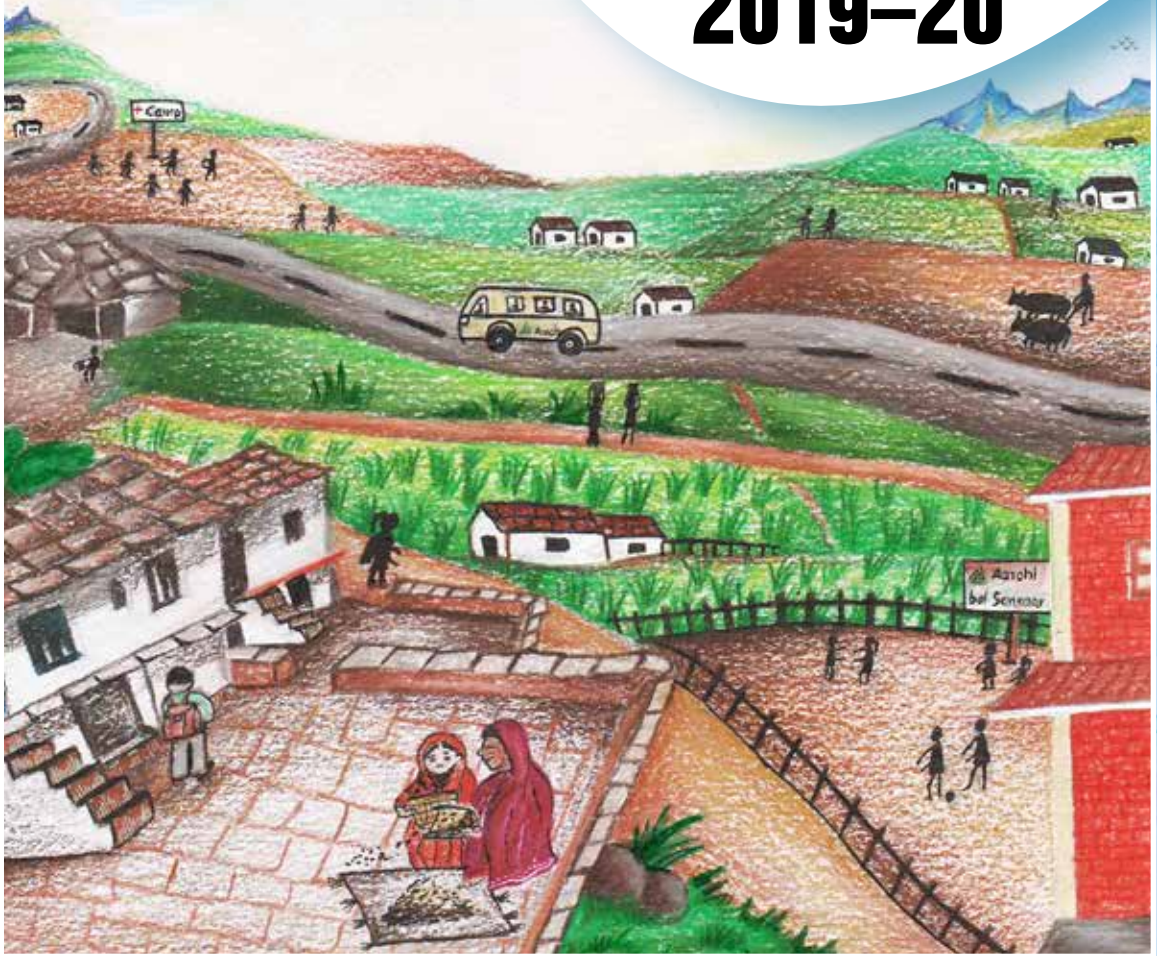




Annual Report 2019-20





Annual Report

2019-20

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यद्यदाचरित श्रेष्ठस्तत्तदेवेतरो जनः ।
स यत्प्रमाणं कुरुते लोकस्तदनुवर्तते ॥

By performing their prescribed duties, King Janak and others attained perfection. You should also perform your work to set an example for the good of the world. Whatever actions great persons perform, common people follow. Whatever standards they set, all the world pursues.

॥ Chapter 3 Verse 21 Shrimad Bhagwadgita ॥

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MESSAGE BY EXECUTIVE DIRECTOR

AAROHI continues its services for the mountain communities and has entered its 28th year by increasing its outreach with an organized setup. Aarohi began its work in a small place in the nineties, and with the support of well-wishers, funders, and local people, it has created a permanent setup for the provision of quality healthcare, education, and livelihoods in the area.

It took several years to make Aarohi a functional organization with its own office and a full-time team of young and experienced workers. Our team is an amalgamation of a hardworking, local team and professionals from different parts of the country, passionate about working towards the holistic development of mountains and their communities. This team is gradually developing capacities to work with local communities in remote mountain villages by reaching out to the masses and maintaining its reputation as a vibrant organization.

This year will be remembered for having Aarohi's first full-time Executive Director. The support of the Management Committee, especially our Chairperson and distinguish members, played a central role in making Aarohi a real driver in changing the mountain people's lives.

A self-reliant community, as envisioned in the nineties by the late Oona Sharma, Aarohi's founder, has been a focal point in our policymaking. The same vision is now nationally touted as *Atmanirbhar Bharat* and *Vocal for Local*. Aarohi gives an opportunity to local people by developing

their skills and upgrading their knowledge, which has resulted in having around fifty people at key positions in our clinic, school, and livelihoods unit.

This year, we initiated acquiring a new Mobile Medical Unit (MMU) supported by Swiss Himalayan Amity and Najbo Foundation, Switzerland, to provide uninterrupted healthcare services in remote areas of mountains. We also resumed the annual event, 'UTTARAYAN - Spirit of the Mountains,' after a four-year gap, at Sanskriti Kendra, Delhi. The programme exposes the visitors to Uttarakhand's rural culture, heritage, and cuisine through the students of Aarohi Bal Sansar and to acquaint those present with Aarohi's efforts.

A three-year programme on community health in remote areas of the Nainital district has been initiated with the generous support of Bajaj CSR. This programme will be a significant effort to ensure maternal and child healthcare in inaccessible areas that lack basic services and policy advocacy at the state-level. The support for Women Health Resource Centres (WHRC) from Radha Mohan Mehrotra Trust is also helpful in strengthening our health initiatives.

Our education outreach programme, supported by The Hans Foundation, was deemed a success when it provided the State education department, the idea and concept for making education, friendly and practically useful, in remote and far-flung areas. Aarohi, with support from the Duleep Matthai Conservation Trust, had initiated the development of contextualised learning material, using natural resource management methodology.

This project attempts to make education a more meaningful and immersive experience for rural mountain children. Through contextualising education with local farming and ecology, parents from the agrarian society will be able to contribute to their child's learning.

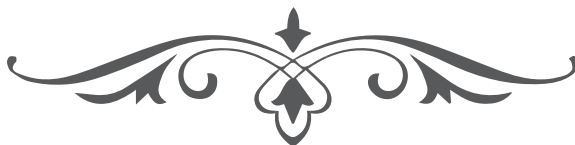
Aarohi also began to diversify and disseminate its expertise, learnings and efforts, by participating in and making presentations at different state and national-level platforms. Our current focus is on achieving SDGs and policies envisioning sustainable and progressive development of Aarohi and its dedicated team, along with mountain development in the coming decades.

By the end of the financial year, the COVID-19

pandemic arrived and keeping in view the Government lockdown regulations, we continued providing essential healthcare services for the local communities at Aarohi Aarogya Kendra.

In this rapidly changing world, we cannot afford to be complacent. The future course required to function successfully in the present scenario of globalization is turning hazy now than earlier. The *Homosapiens* have become the greatest disturbing agent in the Anthropocene. To keep learning, evolving, and taking correct steps is a great challenge, and I feel confident that Aarohi is ready to minimize the challenges ahead!

Pankaj Tewari, PhD
Executive Director



Activities at a glance

PARTICULARS	2017 - 2018	2018 - 2019	2019 - 20
Number of villages where Aarohi works	144	146	146
Population covered	65,606	66,128	66,128
Number of community meetings held	1,277	296	186
Combined attendance at the community meetings	15,382	7,639	5,175
Women representation at community meetings	14,101	5,736	3,410
Male representation at community meetings	1,281	1,903	1,765
Women to Men Ratio at community meetings	11:1	3:1	9:1
Number of patients seen (hospitals + camps)	12,807	11,823	8,254
Sale of body care and herb products (In INR lakhs*)	50.77	49.45	47.57
Children at Aarohi Bal Sansar	167	162	145
Aarohi members	301	288	270
Aarohi workers	124	104	91
Grants and incomes (In INR lakhs*)	369.08	359.43	287.01
Expenditure (In INR lakhs*)	357.06	308.70	354.65





EDUCATION PROGRAMME



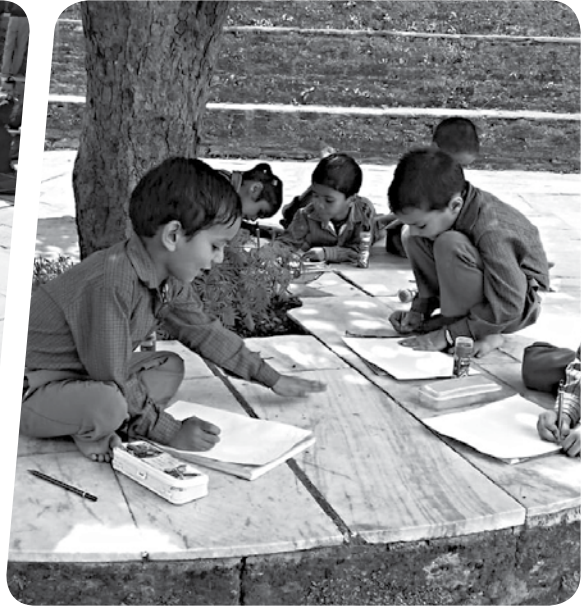
Aarohi Bal Sansar (ABS)

Aarohi School started in 1994 with just four students in an old government building in the village to provide quality and holistic education to rural students. While the education infrastructure was limited, a noble intention was present – to provide the local community with quality education at their doorstep.

Almost 300 students have passed out from Aarohi Bal Sansar to date. Of the alumni, nearly

60 students currently have good jobs, 12 are self-employed, and 7 are now giving back to their alma mater by teaching there. Besides, many alumni volunteer at the school from time to time.

ABS is currently running classes from kindergarten to Class 8th, with adequate infrastructure and resources. ABS ensures the all-round development of its students, in a nurturing environment, by combining the requisite national curriculum with creative teaching methods, and appropriate



resources. The classrooms are well equipped and organized with particular attention to the creativity and interests of individual students. There is a music room, painting room, library, and science laboratory and computer room. Besides, there are three playgrounds for school students to make them physically strong and having a fun time at ABS.

