Dilli Haat. Of the total sales, 11% was through exhibitions.

This year concentrated efforts were made to increase online sales. This year total online sales was INR 177,499/. This year social media was used extensively and creatively to promote our products.



Sales & Marketing

Particulars	2016-17	2017-18	2018-19
Total number of products	13	13	13
Total revenue-product segment wise (In INR lakhs)	45.81	50.77	49.45
- Body care products	38.45	43.51	42.08
- Herbs	7.36	7.62	7.37
Total revenue-location wise (In INR lakhs)			
- Within Uttarakhand	27.67	28.82	28.55
- Outside Uttarakhand	18.14	21.95	20.90

We incurred a total of INR 79,380 in processing costs, which include the sorting of kernels and pounding of scrub cake. We had fewer people involved in processing activities because of direct purchase of apricot nuts this year.

Aarohi generates direct employment at the production unit through manufacturing, packaging and sale of product. We have 15 full time employees at the unit and a total of INR 2,049,550 was paid as salaries this year.

Procurement and Processing

Particulars	2016-17	2017-18	2018-19
Total producer beneficiaries	1,485	1,455	990
Number of procurement villages	205	195	170
Apricot nuts purchased (In quintals)	8.50	11.37	6.17
Apricot kernels purchased (In quintals)	21.70	57.14	30.02
Apricot kernels processed (In quintals)	32.86	43.48	38.38
Dry herbs purchased (In kgs)	210	304	386
Benefit to farmers-purchase of nuts/kernels/herbs (In INR)	18.14	21.95	20.90
Total costs of procurement	310,481	1,234,320	870,511
Total number of people involved in processing activities	17	15	17
Benefit to people, involved in processing activities (In INR)	92,408	99,189	79,380

Combined Benefit

Particulars	2016-17		2017-18		2018-19	
	No. of beneficiaries	Benefit to beneficiaries (INR)**	No of beneficiaries	Benefit to beneficiaries (INR)**	No of beneficiaries	Benefit to beneficiaries (INR)**
Procurement*	1,485	310,481	1,455	1,234,320	990	870,511
Processing	17	92,408	15	99,189	17	79,380
Salaries & wages	17	1,762,197	16	2,003,323	15	2,049,550
Combined benefit	1,519	2,165,086	1,486	3,336,832	1,022	2,999,441
Average benefit per beneficiary	NA	1,425	NA	2,245	NA	2,934

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

** Members of the same family are each considered as being an individual beneficiary. For example, if husband and wife conduct two separate transactions, they will be taken as two beneficiaries and not as one family beneficiary. It is quite common for different members of the same family to supply raw materials individually. Children often do apricot nut collection independently.

Home stay Programme

Currently, the programme supports 11 home stays which were built and developed with financial support from Aarohi. This year, trainings were held to empower the home stay owners with information on legal compliances and government policies. The home stay owners were trained in housekeeping, maintaining records and accounts. With the efforts of Aarohi, all the home stays are now registered with the state tourism board and have the requisite licenses.

As an exercise to scale up this initiative, Vasudha Sondhi, founder of OM Tourism Hospitality and Meena Bhatia, Vice-President of Le Meridien and their team, spent time with the homestay owners over six months. Their training included inputs on cleanliness, hygiene, hospitality and guest management. The emphasis was on retaining the charm of the place, while ensuring a comfortable stay. This year, interest-free micro-finance was provided for the construction of two new home stays.

Grameen Himalayan Haat

After a year's gap, this year's Aarohi Grameen Himalayan Haat was organized with exceptional enthusiasm and support from the local community. During the five day event, there was a total footfall of 30,000 people and sales worth over INR 5 lakhs. Together with local artisans, craftsmen, entrepreneurs and NGOs, 43 stalls displaying products, ranging from bamboo crafts, exotic herbs, farm tools, woolens, hand knitted items to food items, were set up during the haat. Artisans and traders from as far as Munshiyari and Namik Valleys from the Greater Himalayas participated in the Grameen Himalayan Haat this year.

"We always cook at home. Running a food stall at the Haat independently helped us realise our capabilities and gave us the confidence that we can cook outside of our homes to earn a living too"

- Women of the Ramgarh Project

The Ramgarh Project is a federation of 20 women living in villages under Ramgarh Block. Inspired by Gandhian philosophy of self sufficiency, the federation runs village-based enterprise which aggregates local produce like honey, herbs and millets. They also knit woollen items like sweaters and other warmers.

Natural Resource Management

Natural Resource Management has always been an integral part of Aarohi's Livelihood Programme. Emphasis has been on conservation and natural regeneration. As a strategy, agro-forestry on private land is adopted for it ensures ownership and higher rate of survival of trees. It also builds household assets as plantation of trees on land checks soil erosion and surface run off.

This year, Aarohi planted 350 wild Apricot seedlings, which in years to come will ensure supply of primary raw material for the apricot processing unit, providing additional income to households. This year we plan to introduce other forest trees on private lands, slowly creating green pockets of diverse, indigenous trees.

Through the programme, 5 acres of village common land is being conserved. This year, 200 trenches and two percolation tanks were made to check soil erosion and surface run off. A 2-day workshop was conducted on fighting forest fires in collaboration with the district forest department.



FROM THE HEART:

It is time again to extend our heartfelt thanks to all those who have made possible yet another exciting year of work at Aarohi. This includes our funders and institutional and government associates, members of our Managing Committee, volunteers and donors from all parts of the world, local communities and all our friends.

We also thank all the volunteers and interns who gave us not only their time, but also sincere efforts in fulfilling their assignments. It is difficult for us to imagine achieving all this without the commitment and dedication they have shown.

Finally, we owe all our gratitude to the thousands of people of the region who have, for yet another year, believed in us and shown faith in our work. They have become our friends, partners and fellow travellers on this long, adventurous road to development in rural Uttarakhand.

Thank you all for believing in us.

Team Aarohi

VOLUNTEERS EXPERIENCES

Will and Cora from the United Kingdom, spent a month, working with us on our youth wing, health and livelihoods initiatives. Their easy and jovial nature is remembered by all, especially Will's desire to learn Kumaoni! They share:

"Volunteering with Aarohi was a truly unique and authentic experience. Living and working in Peora exposed us to new traditions, foods, landscapes, languages and celebrations. It was inspiring to work amongst a passionate team of people, dedicated to making a difference in Peora and the wider state of Uttarakhand. We loved being able to engage with the local community and living in a homestay was the perfect way to do this. We are grateful for the support from Aarohi, and we will value our experience for years to come."

Nischal, was instrumental in converting our dreams of a school farm and green house to reality. He used this project to teach our children concepts of presentation, language and self-understanding, much to the children's delight. He says:

"A three-month volunteering stint with Aarohi turned out to be one of the most valuable, interesting and satisfying experiences."

Having taken up a project to integrate school curriculum with farming, I got an opportunity to explore and understand not only the local culture and farming practices but also the challenges of the life in the region. The experience also helped me see from close the impact of the social work targeted towards three indispensable, interconnected areas of development - education, health and livelihood."

Lastly, however, it was my work with children that was the source of greatest joy. They eagerly came to school on holidays and before school hours to take time out for the project."

Justin produced wonders through his assignments of our Community Health MIS, its analysis, survey formats, an operation theatre and safety checklist. He was a joy to work with and there was so much that we learnt from him.

"I really enjoyed my time volunteering with Aarohi. I was made to feel very welcome by the Aarohi team at Head Office. The homestay was fantastic with a view of the snowcapped Kumaoni Himalaya from the window - living in a Kumaoni village like this is impossible as a tourist. I worked mainly on Public health projects but had enough time off to spend plenty of time walking in the forests."



FINANCIAL OVERVIEW

BALANCE SHEET

FINANCIAL YEAR - 2018-19

LIABILITIES	Amount in INR	
	2018-19	2017-18
Unrestricted funds		
-General fund	21,389,494	18,901,461
Designated funds	20,561,080	18,268,243
Restricted funds		
-Endowment/Corpus fund	32,170,000	31,170,000
-Donations and grants pending utilisation	9,330,226	14,711,775
Grants utilised for fixed assets and capital work in progress		
-Local funds	11,410,524	11,885,442
-Foreign funds	8,003,539	7,972,431
Current liabilities & provisions		
-Sundry creditors	1,105,694	1,112,318
-Statutory dues payable	240,051	270,833
-Deposits	1,657,688	1,636,545
-Provisions	(242,148)	-
GRAND TOTAL - LIABILITIES	105,626,148	105,929,048