MAJOR HIGHLIGHTS OF THE YEAR

1. In the academic session 2019-20, 145 students from 11 villages (Chapad, Kafuda, Simayal, Diyari, Kumati, Chhataula, Satkhol, Peora, Sund, Satoli, Nigaran), enrolled in ABS of which 71 are boys, and 74 are girls.
2. An eleven members School Management Committee was formed to create more synergy and ensure the efficacy of teaching activities at school. ABS organized regular meetings, training, workshops, and educational tours, for the capacity development of teachers.
3. In view of the Right to Education Act and security of ABS students, a total of 7 Closed Circuit Televisions (CCTVs) were installed in the school during this year. The entire area of the school is under full camera surveillance.
4. This year, for students' safety and security, a boundary wall was constructed at Aarohi Bal Sansar.

NURTURING FUTURE INNOVATORS

How do airplanes fly?

'The Science behind Flight,' a two-day workshop was organized on 7th and 8th May 2019. Whoever has seen an airplane flying high in the sky, has one question in their mind - how can such a heavy vehicle fly in the air? It is not possible to satisfy the curiosity of all people, but the students of ABS got

this golden opportunity to understand the science behind flying airplanes. Professor Rajkumar Pant, Department of Aerospace Engineering, and IIT Mumbai facilitated the session.

The significant points gleaned during the session were:

- Always carry a scientific outlook - Inspired by Gautam Buddha's approach to life as a seeker, students learned that one should 'believe' only after observation and examination.
- The very first flying machine - The students learned the story about the curiosity of the Wright Brothers that led to the invention of the first powered-controlled airplane. Its flight-time was shorter compared to what we have in today's time, but it was a path-breaking invention at that time.
- The forces in play during a flight - The students learned about the various forces acting on an airplane before and during a flight. From this, they understood the mechanism behind flying such heavy machinery, the different forces that need to be balanced to keep the aircraft in motion, through the air.
- Parts of an aircraft—Prof. Pant explained the reason behind the unique shape of an airplane, and the various important parts of an aircraft, to students. It was fascinating for the students to know that fuel is filled in an airplane's wings.
- Practical experience - After much discussion and explanation, students made a paper airplane and put theoretical understanding into practice. Various attempts were made to fly the paper-plane, and each observation was noted. Many students tried different techniques and ideas. The participating students also realized how much time and patience is needed to do any work.

Acquaintance with the Camera

When legendary actor and comedian, Mr. Gurpal Singh, visited Aarohi Bal Sansar, there was palpable excitement all round. Mr. Singh conducted a session on 'Acquaintance with the Camera' for primary and upper primary school students. His goal was to make the students familiar with the camera as a simple gadget that can be used by everyone and reduce any nervousness they might feel while using it. According to him, once the students are comfortable with the gadget and understand its functioning, they can present themselves with confidence and, at the same time, learn a new skill.

All students sat in a circle and learned the basic working of camera focus!

'Capture! Develop!' - Some of the students handled

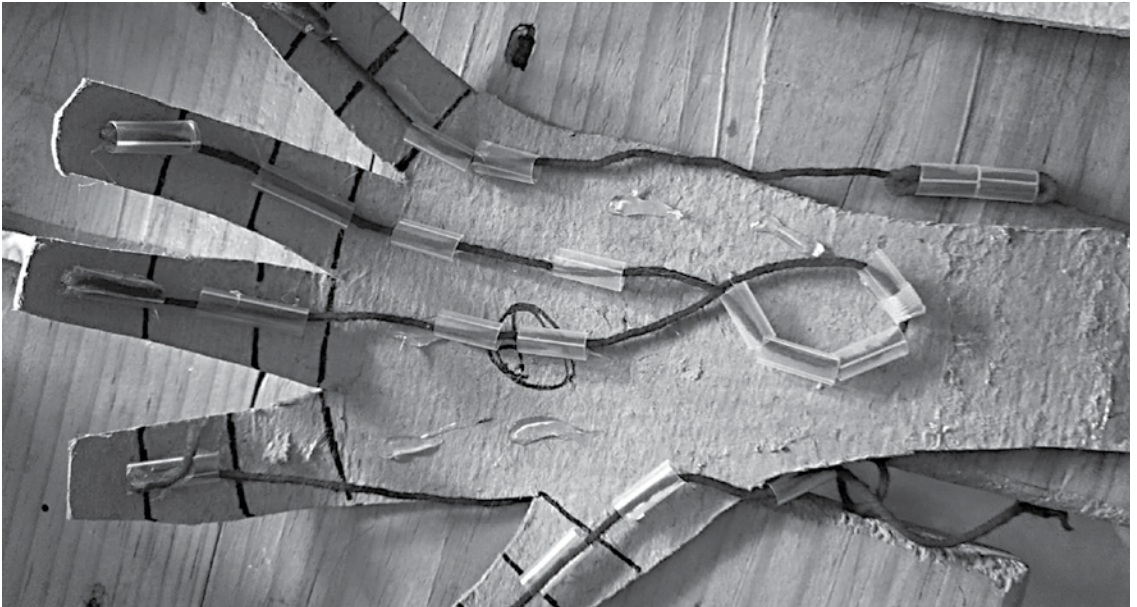


the camera to capture small videos. Thereafter, the students recorded small videos of each other. The students thoroughly enjoyed the session and look forward to further visits by Mr. Gurpal.



Science on Display

This year Aarohi Bal Sansar celebrated National Science Day on 28th February 2019, where STEM teachers, along with the principal, organized a science fair. Science teachers distributed experiments amongst upper primary students for presentation. Groups of students prepared and presented the fun experiments, under the supervision of a Science teacher. Students had fun explaining the scientific concepts behind their experiments to the visitors and junior students. Some of the experiments conducted were - Equilibrium, the law of inertia, fire balloon, electric motor, magnetic lines, circular motion and capacity of paper, the origin of Pi, air occupying space, etc.





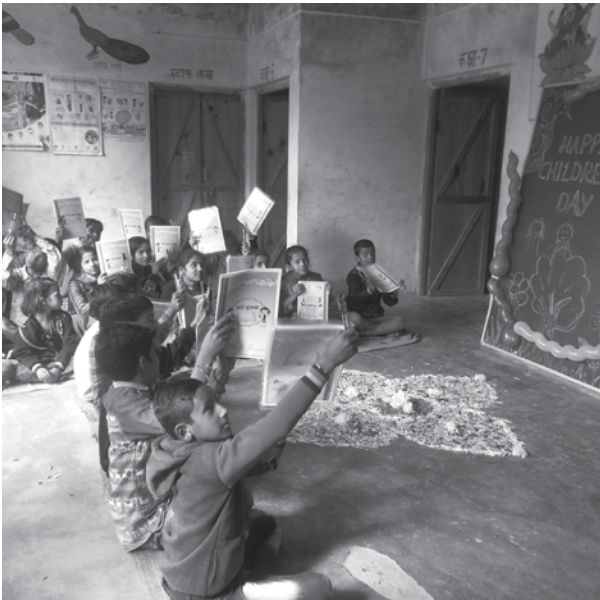
Celebrating the Day of Freedom

Both the teachers and students of ABS organized the annual cultural program on the occasion of India's 73rd Independence Day. Colorful presentations were showcased by students across all grades. Students and teachers at ABS eagerly organized a fun cultural event for not only students' parents, but also the community. Socially relevant messages about cleanliness, diversity, inclusivity, and appreciation for all cultures were portrayed on stage, through theater, dance, and songs.



A Presidential Tribute to Teachers

ABS celebrated Teacher's Day on 5th September 2019, commemorating the birth anniversary of the first Vice President of India, Dr. Sarvepalli Radhakrishnan. The students decorated the school and organized games for teachers. Teachers, in turn, discussed the life and contributions of the First Vice President of India, with students. It created great enthusiasm among the students who enjoyed positions of authority and leadership roles as organizers for the day's celebration.



Santa Claus has come to Town!

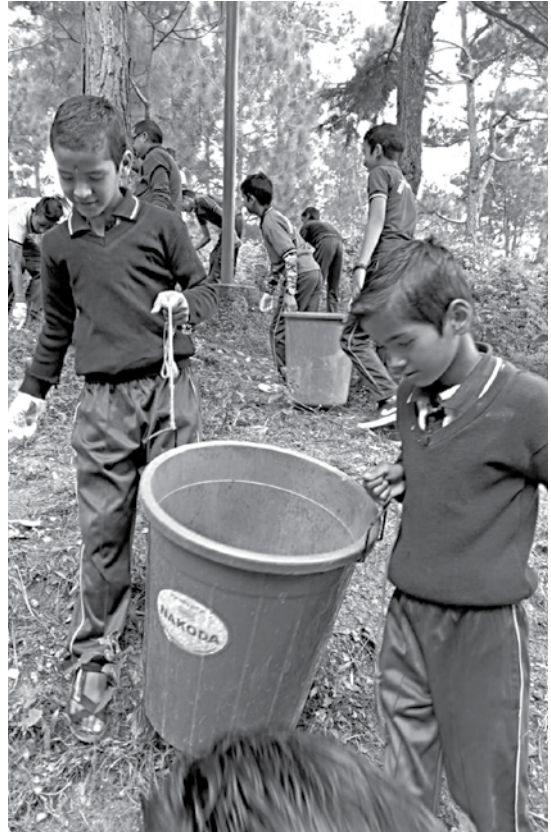


The Christmas past came with a happy surprise for the students when one of the ABS teachers came dressed as Santa Claus, who distributed gifts, sweets, pastries, cakes to all students and teachers. Young students learned about the spirit of donation and sharing, and they also exchanged gifts with each other. The audience enjoyed the students' presentation of beautiful dance and carols.



Cleaning Drive on Babu's Birthday

This year Gandhi Jayanti was celebrated with full vigor and enthusiasm. 'Cleanliness' one of Babu's important teaching was practised and reflected upon by ABS kids. Students from class 1st to 8th at Aarohi Bal Sansar celebrated Gandhi Jayanti (Birth Anniversary of Mahatma Gandhi, fondly called Babu) with great zeal. First, students were divided into groups, from class 3rd to 8th. Similarly, the teachers were divided into groups. The Executive Director of Aarohi was part of the function. The students were educated about the value of cleanliness in society and how it was a value very close to Babu's heart, to kick start the program. They were also informed about the Indian government's cleanliness initiative, 'Swachh Bharat Abhiyan.' As a part of the *Swachh Bharat Abhiyan*, students, teachers, and Aarohi's representative, Students, teachers under the leadership of the Executive Director, cleaned the area between the school and Naulikan, as well as the local post office and school premises. The students of class 1st and class 2nd cleaned around their classrooms.