ASSETS	Amount in INR	
	2018-19	2017-18
Fixed assets	26,164,317	25,846,077
Capital work in progress	-	-
Investments		
Long-term investments	57,011,323	55,844,938
Current investments	5,290,000	10,270,000
Total investments	62,301,323	66,114,938
Current assets		
Cash & bank balances	9,490,099	6,534,072
Receivables	923,629	711,729
Inventories	1,980,495	2,156,990
Sundry deposits	23,824	23,824
Other current assets	4,742,461	4,541,418
Total current assets	17,160,508	13,968,033
GRAND TOTAL - ASSETS	105,626,148	105,929,048



APPENDICES

AT A GLANCE

Founder Members

Late Pratap Bhaiya
Late Oona Sharma
Dr. Sushil Sharma
Late V. B. Eswaran
Late Lt. Gen. Gurbir Mansingh
Mohit Satyanand
Late Dr. Ajay Dhar

Members of the Managing Committee

Particulars	
Dr. (Col.) Chandra Shekhar Pant, VSM (Retd)	Chairman
Jyoti Patil	Secretary
Jagdish Singh Nayal	Treasurer
Premila Satyanand	Member
Ram Vaidya	Member
Ranjan Joshi	Member
Lopa Gandhi	Member

PARTICULARS	2016 - 2017	2017 - 2018	2018 - 2019
Number of villages where Aarohi works	144	144	146
Population covered	65,606	65,606	66,128
Number of community meetings held	1,051	1,277	296
Combined attendance at the community meetings	13,599	15,382	7,639
Women representation at community meetings	9,865	14,101	5,736
Male representation at community meetings	3,734	1,281	1,903
Women to Men Ratio at community meetings	2.6:1	11:1	3:1
Number of patients seen (hospitals+camps)	12,454	12,807	11,828
Sale of body care and herb products (In INR lakhs*)	45.81	50.77	49.45
Children at Aarohi Bal Sansar	157	167	162
Aarohi members	310	301	288
Aarohi employees	112	124	104
Grants and incomes (In INR lakhs*)	503.03	369.08	359.43
Expenditure (In INR lakhs*)	347.68	357.07	308.70

LIFE MEMBERS

Name	Place
Dr. J.S. Mehta	Almora
Mr. Mohan Chandra Kandpal	Almora
Mr. C.S. Martoliya	Almora
Mr. Ranjan Joshi	Almora
Mr. Chandra Shekhar Pandey	Barechhina (Almora)
Mr. Gopal Negi	Kaphura
Dr. P. L. Arya	Kaphura
Mr. Rajendra Singh Mehra	Mouna
Ms. Anandi Arya	Mukteshwar
Mr. Kunwar Singh Negi	Nathuakhan
Mrs. Kiran Singh	Nathuakhan
Mrs. Julia Singh	Nathuakhan
Mr. Harish Chandra Singh Negi	Nigrar
Mr. Pradeep Gupta	Satkhol
Mrs. Shubha Gupta	Satkhol
Mr. Tikam Singh Bisht	Satkhol
Mrs Sheeba Sen	Satkhol
Dr. Sushil Sharma	Satoli
Ms. Munni Kabdal	Satoli
Dr. Harish Chandra Pant	Satoli
Mr. Vikram Maira	Sitla
Mr. Sanjeev Kumar Bohra	Dehradun
Mr. Arjan Brijnath	Dehradun
Mrs. Diljit Brijnath	Dehradun
Mr. B.D. Kharkwal	Haldwani

Dr. Lakshita Joshi	Haldwani
Mr. Vinit Joshi	Haldwani
Mr. Aditya Ahuja	Delhi
Mr. Rajesh Thadani	Delhi
Ms. Anuradha Sharma	Delhi
Mr. Peter Laughton	Delhi
Mr. Subodh Kumar Saigal	Delhi
Mrs. Purnima Saigal	Delhi
Ms. Aishwarya Saigal	Delhi
Ms. Aparajita Saigal	Delhi
Mrs. Smriti Sharma	Delhi
Dr. Puneet Singh	Delhi
Mr. Vishal Bhandari	Delhi
Dr. (Col) C. S. Pant (Retd), VSM	Delhi
Ms. Surbhi Bhalla	Delhi
Ms. Kamiya Dargan	Delhi
Dr. Geeta Pant	Delhi
Dr. Sanjay Jain	Delhi
Dr. Nivedita Deo	Delhi
Mr. Rahul Jain	Delhi
Mr. H.L. Kapoor (Rajiv Kapoor)	Delhi
Mr. Lalit Bhandari	Delhi
Mr. Vivek Gupta	Delhi
Mr. Nitin Gupta	Delhi
Ms. Sudha Sastri	Delhi
Shrikant Sastri	Delhi
Mrs. Saral S. Tandon	Delhi