After the cleaning drive, everyone came back to school and gathered in the music room, to ignite the ceremonial lamp. After the inaugural address, everyone sang bhajans based on Gandhi's principles and beliefs. Mrs. Geeta Pant from Mumbai taught a beautiful, new song to the students. To conclude the ceremony, the Executive Director shared some of his personal school experiences and the importance of trees that proved valuable, with the students.



Sports activities at ABS

At the state level sports competition held in Dehradun, Ishika finished second in the discus throw. Ishika is selected for trials at the national level, due to her stellar performance at the state level competition. Preeti Thapa secured the fourth position in the long jump event. Ishika and Preeti were honoured by Ms. Pushpa Negi, Block Head of Ramgarh, in January 2020.

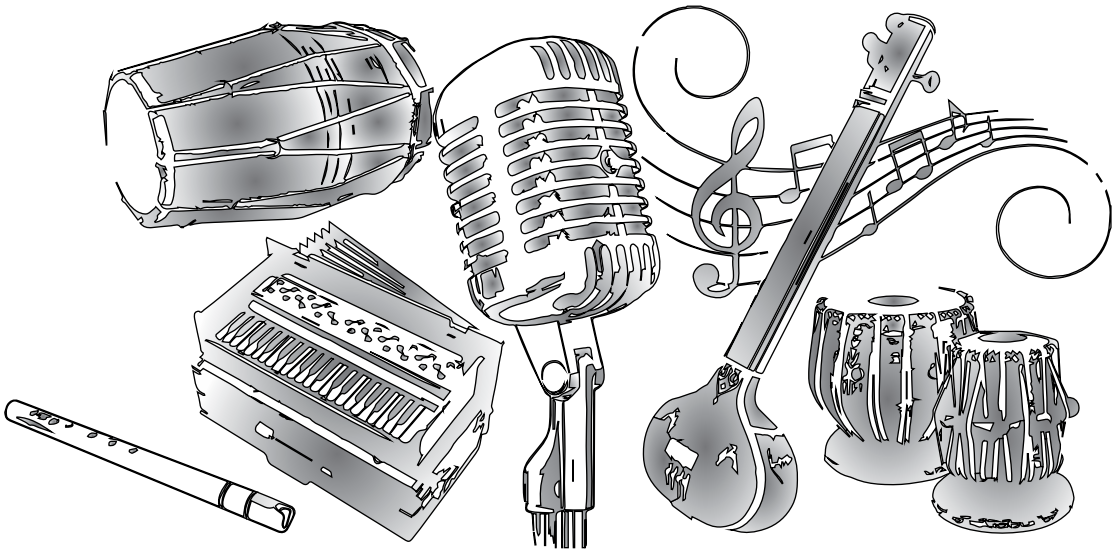
Game Name	Player Name	Player position
Discus Throw	Ishika	II
Long jump	Preeti	IV
Kabaddi (girls)	Saumya, Bhoomika, Harshita and Komal	III
Kho-Kho (girls)	Harshita and Bhoomika	I
Kho-Kho (boys)	Sumit, Mohit and Jay Prakash	II



The primary school girls' Kho-Kho team finished first, which included Harshita and Bhumika, two players from ABS. The primary girls' team which secured the third position in Kabaddi, included four ABS students.

The primary boys Kho-Kho team finished second, which included three players from Aarohi Bal Sansar.

Harmony of notes, beat and rhythm - Music



Classical music exponent and lover, Ms. Geeta Pant visits Aarohi Bal Sansar from Mumbai twice every year and teaches classical music to students for 1 to 2 months. A Teacher from the school, Ms. Poonam Arya, provides her support during music classes. The students have learned the Sargam (seven notes of music). Students learned about the raagas and made a valiant effort to sing those raagas in sur, laya, taala (note, rhythm, beat). Students learned raagas like Raag Bhupali, Yaman, Kaafi, Bhairavi, etc. The students also learned some taals (musical meters) like Ek Taal, Teen Taal, Dadra Tal, Chaar Taal, and to recite them through the hand clap. Ms. Geeta Pant also provided significant support to students and teachers, during the annual festival of the institution, which featured Ganapati Vandana and a Sargam song.

Students involved with classical music training also presented Raag Bhupali at the Grameen Himalayan Haat.



Fun Clubbing

Our school started extra co-curricular clubs from November 2019 to broaden its students' exposure and horizons. To date, five clubs are in operation - STEM, Movie, Cooking, Theater (classes 3-5), Theater (classes 6-8). All students are encouraged to become members of the clubs of their interest. Currently, the clubs' activities are restricted to Saturdays. Each club has done commendable work under the leadership of teachers. Different clubs conducted the following activities:

1. **STEM (Science, Technology, Engineering, and Mathematics)** club encourages scientific pursuit in students, by conducting experiments and creating experimental designs, using waste materials. Students learn to use materials, tools, design, and develop prototypes, using their practical skills and scientific knowledge. It encourages students to explore, tinker, and create an understanding of the integration of science, technology, engineering, and mathematics into their daily life. The students have tried their hands in two activities –creating robotic hands and bulbs.
2. **MOVIE** club focuses on inspirational and informative films with the themes of leadership, team spirit, group dynamics, creativity, and self-motivation. An integral part of ABS education goals is learning and teaching through various mediums. The movie club was formed with this ethos in mind. The screening of socially relevant, engaging films other than mainstream Bollywood movies by the movie club, are encouraging the students to develop a different perception of cinema and other cultures. Our students have watched three films so far - Madagascar, Nil Battey Sannata, and Coco.



3. **THEATER (3-5)** the role of this club is linked to three activities related to the theater world - perspective building, communication skills and body language.
4. **THEATER (6-8)** deals with nuances of dramatics and some crucial aspects of theater which are - perspective building, communication skills activities on emotions, role-playing in certain situations.
5. **COOKING** club intends to provide an environment for students, to socialize, be creative, learn cooking skills, and break gender stereotypes. Experienced and inexperienced students can further improve their culinary knowledge, and instruct others, through their cooking interests. Students prepare and enjoy their culinary creations. The club members have made five dishes so far - Pakodas, Chowmein, Vegetable Soup, French Omelette, Bread Omelette, etc. Overall, all the teachers and students have learned and enjoyed a lot.

The formation of the clubs has been a resounding success with the students, who want to continue the clubs' activities.

Uttarayan, Spirit of the Mountains!

A group consisting of Class 8 students, teachers, and the team of Aarohi went on a three-day trip to Delhi, for an educational cum entertainment visit. Students performed Kumaoni and Garhwali folk songs and dances, comedy skits, etc. at the beautiful campus of Sanskriti Kendra at Mehrauli, Delhi. After the show, all attendees were served a delicious Kumaoni lunch. Visitors also shopped at Aarohi's unique and organic products. Aarohi team got an opportunity to watch a live fantasy-comedy show 'Zangoora' at the Kingdom of Dreams, Gurugram. The Aarohi group had a fun-filled experience at Qutub Minar, India Gate, and an adventure park. Travel by train and metro was



another exciting experience for first-time visitors to Delhi. Students captured their learning experiences during the tour.



Aarohi Bal Sansar Scholarship

Under this scholarship, a student's annual tuition costs worth Rs. 10,000 / - is given and 17 students were given scholarship this academic session. At present, 67 students benefit from this scholarship. Students who excel in academics and other extracurricular activities, but are economically weak, receive this scholarship. The scholarship includes tuition fees, uniforms, copybooks, and medical checkups.



“ I am Bhumika Mehra and I belong to the village Kwarab. I am enjoying and happy with the education I am receiving here. I have two brothers in my family and parents. I am studying in Aarohi Bal Sansar and this year I am in class 6th. My family's financial condition is not good, in such a situation, my family is not worried about my studies at all, and I get the confidence to do well in my studies. Along with studies, I also participate in sports activities. Thanks to all the donors to support me in obtaining good education.”

Bhumika Mehra
Class 6th

Parent Testimonial

“ Our ward is a student of the Aarohi Bal Sansar. She was awarded the scholarship from the school in 2019-20 which is a great help for us. Our child is attempting her best at studies and other activities with great enthusiasm.”

Parent,
Anand Singh Mehra
Father of Bhumika Mehra, Class 6

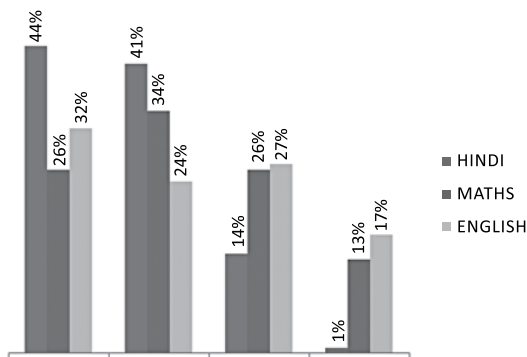
FROM (Academic) STRENGTH TO STRENGTH

Academic Progress 2019-20

The annual examinations didn't take place due to the Covid-19 pandemic as per the instructions of the Education Department, Uttarakhand. The results of the semi-annual examination for all students from classes 1 to 8 are here under:

There are 119 students in the school. Illustrated below is the subject-wise breakup of students' performances:

Subject	80% and Above	60% to 79%	40% to 59%	Below 40%
HINDI	52	49	17	1
MATHS	31	41	31	16
ENGLISH	38	29	32	20



Quality Standard Review

During November 2019, the Jingle Bell Nursery School Society, Faizabad, reviewed and evaluated

Aarohi Bal Sansar, by organizing a four-day workshop. Aarohi Bal Sansar received a Gold level ranking, based on their review.

Quality Review Rankings:

Platinum award	This level confirms that the school's performance is excellent in all areas.
Gold award	This level confirms that the school's performance is good and well strengthened.
Silver award	This level suggests that school practice is variable. Silver award confirms that while some aspects of school performance may be good, others may be satisfactory or less.
Bronze award	There is an entry grade for schools wishing to become high performing. While the school confirms that some aspects of its performance within the Key Performance Areas (KPA) are less than satisfactory, it is working towards greater stability.

A collaborative group carried out this school review and evaluation. The group included members from the Jingle Bell Nursery School Society, members of ABS management, teachers, non-teaching staff, parents, alumni, and current students. The key performance areas considered during the collaborative school review and evaluation of the school were:

- Leadership Management
- Teaching and learning
- Child
- Curriculum
- Community and participation
- Infrastructure and Resources



Message from ABS Volunteer

Ms. Neha Thapa interned for one month at Aarohi Bal Sansar. During this period, she taught the students of class 3rd and 4th. She concentrated on teaching Environmental Studies (EVS) in easily understood language and created a manual for this. This manual contained the questions and activities already prepared by ABS's EVS teacher.