Mr. Iqbal Husain Khan	Faizabad
Mrs. Manjula Jhunjhunwala	Faizabad
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Dr. Rajesh T Mehta	Maharashtra
Dr. Bharti R Mehta	Maharashtra
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Mr. Sanjay Deshpande	Nagpur
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Mr. Ankit Gupta	Noida
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Mrs. Meena Harisinghani	Pune
Mr. Ajit Harisinghani	Pune
Mr. Anand Vinze	Pune
Mrs. Jayashree Vinze	Pune
Mrs. Pilloo Framjee	Pune
Mrs. Geeta Billimoria	Pune
Mr. Shirish Kulkarni	Pune
Mrs. Raj Arora	Pune
Dr. Kumar Vishwanath	Pune
Mrs. Radha Vishwanath	Pune
Mrs. Usha Deo	Pune
Mr. Vikas Deo	Pune
Mr. Deepak Deo	Pune
Brig. Vivek Sapatnekar (Retd)	Pune

Mrs. Neela Sapatnekar	Pune
Ms. Prajakta Sarwottam	Pune
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Ms. Jaqueline Lane	UK
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Mr. Leeds	UK
Mrs. Fiona Mohan	UK
Mr. Barrows	UK
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Ms. Gill Smith	UK
Ms. Liz Roberts	UK
Mr. Kenneth Robbie	UK
Ms. Jodie Giles	UK
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Mr. Barry Morley	UK
Mr. Richard Chamberlin	UK
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Mr. Russell Scott	UK
Mr. Nigel Ried	UK
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Dr. Thomas Breur	USA
Ms. Nimmi Harisinghani	USA
Mr. Aloke Mansingh	USA
Mrs. Yasmir Bisal	USA
Ms. Maya Mansingh	USA
Dr. Sandeep Gupta	USA
Ms. Fatima Gupta	USA

Mr. Romi Sahai	USA
Mr. Abhinav Saigal	USA
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Mr. Praveen Sharma	Nainital
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Mrs. Anita Paul	Ranikhet
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Mrs. Maya Sinha	Allahabad
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Mr. Subhash Puri	Chandigarh
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Dr. Surjit Mansingh	Delhi / USA
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Mr. Ranjit Dhillon	Delhi
Mr. Ibadat Singh Dhillon	Delhi

Mr. Sanjeev Saith	Delhi
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Dr. Rohit Radhakrishan Nair	Goa
Dr. Raju Usgaocar	Goa
Dr. Smita Usgaocar	Goa
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Mr. Mohan Lal Gupta	Jaipur
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Mrs. Arti Gurbaxani	Mumbai
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Mr. Avinash Gurbaxani	Mumbai
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Mrs. Suchishree Chatterjee	Mumbai
Mr. Kurush Pavri	Mumbai
Dr. Amrish Vaidya	Mumbai
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Mr. Vikram Suresh Nerurkar	Mumbai
Ms. Aarti Shenoy	Mumbai
Mr. Milind Gandhi	Mumbai
Mrs. Lopa Gandhi	Mumbai
Mr. V. Venkat Rao	Mumbai
Ms. Priti Rao	Mumbai

Mr. Ram Vaidya	Mumbai
Ms. Shilpi Gupta	Mumbai
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Dr. Ripple Mehta	Pune
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Dr. Robert Graf	Switzerland
Mr Raju Mehra	Sargakhet
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Mr. Sinclair Thomson	USA
Dr. Sanjeev Arora	USA
Dr. Madhu Arora	USA
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Ms. Siddhi Gupta	USA
Mr. Joshua Kearns	USA
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Dr. Subhashini Allu	USA
Ms. Medha	USA
Dr. Mukesh Shah	USA
Dr. Neera Shah	USA
Mr. Gurpal Singh Bindra	USA
Mr. Rajeev Butaliya	Delhi
Dr. Himanshu Upreti	Delhi
Mr. Sudhakar Reddy	Chhattisgarh
Mrs. Sangeeta Sharma	Chhattisgarh
Mrs. Geeta Pant	Delhi
Mr. Toposmito Sengupta	Kolkata
Dr. Tejasvi Bhatt	Ranikhet