I always dreamt of working at Aarohi. The image of carrying a sack on my back, wearing a kurta, and being called a member of Aarohi. This dream helped me to grow and internship was a chance to live my dream. Aarohi has always been a part of my growth. The first experiential trip, first-ever English class, first-ever extracurricular class, and many more. My parents being part of the organization has helped me to be part of the organization. Now when I was moving forward and gaining some good experiences, I found this opportunity to contribute my bit to it.

I was doing my fellowship at Teach for India. All my learning of the year had to be applied somewhere. I am really thankful to Aarohi for giving me a chance to work for a span of one-month period. Working with ABS is always special to me, getting involved with the

staff that is talented and just so humble to accept the change. They have shown the true example of making every opportunity a learning opportunity. I was able to work on EVS Long Term Planning and was able to help Neema Ma'am with her English classes. I remember taking one reading class in 5th grade. I was so thrilled to execute all the teaching strategies I had learned and had really strong insights.

The school has immense potential which is very evident among each individual there. I always wish to come back to this place as it has given me all the opportunity to fly high. My humble gratitude goes to each individual in Aarohi for the support they have provided in each step of my career.

Key challenges

Despite its many achievements, the school's operation faces many challenges, the primary being – first-generation literacy, limited means of livelihood, far distance travel involved in accessing middle school education, and lack of education facilities for special needs children. The recent emphasis on online education has brought new obstacles into light; increasing expectations from parents vis-à-vis online education, and an entirely new dimension to the conventionally practiced form of education. The need of the hour is to address the problems mentioned above and implement new dimensions in the education policy.



Education Outreach Programme (2019-2020)

After the successful completion of twelve months of the Education Outreach Programme supported by 'The Hans Foundation' (THF), the programme was extended for another year 2019-20. The programme is aimed at reaching out to rural kids in the remote hilly areas. During the year, the programme covered ten government Anganwadi centres (pre-primary), four government primary schools, and six government middle schools in the Okhalkanda development block of Uttarakhand.

Challenges Faced

During this programme, the biggest challenges to quality education in rural hilly areas, found were:

- Severe shortage of teachers, especially middle schools in areas with rough terrain
- Disproportionate and undesirable teacher-student ratio
- Untrained teachers
- Teachers opposed to innovative teaching methods
- Lack of teaching and learning aids
- Teaching and learning by rote.



Response

In response to these challenges, Aarohi trained 13 local youth to be para-teachers, to improve language, numerical, and communication skills, using innovative pedagogies in selected government schools, with the combined strength of approximately 300 students.

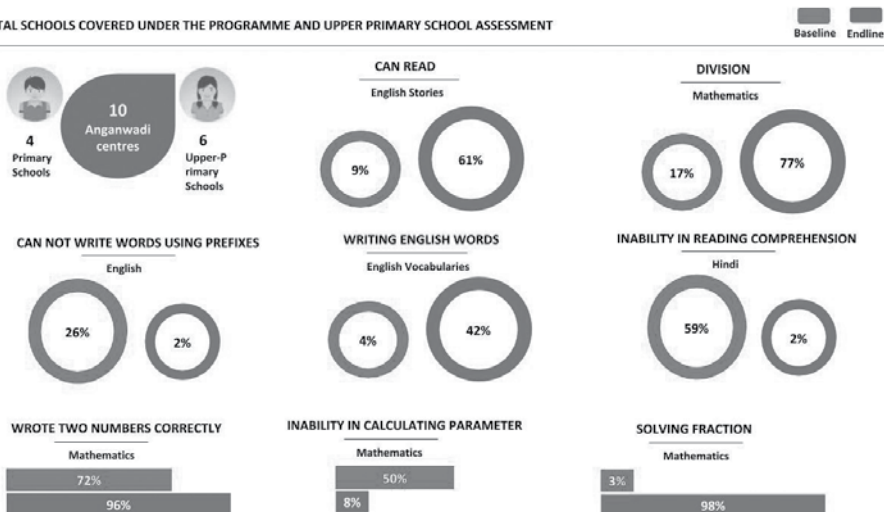
Achievements

This programme has been very constructive in the following areas:

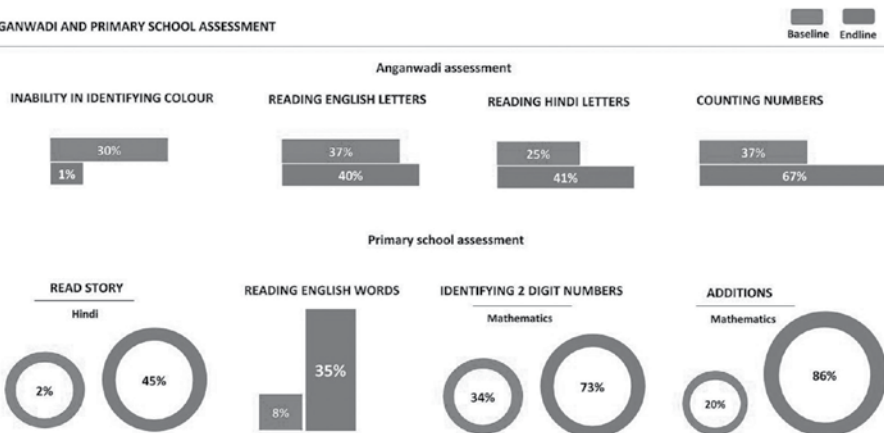
- Appreciation and acknowledgement from Block Education Officer (BEO), Basic, CDPO (Government Education Department) and Village Heads (Gram Pradhans), in the form of recommendation and appreciation letters
- Request for extending support, participation, and replication of this project in other remote areas of Okhalkanda block
- Identifying and bridging the gaps in the teaching-learning process
- Employability of young local teachers
- Community participation in education
- Monitoring and evaluation of the education system in remote areas

Education Outreach Baseline-Endline Analysis

TOTAL SCHOOLS COVERED UNDER THE PROGRAMME AND UPPER PRIMARY SCHOOL ASSESSMENT



ANGANWADI AND PRIMARY SCHOOL ASSESSMENT





Exposure visit of Makkala Jagriti Team, Karnataka to Aarohi's Education Outreach Program

Makkala Jagriti is a Karnataka based not-for-profit organisation working extensively in the field of education. It seeks to create holistic learning platforms and empower socio-economically deprived children, youth, and their community as a whole. A team of young passionate teachers from Makkala Jagriti visited Aarohi for exposure to education initiatives in the rural Himalayan region. During this learning visit, they observed the teaching ecosystem at Aarohi Bal Sansar, and also some Anganwadis under the outreach program in Okhalkanda. Classroom observations and Teacher's group discussion led to an exchange



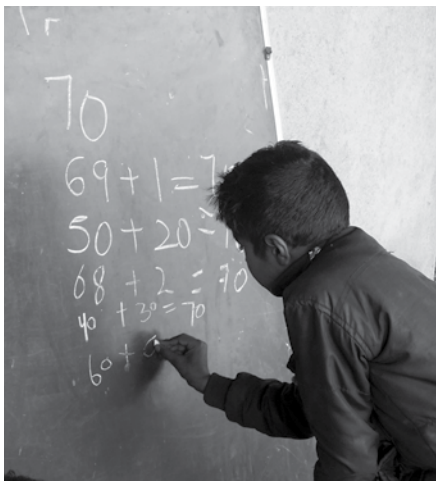
of ideas and mutual learning. The team also gave suggestions on the improvement of early childhood learning and showed keen interest in future collaborations. The teachers deliberated on the nuances of learning in hilly remote areas of Himalayas and the challenges faced by learners and the teachers. The importance of introducing time-tables even for anganwadi centres was discussed and implemented.

Education Outreach Case Study

'He is a fool, Madam. He doesn't understand anything. Don't waste your time on him' – the headmaster used these words to describe Pramod, a shy 11 years old. Pramod was an under-confident student of class 6, in a school in remote Sooni Village. His learning level was found to be beginner's level - he struggled with letter recognition, basic counting, and numeracy. He would remain absent for most of the school days, indicating a lack of willingness to learn. As observed by Aarohi's Shiksha sahayaks, all that amused him were fun activities, colourful Teaching/Learning Materials (TLMs), and games. A practical approach of Aarohi's Education Programme is to engage children in the learning process

through various techniques using learning level appropriate resources. Continuous efforts were made by *Shiksha Sahayaks* to support Pramod by using differentiated learning methodologies. A free, safe, and encouraging environment was fostered over a year, to help Pramod learn. The results were irrefutable. Pramod managed to step

up from the beginner level. He can now recognize letters, read simple words, count numbers, and attempt basic numeracy. *'Ma'am, Should I try this sum? What are we going to do today? Are my answers correct?'* is how Pramod's confidence has started building. The project wishes him joyful learning ahead.



A Poem by Shiksha Sahayikas

मेरे विद्यालय का एक बच्चा,
जो लगता सबसे शांत व
सच्चा ।

पर अन्दर से बहुत ही नटखट,
शैतानी के लिए तैयार वह झटपट ।

लेकिन जब पढ़ने की बारी आती,
जाने वह चुप्पी क्यों छा जाती ?

बुझा—सा जाता वह जब,
कुछ बताने की बारी आती ।

खेल—खेल में पढ़ना उसे खूब भाता,
चुपके से वह बच्चा मुस्कुराता ।

जब उसके लिए ताली बजती,
एक मुस्कुराहट चेहरे पर सजती ।

आओ हम शिक्षक भी बच्चे बन जाएं,
भयमुक्त वातावरण दें उन्हें, और हंसी—खुशी पढ़ाएं ।

Written by
Uma Arya
Teaching Fellow

Contextualising Education (Duleep Matthai Project) 2019-20

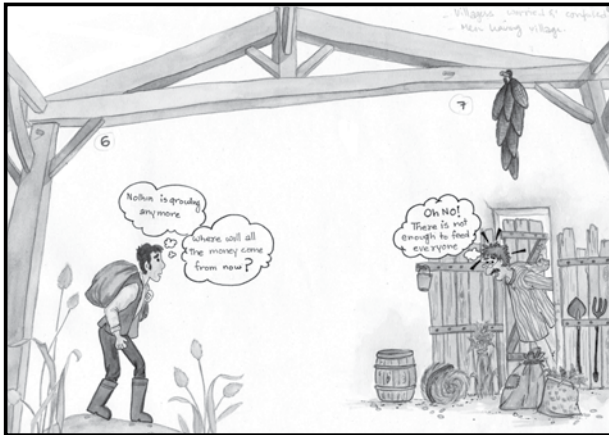
*Ye baat Kumaon ke gaon ki, nadiyaan,
jungle pahaad ki.
Kisaano ki ye pehli peedhi,
School ki kaksha me aa baithi.
Johny Johny Humpty Dumpty, Kaun ye Johny?
Kaun ye Humpty?
Baatein karein sab iski uski,
Jo naa dekhi, Jo naa suni.
Me chaahu tum baat karo,
gaon, khet, khaliyaan ki.*

This poem best describes the immense rift between regional/societal appropriateness and standardised education system. In a rural setting, standardised curriculum and education system, have the following pitfalls:

- Rural and urban variance
- Alienation from one's immediate environment
- Lack of the local community's participation in children's learning

There is an urgent need to bring a fundamental change in the national approach to education to address the challenges mentioned above.

Aarohi, with support from the **Duleep Matthai Conservation Trust**, initiated the development of contextualised learning material using natural resource management methodology. This project was an attempt to make education a more meaningful and immersive experience for rural, mountain children.



Through contextualising education with local farming and ecology, parents from the agrarian society will be able to contribute to their child's learning. Concepts taught under various regional and societal appropriate disciplines that are more relatable to the local children will bring them closer to their local environment. Alternative teaching methods like theatre, storytelling, and art for teaching the curriculum, will make learning a joyous experience.

Preparations for the project focused on:

- Conducting background research
- Collecting local ecology and farming related content for the areas of study
- Creating a team of subject experts and consultants
- Finalising the curriculum structure
- Setting up of school poly house
- Creating fun, ecological activities for school children

The project team visited the People's Association for Himalaya Area Research (PAHAR), for the collection of appropriate reference materials. PAHAR is a Nainital-based non-profit organisation for research on Himalayan people, founded by Padma Shri Prof. Shekhar Pathak.

Important themes deemed appropriate for curriculum design are:

- Biodiversity of Kumaon (indigenous trees, plants, birds, animals, insects, crops, etc.)
- Elements of nature (water, soil, air, and fire)
- Five senses
- Festivals of Kumaon [Kumaoni Panchang (calendar) and its connection with seasons, harvesting, flora-fauna, etc.]
- Traditional farming practices
- Food (farm to market, nutritional value, digestion, and energy)
- History of Kumaon (historical importance of 'Ramgarh Block')

- Geography of Kumaon (and its connection to lifestyle in the Himalayas)

Aarohi's Duleep Matthai project team presented a paper on '*Imaginative pedagogies, fostering*

the joy of learning,' based on the project, at the Child Poverty Action Research (CPAR) Lab's annual conference, 2019, organised by Katha, Delhi. The paper's presentation was in front of educators and pedagogues.

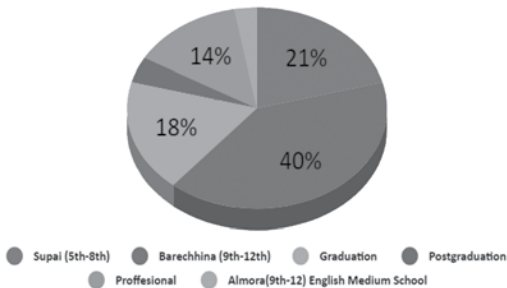


Hari Krishna Trivedi (HKT) Memorial Fund

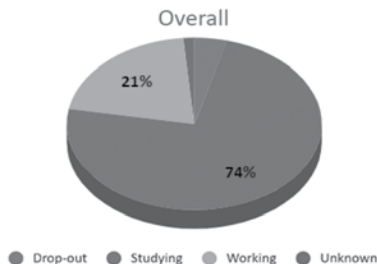
The project has been executed for the past seven years; since 2014. The aim is to support village families in Bhaishachana development block of Almora as well as the mountain areas of Kumaon region through Health and Educational interventions. This year the project has expanded in another four villages surrounding Supai covering a total population of 7500 from 1200 households.

HKT Fund Education

Shri Hari Krishan Trivedi Balika Shiksha Protsahan



Overall Distribution of Scholarships(2013-2019)



Current Status of HKT Scholars



Yojna is a scholarship project that has continued to support education of girls in Almora District since 2013. It aims at helping girls from economically weaker sections of the society to their studies at school, college and professional level. The education of 28 girl scholars has been covered under this programme during the year. Till now we have given scholarship to 72 girls since its inception. After receiving this scholarship girls are employed in Tata steel, few have become teachers and some of them are working in U.S. Nagar. After digital documentation of the previous data, a detailed analysis was also done for further planning.

As a new intervention, an entrepreneurial program for girls 'Saksham' was initiated this year in response to increasing unemployment. This was done keeping in mind that women and girls from this area possess skills of making usable items from local natural materials like pine needles and ringal. Currently, four girls are being mentored in making jewellery and art products. Also women who do knitting will be able to sell their products under Aarohi livelihood program

In addition to the above initiatives, Aarohi's computer

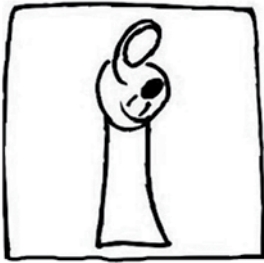
training centre continues to provide basic computer literacy to children and the youth from nearby villages. Currently, 20 students have been a part of this centre. 3 life skills sessions were conducted with young girls in Supai. Frequent meetings with villagers and Gram Pardhans were conducted for need assessment in all three areas of development- Education, Health and livelihoods.

HKT Fund Health

This year 4 health camps were organised at Supai Village. The focus was on preventive health and awareness. In each camp 40-70 patients took benefit from these camps. In immunisation camps total 1065

kids were examined out of which 12 kids coming under red category and 23 kids coming under yellow category were provided with nutrition support. Total 173 pregnant women were registered in our community health program - 165 pregnant women were provided with iron pills. Awareness was spread about special surgery camps organised at Aarohi hospital; 1 person got benefited through this camp. In all 31 *matra samooch baithaks* were organised to provide child and maternal healthcare information. 281 women attended these *baithaks* across four villages. Workshops for capacity building of Asha workers were also conducted by Aarohi community health experts.





AAROHI HEALTH

Program Overview

Aarohi's Health Programme is committed to provide quality health care that is equitable, accessible, and affordable, with an emphasis on women's health, particularly maternal and child health. The Aarohi's Mobile Medical Unit has completed 638 camps benefitting more than 35,000 patients during the last six years. It has become the bridge service between our clinical and community health interventions in remote mountain villages having limited access to facilities.

Clinical Health

Aarohi started basic clinical services in 1992 to meet the desperate need of people in a remote village in the Nainital district of Uttarakhand. The small clinic today is a modern hospital, Arogya Aarohi Kendra (AAK), with outpatient and inpatient departments, pathological laboratory, advanced diagnostic services like radiology, X-ray, Electro Cardio Gram (ECG), dental, and surgical care services. The clinic continues to respond to medical emergencies and provide appropriate referral services. 8,254 patients benefited from Aarohi's health services in the year 2019 -2020.

Surgical care

The prerequisite for the achievement of complete local and global health goals are surgical services. Our surgical work started in 2017 with the support of the Association of Rural Surgeons of India (ARSI), which has benefitted marginalized communities in the mountains to get high-quality healthcare services at comparatively lower cost.



The Aarohi Arogya Kendra has completed its 64th surgical camp in February 2020. In 2019 – 2020, AAK held six surgical camps, conducted by expert surgeons and specialists from different parts of the country and the world. These camps screened 482 patients and performed 44 general surgeries. By providing surgical services near their homes, the expenditure of the patients has considerably reduced. Patients from the economically weaker section and hard-to-reach villages continue to get quality healthcare services in these camps. Patients who were screened and identified for surgical needs benefitted during the monthly Mobile Medical Unit camps. An orthopaedic camp with specialist Dr. Robert Graf and a team from the Swiss Himalayan Amity (SHA), was conducted in May 2019. Continued support from Dr. Gnanaraj, Dr. Niraj Diwedi, and Dr. Purnima Dhar has helped us to provide quality and consistent surgical services.

MOBILE MEDICAL UNIT (MMU)

Aarohi's Mobile Medical Unit (MMU), which started in June 2014 with the collaboration of the State Health Mission and District Health administration, has completed more than five years of its service in the Ramgarh, Dhari, and Okhalkanda development blocks of Nainital district. The MMU provides primary health care services for common diseases including communicable & non-communicable, reproductive and child health services, carries out screening activities, and provides referral linkage to better- equipped facilities. The MMU is equipped with a laboratory, a pharmacy, and modern diagnostic equipment like ECG, Ultrasound, and an X-ray machine.



The monthly MMU camps are conducted between the 1st and 8th days. These mobile camps cover about 55,000 people, from 105 villages and a distance of approximately 500km. They highly benefit pregnant women through routine Ante Natal Care (ANC) check-ups, identifying High-Risk Pregnancies (**HRP**), providing counselling, and guiding them on institutional deliveries. The MMU's presence has led to a considerable



increase in the local, rural women receiving ANC's.

The MMU has provided care to **1862 pregnant** women during the year. Many pregnant now receive close to the four medically prescribed ANC's. The ultrasound diagnostic service available in MMU has benefited **1402** patients, including 1,153 pregnant women. Our frontline health workers prepare all identified high-risk pregnant women for institutional deliveries. This informative preparation has considerably reduced the risks of complications and mortalities during home deliveries. The availability of gynaecologists in the MMU camps has increased rural people's access to reproductive healthcare and family planning services. Midwives in the MMU unit have created a positive environment around counselling services based on the guidance of our camp doctors. Thus, the MMU bridges Aarohi's clinical health services with Arogya – our community health project.

The MMU services continue to receive overwhelming support from the rural mountain

communities. The community-driven process in the identification of campsites, MMU advocacy, and mobilization helps the team to deliver the best quality of service to these people.

Colonel Yogesh Dungrakoti from the International Institute of Health Management Research (IIHMR), New Delhi, conducted an assessment of the functioning of MMU in Ramgarh development block of Uttarakhand. The highlights are as below:

- Out of the total patients, 19% were males and 81% females. Predominantly female patients visit the MMU as the focus of services of this MMU is towards providing maternal and child care services. The occupation-based data analysis indicated that 57% of the patients were housewives with little or no extraincome for themselves.
- 98% of the exit beneficiaries were all praises for the state of cleanliness and hygiene in the MMU.
- A vast majority of patients were satisfied with the current working timings, 9:30 AM to 1:30 PM, of the MMU camps. However, around 17%



of the patients wanted the camps to increase consultations until 4 PM.