DONORS 2018-19

Institutional Contributions

Name of Donor	Amount	Sector
Aarohi Schweiz	3,717,098	Development
M/s World Learning India Pvt. Ltd.	60,000	Development
The Hans Foundation	2,764,615	Education
M/s Quovantis Technologies Pvt. Ltd.	1,000,000	Education
M/s Vikrant Auto Suspensions	500,000	Education
M/s SISI and SAVITA Charitable Trust	134,158	Education
M/s EMMERS Society	35,000	Education
M/s CJI Porcelan Pvt. Ltd.	25,000	Education
Aashray Charitable Trust	25,000	Education
M/s Bahuguna N Advisor	5,500	Haat
M/s Bajaj Auto Ltd.	3,000,000	Health
Tata Education & Development Trust	2,800,000	Health
Gama Infaprop Pvt. Ltd.	100,000	Health
M/s Karam Chand Charitable Trust	35,000	Health
M/s World Learning India Pvt. Ltd.	245,100	Home Stay
	14,446,471	

Individual Donors

Name of Donor	Amount	Sector
Mr. Benny Kurain	3,600	Bal Sansar Sponsorship
Anonymous	15,000	Development
Mr. Devendra Singh Nayal	5,000	Development
Mr. Bhuwan Chandra	5,000	Development
Mr. Ashish Prakash	3,982	Development
Ms. Saumya Singh	2,000	Development
Mr. Toposmito Sengupta	1,000	Development
Ms. Saral S Tandon	1,000,000	Education
Mr. Vikram Kumar Bajaj	170,000	Education
Mr. Ramesh Kacholia	120,000	Education
Ms. Ashu Sharma	120,000	Education
Mr. Giriraj Shah	60,000	Education
Mr. Vikas Kutty	40,000	Education
Ms. Tulsi Gurbaxani	35,000	Education
Mr. Vikas Goyal	34,001	Education
Mr. William Bartholomew Hotopf	29,834	Education
Mr. Deep Chandra Joshi	25,000	Education
Ms. Nimmi Shivo Harisinghani	25,000	Education
Ms. Nisha Bapat	25,000	Education
Ms. Vrunda Bapat	25,000	Education
Ms. Vandana Singh Bangari	25,000	Education
Mr. Sanjay Jain	20,000	Education

Maj. Gen. Ravinder Kumar Dhawan	10,000	Education
Mr. Mahip Tandon	10,000	Education
Mr. Taab Agnes Siddiqu	10,000	Education
Ms. Neelam Vasudeva	10,000	Education
Ms. Deepa Bhatt	8,000	Education
Mr. Iram Sultan	5,000	Education
Mr. Mohan Lal Gupta	5,000	Education
Mr. Sunil K. Bahri	5,000	Education
Ms. Afsha Talwar	5,000	Education
Ms. Pushpa Sundar	5,000	Education
Ms. Soni Dave	5,000	Education
Mr. Kamla Nath Monga	2,500	Education
Mr. Arun Kumar	2,000	Education
Mr. Punita Vig	2,000	Education
Ms. Neeraja Joshi	2,000	Education
Mr. K.G. Gopalkrishnan	1,000	Education
Mr. Toposmito Sengupta	1,000	Education
Ms. Sheeba Sen	1,000	Education
Mr. Dhruvaba / Anirudh Singh Jadeja	500	Education
Mr. Bondal Jaishankar, Gurgaon	20,000	Forestry
Fidelity Charitable	356,113	Global Giving Education
Global Giving Foundation	208,836	Global Giving Education
Anonymous	5,935	Global Giving Education
Transfer - General	678	Global Giving Education
Global Giving Foundation	289,666	Global Giving Health