- As far as the dates of the visit of the MMU were concerned, 65% of the patients were happy with the fixed dates, duration, and frequency of visits of the MMU. However, 35% felt that the frequency of visits should be fortnightly rather than monthly.
- 96% of the patients expressed satisfaction with the number and availability of doctors and paramedical staff in the MMU. An equivalent percentage was also happy with the availability of medicines.
- 91% of the patients were satisfied with the type of preventive and curative services provided by the MMU.
- Almost 71% of the patients had to travel for more than an hour to reach the MMU. Some patients had to trek nearly three hours to get to the MMU site. Almost 50% of the patients travelled on foot while another 36% used both bus and on-foot travel to reach the site. This difficulty in accessing even mobile medical camps indicates the poor infrastructure, inaccessibility, and remoteness of the region.



- Patient satisfaction concerning clinical care was 'excellent.' 95% of those surveyed rated the doctors' communication as 'very good,' 4% rated it as 'moderate,' while only two patients rated it 'poor.' Disease explanation by doctors was 'satisfactory' among 98% of patients.
- 97% of patients were satisfied with the medication instruction given by the pharmacist, and 95% of patients expressed satisfaction with the soft skills of the hospital staff.

Summary of Clinical Services

Sl.	Particulars	2017-2018	2018 - 2019	2019 - 2020
1	TOTAL PATIENTS BENEFITED	12,807	11,823	8,254
2	O.P.D. patients treated in Aarohi Arogya Kendra	2,574	1,592	1,569
3	Female	1,106	732	759
4	Male	1,419	811	779
5	Children	49	49	31
6	In- patients treated	105	60	57

7	Laboratory tests	8,239	6,675	9,120
8	X-Ray	176	170	261
9	Ultrasounds	1,765	1,132	1,484
10	Total villages covered	50	50	105
11	Total dental screening	673	605	310
12	Number of Specialist camps held	13	5	6
13	Total patients treated in specialist camps	787	795	482
14	Total surgeries done in camps	105	58	44
15	Mobile Medical Unit camps held	94	88	96
16	Number of patients treated in MMU camps	6,557	6,006	5,532
17	Total Pregnant women benefitted in MMU camps	2,081	1,607	1,862
18	Total Pregnant women benefitted with ultrasound service in MMU camps	1,296	812	1,402

COMMUNITY HEALTH:

Women's Health Resource Centre (WHRC) – Aarohi's pilot project

Enhancing the health and well-being of the population is one of the key objectives of our community health project. Successful completion of three phases of the Arogya project has helped us to identify the challenges and opportunities to work much closer with rural communities and district administration in addressing Maternal and Child health problems. Aarohi started its first Women's Health Resource Centre (WHRC) in 2019 to make accessible basic health services and health information to the rural women from the remote villages of Okhalkanda development block in the Nainital district, leading to timely and appropriate health interventions. Each WHRC is designed to cater to ten villages. The twelve-month WHRC pilot project in Dholigaon provided us some positive results like enhanced participation

from Gram Panchayats, improved surveillance in communities, increased institutional deliveries, and active participation of adolescent groups in the communities. These promising results have directed us to scale up the model to cover twenty more villages.

Some of the activities through which WHRCs close the gap of accessibility to basic health care and health information are:

- Capacity building of frontline health workers.
- Enumeration of the population.
- Surveillance of activities like birth, death, disability, malnourished children, abortions, pregnancy-related complications.
- Conducting periodic surveys.
- Conducting home visits to address the needs of individual cases at the household level.
- Collection and development of Information, Education, and Communication (I.E.C.)

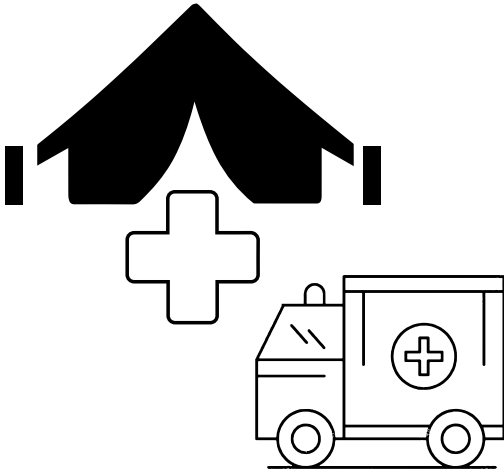
materials.

- Immediate referrals to better-equipped health facilities.
- Strengthening the Village Health and Sanitation Committees.
- Ensuring participation of action groups like village level mothers' groups (Matru Samuh) and adolescent groups.
- Connecting the population to the Mobile Medical Unit and Aarohi's surgical services.
- Co-ordinating with Primary Healthcare Centres and Anganwadi centres.
- Creating awareness through Health Fairs (Swasthya Melas).

MATERNAL HEALTH:

The WHRC undertakes maternal health activities through the community health nurses and village health workers. The WHRC ensures early





registration of pregnancy, conducts ANC and provides counselling, counsels family for birth and emergency preparedness, ensures Post-Natal check-ups, and includes counselling, identification, and referral of high-risk pregnancies and complications, and screening of all women for anaemia. Under the WHRC scheme during 2019 – 2020, in all 188 pregnant women received medical care, with no maternal deaths recorded.

CHILD HEALTH:

The WHRC works in collaboration with Anganwadi centres at the village-level to provide child health services. The WHRC ensures Home Based Newborn Care (HBNC) visits, according to the Accredited Social Health Activist (ASHA) module guidelines. It also promotes exclusive and continuous breastfeeding practices, provides counseling on timely initiation of complementary feeding, monitors the growth and development of children under five. The scheme offers basic care for a sick child as defined by the Integrated

Management of Newborn and Childhood Illness (IMNCI) protocols, which primarily relate to treatment for diarrhea, respiratory infection and fevers, identification, and referral of high-risk cases and complications.

ADOLESCENT HEALTH:

Adolescent persons in the age group of 10-19 years make significant choices about their health and develop attitudes and health practices that affect their current safety and well-being as well as influence their risk for potentially severe chronic disease. The Dholigaon WHRC created a 21 member adolescent group to sensitize them on social issues, to brainstorm on causes of illness, to build knowledge on health and well-being, and to empower them as an action group in their respective communities. WHRC has adopted the Rashtriya Kishor Swasthya Karyakram (RKSK) strategic framework and modules to align our work with the national health programmes. As a part of the intervention, the community health team conducted ten group work sessions at the WHRC level. Topics discussed ranged from the importance of nutrition, sexual and reproductive health, mental health, injuries and violence, substance misuse, non-communicable diseases. We also conducted essay-writing and painting competitions to bring out creativity among rural children.

Community Mobilization

In the past year, Aarohi used multiple methods of community mobilization to sensitize and raise awareness on various health topics. Our methods include door-to-door visits by community health workers and ASHAs, awareness campaigns, village-

level meetings, and school health sessions.

In community meetings, we continue to discuss and debate on several health topics like water and sanitation, growth monitoring, complementary feeding, complications during pregnancy, the importance of institutional delivery, immunization, the importance of ANC check-ups, family planning, menstrual hygiene, and diarrhoea. During this period 108 Mothers' meetings were organized, where 807 mothers participated.

Village Health Fair

Aarohi created a platform called Village health fair or Swasthya Mela to engage communities to discuss and learn about topics like safe drinking

water, sanitation, nutrition, menstrual hygiene, reproductive, maternal, and child health at the village-level. Awareness was created through songs, dance and drama. Community health workers also conducted quizzes, fun games for women and children.

Awareness-raising on the issues related to maternal and child health took place through nineteen village health fairs organized in 2019–2020. During these health fairs, discussions ranged from the importance of institutional delivery, post-partum complications such as post-partum haemorrhage, the importance of taking iron, folic acid during pregnancy, the importance of ante-natal check-ups and danger signs during pregnancy.



Capacity Building

The effectiveness of interventions promoting safe pregnancy, safe and clean deliveries, healthy child growth, and development depends upon the capacity of the health system to deliver a high-quality intervention. However, in the absence or poor availability of public healthcare services here in the mountains, health workers are trained to provide integrated reproductive and child health services. Capacity building of our frontline workers remains an ongoing priority for Aarohi.

Building the capacities of ASHAs and Traditional Birth Attendants (TBAs) in the villages is one of the crucial activities of the WHRC. Consequently, every year, our Community Health Workers go for residential training at different nursing schools for a week to brush up their skills and to update their knowledge. Like previous years, this year too, seventeen of our Village Health Workers and Community Health Nurses attended a week-long training course at Herbertpur School of Nursing at Dehradun, Uttarakhand. They got trained in Reproductive, Maternal, Newborn, Child and Adolescent Health (RMNCAH), mental health, and community mobilization. The training involved both theory classes and practicals. After a week of training, they performed well in the exam and received certificates.

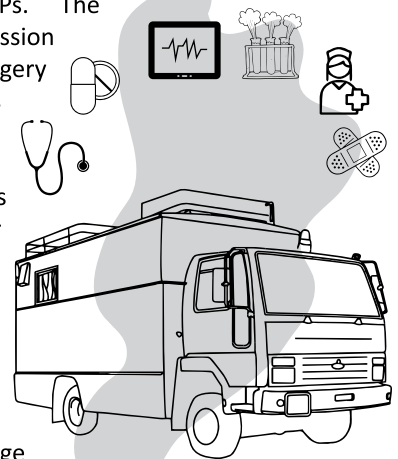
Two paramedical staff from AAK attended a week-long capacity building session at the Central Hospital, Haldwani on X-ray. These trainings are for the benefit of paramedical staff, under all branches of our health programme.

In March 2020, Dr. Sushil Sharma conducted a three-day skills enhancement training on

'infection prevention' for all the paramedic staff at Aarohi Arogya Kendra.

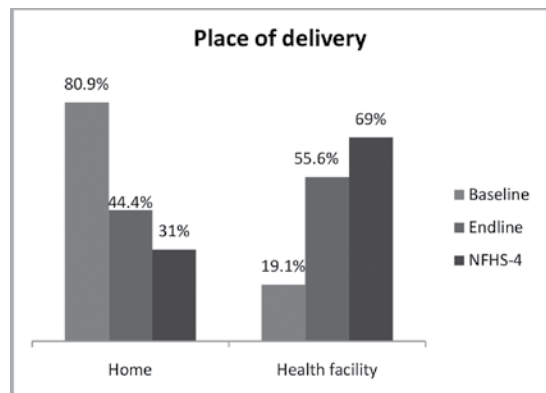
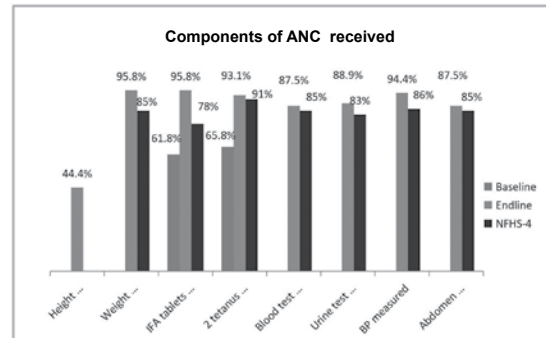
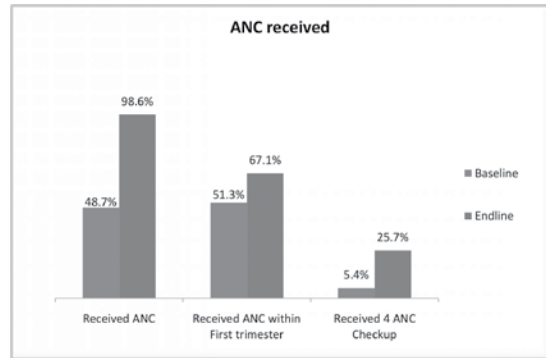
Learnings from the pilot project:

- The Mobile Medical Unit (MMU) camps are improving the quality of services provided in the community health interventions. One hundred twenty-one pregnant women were provided ANC check-ups through MMU camps in our community health intervention villages, of which thirty-eight pregnant women were identified as High-Risk Pregnancies (HRPs). All HRPs were referred to better-equipped medical facilities for delivery. Our community health workers make home visits to prepare the pregnant women and as well as families for delivery in hospitals and also to caution the Traditional Birth Attendants (TBA) not to attend such cases. This preparedness has had a direct impact on reducing maternal deaths.
- The Ultrasound service, which we provide through MMU camps, is highly beneficial for patients with surgical needs and HRPs. The Lancet Commission on Global Surgery estimates the need for surgical procedures at 5000 per 100,000 of the population every year. The current estimates of surgical care coverage



in rural areas vary from 30-500 per 100,000 people against the national average of about 900 per 100,000. Aarohi MMU is playing a vital role in identifying such needs in the remotest mountain villages. The pilot project has helped us to identify gaps in our documentation process.

- The availability of gynecologist has created a patient-friendly environment for women patients in Mobile Medical Unit camps, which has helped us to provide quality curative and counseling services to the reproductive health needs of women.
- The Women's Health Resource Centre (WHRC) adopted the strategic framework guidelines provided by Rashtriya Kishor Swasthya Karyakram (RKSK). This allowed us to roll out and implement the program at the cluster level, where the same programme has proved difficult for the block health administration. We created a 21-member action group of adolescents from the WHRC intervention villages, and they are actively involved in community health interventions.
- Over the years, there has been a range of developments in the detection and treatment of congenital abnormalities that have resulted in early diagnosis and more precise indications of termination of pregnancy. Data from improved imaging with follow-up of specific abnormalities has allowed a better understanding of the natural history of many foetal abnormalities and has resulted in a more accurate assessment of prognosis and better-informed counselling.



Case study 1:



Daya Devi, 28-year-old from Dansili village of Dholigaon Women's Health Resource Centre (WHRC), is a member of a village-level Mothers' group. Daya Devi has three surviving children who were born at more frequent intervals than the suggested family

planning guidelines. Along with immense drudgery like collecting fuelwood, fodder for cattle, and other household chores, like other women in rural areas, she also does not get enough time for herself and to take care of the children. This lack of free time has resulted in the poor nutritional status of her children.

During a routine home visit conducted by our Village Health Workers, they learned that Daya Devi is pregnant for the fourth time. Since the family had not been aware of the pregnancy,

our community health nurse along with ASHA, counselled the family on the importance of vaccination and ANC check-ups. They also prepared Daya and her resisting family for regular ANC check-ups during the MMU camps conducted by Aarohi. After regular home visits and counselling, the WHRC team brought her to the ANC check-up. She got her vaccination and initial investigations in the camp, which helped the A.N.M. to register her details for providing continued services.

In November 2019, Daya Devi visited the MMU camp for her second of the four routine ANCs. As per the guidance of our camp gynaecologist, she underwent an ultrasound test in MMU. The diagnosis identified congenital abnormality in the foetus, and the camp gynaecologist advised the family to get a Medical Termination of Pregnancy (MTP) done. Shattered by this news, Daya and her family didn't accept the suggestion made by the doctor. The WHRC team reported the issue to the local ASHA and the Dholigaon sub-centre. Our Community health nurse requested the A.N.M. to take necessary action to help Daya and her family.

Along with the ASHA and ANM., our village health worker made repeated home visits to discuss the issue with the family. The family finally agreed to go to Sushila Tewari Hospital in Haldwani to repeat the ultrasound test. The result confirmed the congenital abnormality, and the gynaecologist advised them for an MTP.

It was a hard time for the family, but to save the life of the mother, they rationally decided to undergo the MTP at the facility on the same day. The combined efforts of the WHRC team, ASHA, Dholigaon sub-centre team, and appropriate use



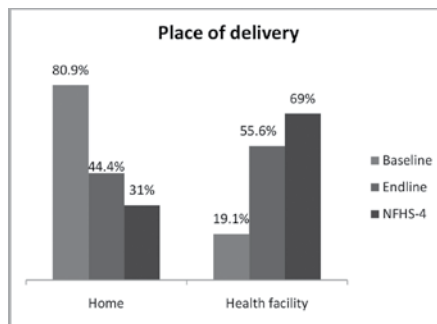
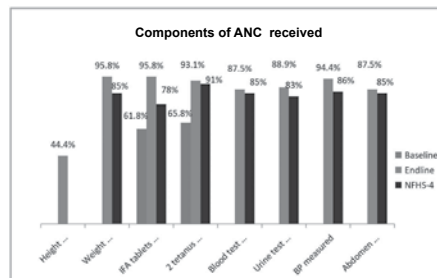
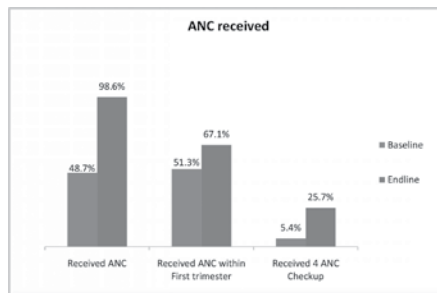
of advanced technological diagnosis helped the family avoid unwanted consequences. Daya and her husband accepted the temporary family planning method and are now able to spend more time with their children.

Arogya project -Phase III (2013 – 2019):

Arohi has been implementing interventions focused on developing and strengthening self-sustaining management systems for primary health care since 2005, in Ramgarh and Okhalkanda development blocks of the Nainital district in Uttarakhand. Arohi started the third phase of the Arogya Project titled 'Enhancing socio-cultural conditions for better health in rural Kumaon' in August 2013. The program evaluation, presented in this report, looks at Arohi's interventions, especially in Maternal and Child Health (MCH). The project involved 105 villages in the remote Okhalkanda development block of Nainital district, covering a target population of 54,408. This intervention was introduced in a staggered manner over five years in three phases. The main objective of the project was to improve maternal and child health by providing comprehensive health care services. The project also aimed at improving specific determinants of health along with promoting the goals of The National Health Mission (NHM). Vidhayak Trust from Pune, Maharashtra, conducted the endline assessment of this project and highlights are here under:

- Among mothers who delivered in the last three years, except two women research participants, all others had registered their pregnancy either with an Auxiliary Nurse Midwife (ANM), Anganwadi Worker (AWW), or ASHA.

- The table reveals that the proportion of women receiving ANC increased substantially from the baseline. However, the increase in ANC in the first trimester is not significant.



- Only 25% of expectant mothers received four ANC check-ups, which is an area for concern in places like Okhalkanda. Focus Group Discussions (FGDs) revealed that women are aware of the importance of the prescribed four ANCs; however, extreme weather conditions and rugged terrain act as barriers. Most of the women (70%) received their ANC check-ups from an A.N.M. For ANC check-ups, women also visited the Mobile Medical Unit (MMU) – also known as Sachal.
- 96% of women received Iron, Folic Acid (IFA) tablets as compared to 78% in the National Family Health Survey (NFHS-4). The reason for this exponential increase during the project period could be the particular emphasis given on the distribution of I.F.A. tablets both by Accredited Social Health Activist (ASHAs) and Swasthya Karmis (SKs).
- About 46% of women were informed about the danger signs of pregnancy during their ANC visits. Around 24% of women reported having complications during pregnancy. Complications mentioned were swelling of legs, bleeding, high fever, and white discharge.
- The baseline study revealed that 72.5% of women saved the phone number of ASHA workers, which increased to 90.3% towards the endline study.
- 94% of women reported that they received supplementary food from the Anganwadi against 46% in the baseline. Under the government's Integrated Child Development Services (ICDS) programme, all pregnant women, lactating mothers and children who are malnourished are provisioned to get supplementary food. However, the supplemental food for pregnant mothers and children being distributed via Anganwadis was found to be quite irregular.
- 75% of women stated that they planned to deliver their babies at a health facility. Of the women interviewed, 44.4% delivered at home, 54.2% delivered in a health facility, and only one woman delivered on the way to the hospital. Institutional delivery increased significantly from 19.1% to 55.6% between baseline and endline.
- Health workers credited increased institutional deliveries due to the interventions by Aarohi. "Since 2008, there has been not a single home delivery. This is because of the intervention of Aarohi and ASHAs, who made this happen." [Village 5, ASHA].
- Aarohi's intervention emphasized institutional deliveries for all High-Risk Pregnancies and home deliveries by trained TBAs for normal, safe, and clean home deliveries. Almost all women who had home deliveries used a new blade to cut the umbilical cord, as is recommended.
- Before Aarohi medical interventions began, communities followed a practice of marking the area surrounding the mother and the newly delivered baby with cow dung, which is unhygienic and can be unsafe for both mother and child. Aarohi has been able to bring change to a certain extent in this practice, through its intervention.

- In 62% of institutional deliveries, either ASHA/SK/ANM came home within seven days of the delivery to check on the baby and the mother. Around 82% of women started breastfeeding within two hours of birth, which is a considerable increase from the baseline figure of only 40%.
- For the endline study, 19% of mothers reported that their babies were bathed on the very day of their birth. This is seen more in cases where the baby was home delivered (37.5% out of 32 home deliveries). FGDs indicate that there is awareness about delaying a child's first bath and its benefit to the child. Women also attributed such awareness to the intervention by Aarohi.
- 97.8% of the women survey participants have acquired immunization cards for their children. In the baseline study, this figure was 82%.
- Of the total women who participated in the quantitative endline study, 26.4% reported that their child suffered from diarrhoea in the last six months. Although the children suffering from diarrhoea were not given food and water, about 84% of mothers in the endline survey said that they treated their children with medicines or a combination of medication with ORS.