Ms. Madhu Upadrasta	25,000	Haat
Sukumaran Ravindran	25,000	Haat
Mrs. Vandana S Bhansali	10,000	Haat
M/s OMT Hospitality LLP	10,000	Haat
Ms. Vidhi Kapadia	10,000	Haat
Mr. Pradeep Khanduja	10,000	Haat
Mr. Vishal Bhandari	10,000	Haat
Ms. Archanna Das	10,000	Haat
Mr. Nitin Page	8,000	Haat
Mr. Narendra Vidhyadhar Joshi	7,500	Haat
M/s Himjoli Pvt. Ltd.	7,000	Haat
Mr. Saif Ali Khan	5,000	Haat
Col. D.K. Das	5,000	Haat
Mr. Bharat	5,000	Haat
Ms. Nupur Khanna	5,000	Haat
Ms. Vinodini Lulla	5,000	Haat
Ms. Tekla Maira	5,000	Haat
B2R Technology	4,000	Haat
Ms. Parigya Sharma	2,000	Haat
M/s Aarohanam Foundation	1,100	Haat
Ms. Sonica Patwardhan	1,000	Haat
Shagun Chaudhary	300,000	Health
Dr. Col. Chandra Shekhar Pant	100,000	Health
Lions Club New Delhi Alaknanda	100,000	Health
Dr. Siddhartha Mehta	50,000	Health

Ms. Anshu Mala Meshack	30,016	Health
Mr. Bondal Jaishankar, Gurgaon	20,000	Health
Mrs. Ann Mukherjee	10,000	Health
Mr. Rajesh Arora	5,000	Health
Ms. Deepa Bhatt	5,000	Health
Dr. Purnima Dhar	3,137	Health
Ms. Champa Mehra	1,500	Health
Ms. Pushpa Mewari	1,500	Health
Mr. M.D. Cooper	1,000	Health
Mr. Hemant	52,705	Home Stay
Kavailya Education Foundation	12,000	Home Stay
Mr. Dilip Roy	10,400	Home Stay
M/s Aarohanam Foundation	9,100	Home Stay
Mr. P.C. Kandpal	6,625	Home Stay
Mr. Nischal Muthkuri	1,300	Home Stay
Total	3,650, 528	



PRODUCT PRICE LIST

Product	Size	Price (Rs.)
Apricot Oil	50 ml	150
Apricot Oil	100 ml	250
Apricot Oil	200 ml	450
Apricot Scrub	50 gms	79
Apricot Scrub	100 gms	150
Apricot Scrub	150 gms	199
Apricot Body Cream	50 gms	199

Luxury soaps

Rhododendron & Rose	70 gms	100
Lemongrass & Nettle	70 gms	100
Neem & Turmeric	70 gms	100
Sandalwood & Patchouli	70 gms	100
Jasmine & Mogra	70 gms	100

Scrub soaps

Cinnamon	70 gms	80
Orange	70 gms	80
Vetiver	70 gms	80
Rosemary	70 gms	80
Geranium	70 gms	80

Culinary Herbs (including herbal infusions)

Oregano	70 gms	149
Parsley	70 gms	149
Jumbo	70 gms	149
Thyme	70 gms	149
Rosemary	70 gms	149
Basil	70 gms	149
Mint	70 gms	149
Mixed herbs (Includes sage, marjoram, thyme, oregano, parsley)	70 gms	149

Herb Teas

Chamomile	149
Rosemary	149
Peppermint	149
Thyme	149

Mixed Herb Salt

Continental Mix	150
Spicy Parsley	150
Mint Medley	150

Fragrances

Potpourri Bag	100
Cupboard Freshener	50

List of Abbreviations

ANC: Antenatal Care

ANM: Auxiliary Nurse Midwife

AWW: Anganwadi Worker

ASHA: Accredited Social Health Activist

BCG: Bacillus Calmette Guerin

BP: Blood Pressure

CHC: Community Health Center

DTP: Diphtheria Tetanus Toxoids and Pertussis

FANC: Focused Antenatal Care

FGD: Focus Group Discussion

GP: Gram Panchayat

IFA: Iron and Folic Acid

KII: Key Informant Interview

MCH: Mother and Child Health

MMR: Measles Mumps and Rubella Vaccine

MMU: Mobile Medical Unit

NGO: Non-Governmental Organisation

NRHM: National Rural Health Mission

NHM: National Health Mission

OPV: Oral Polio Vaccine

PHC: Primary Health Center

PNC: Postnatal Care

TT: Tetanus Toxoid

SK: Swasthya Karmi or Health Worker

TBA: Traditional Birth Attendant or Dai

USG: Ultrasonography

VHNSC: Village Health, Nutrition and Sanitation Committee

JOIN US

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

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Global Giving Education-

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



Aarohi

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