About 81% of women said that they feed their child with the supplementary food given in the Anganwadi to their children. About 56% of women reported that they took their children to Anganwadi for weighing every month. 35% of women said that they had used the contraceptive

method of birth control. Of these, only 17% are currently using any of the contraceptives. 19% of women stated that they used temporary methods to delay pregnancy. Only 14% of women had a gap of 2 years or more between two children. Women during FGDs mentioned that they would prefer to have two boys and one girl. Health workers during interviews also reported the prevalence of male child preference, practiced in society.

- A substantial number of women reported washing hands with soap before cooking or feeding or after visiting a toilet. Aarohi undertook the initiative of water testing of drinking water sources in its intervention area. The tests revealed that the majority of water sources were contaminated. In those water bodies, chlorination of the water was carried out, as well as the distribution of tablets for putting in the water stored in the house for purifying it. The community was also made aware of water-borne diseases and household water purification methods like boiling, storing and filtering, etc. Mostly, people were appreciative of these informative sessions. Although, in some areas, women said that people don't like the taste of tablet-purified or chlorinated water. 96% of women store water in a covered vessel as against 76% during baseline. Only 15.7% of women said that they use a cup with a long handle to retrieve water from the container used for storing drinking water.

Exposure Visits and Health Sector Outreach Programmes' Highlights:

It is Aarohi's constant effort to reach out to experts and organisations having best practices and have

them share their knowledge and best practices with AaroHi's employees for skill-building and upgradation of knowledge. In turn, AaroHi shares its vast knowledge on community health and mobilisation in mountainous rural regions, with others to explore opportunities. This give and take of know-how comes under our outreach programme.

May 2019

- Dr. Robert Graf and his team from Switzerland conducted a workshop on first aid and emergency response for all the team members of AaroHi.

August 2019

- In August 2019, AaroHi in collaboration with Gene Campaign, an NGO, working on nutrition, conducted a baseline survey for estimation of haemoglobin in four gram panchayats.

October 2019

- The clinical team attended a one-day workshop on "Surgical Safety" conducted by Agrani and Lifebox foundation at the District Hospital, Champawat.
- The Program Manager and WHRC co-ordinator attended a day seminar on menstrual hygiene conducted by Lingua Franca Institute, Almora.

November 2019

- Dr. Owen from the University of Leeds completed data collection on identifying surgical needs (Urological and general surgeries) through the MMU camps.
- Programme Manager, Health and Executive Director, AaroHi presented the works in a day workshop organized by Bajaj C.S.R. at Rudrapur.

- A one-day MMU camp was set up at Haldwani in collaboration with AIIMS, Rishikesh, and Vatsal Sudeep Masiwal Memorial Foundation, Ramnagar. MMU support was extended for X-ray, lab tests, whereas pharmacy services and allied treatment were made available by the AIIMS doctors.
- The WHRC team went on an exposure visit to Basic Health Care Services (B.H.S.), Udaipur.

December 2019

- Dr. Harsha from Savita Medical College, Tamil Nadu, volunteered with AaroHi.

January 2020

- On 10th January 2020, Alexander and Associates (A&A) organized a workshop on 'Knowledge Exchange Network' in Delhi. The workshop's premise was that there is a wealth of knowledge in the social sector, and if this knowledge is documented and shared systematically, it could exponentially enhance service delivery. It also emphasised the building of a knowledge exchange platform for public health practitioners. The A&A team visited 50 outstanding programmes such as AaroHi, across 18 states in the country, primarily in the social sector, with a focus on maternal and child health. The purpose of the workshop was to share the learnings across 50 programmes and to form further, a Health and Development Innovations Compendium for knowledge exchange and collaborations. During the workshop, the Executive Director of AaroHi, shared the learnings and scope to provide the best of services in rural areas in the future.

- **HIMSamvad 2020 - a Himalayan Ideation Meet:** On 29-30th January 2020, Sewa International organized a 2-day conference on Sustainable Development Goals (S.D.G.s) at Forest Research Institute, Dehradun (Uttarakhand). When planning an event such as this, it is imperative to gain the participation of experts in the field. Aarohi presented its experiences along with suggestions for Healthcare in the Himalayas. This conference was the first in a line of proposed focused deliberations on the Himalayan Region that Sewa International is committed to conducting over the next five years, to address the issues and concerns associated with adopting SDGs. This conference was a starting point for the potential work needed to overcome the challenges of sustainable livelihoods, waste management, water conservation, women empowerment, health services, and much more in the Himalayan Region. The purpose of the conference is to forge collaborations with

civil society organizations, research scholars, public policy makers, institutions/universities, and relevant government departments to bring about their synergy for solving the environmental, economic, social challenges of the Himalayan region. Aarohi's work in the area of Sustainable Mountain Development is comprehensive, and its practical approach will prove useful towards localizing SDGs in the Himalayan region. Program Manager, Health and the Executive Director represented Aarohi in this event.

February 2020

- The Program Manager, Health and WHRC co-ordinator participated in the regional level consultation on Adolescent Health held in Haridwar. Aarohi submitted its feedback and suggestions on improving the Rashtriya Kishor Swasthya Karyakram to the Ministry of Health and Family Welfare.

Sl. Maternal Health		2018 - 2019	2019 - 2020
Ante Natal Care			
1	Total Pregnant women given Ante-natal care	353	188
2	Pregnant women who got A.N.C. check-up in MMU (Medical Mobile Unit)	259	121
3	Pregnant women identified as Anaemic	151	82
4	Total High-Risk Pregnancies (H.R.P.) identified	47	35
5	Pregnant women referred further for complications	29	18

Deliveries			
6	Total Deliveries	127	42
7	Total Live births	120	39
8	Total Institutional deliveries	49	25
9	Total Home deliveries	78	17
10	Deliveries conducted by Aarohi trained T.B.A.	52	14
11	Complications identified during delivery	08	03
12	Women referred due to complications during delivery	08	02

Sr. no	Maternal Health - Continued	2018 - 2019	2019 - 2020
Post Natal Care			
13	P.N.C. women given care	159	43
14	Women who had complications within 42 days of delivery	19	05
15	Women referred due to complication after delivery	04	03
16	Total Eligible Couples	772	572
17	Couples using temporary contraceptives	24	37
18	Eligible couples advised on family planning	557	190

Sr. no	Child Health	2018&19	2019&20
1	Total Children 0-6 months	89	103
2	Infants 0-6 months exclusively breastfed	52	76
3	Total Children 0-5 years	762	789
4	Children 0-5 years monitored for growth and development	603	393
5	Severe Acute Malnourished children 0-5 yrs (red category)	65	27
6	Children 0-5 years who had Diarrhoea	32	23
7	Children 0-5 years who had Pneumonia	21	09
8	Children 0-5 years with other illness	22	18
9	Children 0-5 years referred due to all illness	50	16

S. no	Community mobilization	2018 - 2019	2019 - 2020
1	Total number of Matru Samuh meetings	196	108
2	Total participants	2,452	807
3	Village Health Fair (Swasthya Mela)	17	19
4	Total participants	2,688	3,062

S. no	Vital indicators	2018 - 2019	2019 - 2020
1	Maternal deaths	1	0
2	Neonatal deaths	7	3
3	Infant deaths	2	1
4	Death of children aged under five years	2	1



LIVELIHOOD PROGRAMME

The Livelihoods Promotion Program (LPP) is a program aimed at developing local, niche products using raw materials available in the Himalayan region while providing supplementary income to rural mountain communities and strengthening the concept of 'Nature for Future.' The program has made headway in scouring new procurement locations, product development, scaling up, and new interventions.

Updates:

Community involvement

- The outreach for procurement of apricot nuts and seeds in the upper Himalayas was increased during this year, thus acquiring new venues. With a dedicated team liaising with the communities in these areas, we built a strong bond successfully and ensured transparent procurement mechanism of material from this area.
 - During the previous financial year, we had initiated a movement towards community mobilization by carrying out a plantation drive of wild apricot (Chuaru) seedlings in the adjoining villages of Kaphura and Satoli. The purpose was two-fold: to gradually increase the vegetative cover in those areas supplementing the environment, and secondly, to secure a future supply chain of apricot fruits/seeds/nuts, thereby reducing the local communities' economic vulnerabilities. This year, we reviewed these plantations and were happy to note that there was a 70% survival with optimum growth rate. This new plantation plans are underway to incentivize the locals to grow more, with a varied mix of plants in the coming year.
- This year, we prioritized other project areas like Supai in Almora District and Sunibend in Nainital District to understand the availability of local produce, potential market linkages, and subsequent increase in income sources for the farmers in these areas.
 - This year, we increased the number of hand-knitted woollen products made by the local women for our annual event - the Grameen Himalayan Haat. The design, affordability, and functionality of these products aimed at the local market were the reason for the project's success! A pilot project of upcycling old sarees into bags, coasters, and toys with our women's group was another hit with our customers at the Nature Shop this year.
 - In 2018-19, our drive for procurement of apricot kernels resulted in the team identifying a cluster of villages in the Okhalkanda development Block in need of primary

health care. Subsequent discussions with all stakeholders led to our mobile medical camp initiation at this village every month, from June 2018. Furthermore, our existing community health programme in the Okhalkanda area also led us to the aggregation of soapnut (Reetha) on a small-scale. These cases are highlights of our integrated development approach, benefitting the local populace.

- Scope for new herbs and oil are underway in Almora and Pithoragarh district with other ongoing development programmes supported by government agencies.

Stories from the community remind us of the work that lies in front of us. Today, we are working with individuals/groups/organisations in Himachal, Garhwal, and other rural parts of Kumaon – to widen our procurement base. Our interactions with community members provide us with opportunities to learn and think of solutions to overcome challenges together.

Collaborations

- Our team visited the SEWA International project area in Karnprayag, Chamoli, to obtain insights into Self-Help Groups (SHGs) based entrepreneurship programs and skill promotion in around 40 surrounding villages.
- Our Soap-making team provided training for making soaps to a group associated with the Integrated Livelihoods Support Program (ILSP), Hawal Bagh, Almora, a programme of the state government, for three days in February 2020.
- During the year, we met with teams from rural



livelihood-based organizations such as Gramya II in Almora (programme under Uttarakhand Decentralized Watershed Development Programme, Watershed Directorate, Dehradun) and ILSP, Almora and Pithoragarh (programme of Uttarakhand Gramya Vikas Samiti, Dehradun), to consider collaborations and to expand our geographical presence.

Product development

- We launched a new product – lip balm, made with our apricot oil, in June 2019. We are thrilled with the response we are getting for this product from our customers!
- Our expansion with environment-friendly

product development using locally sourced raw materials continued this year. A series of trials and testing are underway before we are ready to introduce them to the market.

Revenues

This year, the revenues generated from our livelihoods program amounted to nearly INR 48 lakhs, almost the same as compared to the previous financial year. An analytical review is as follows:

- The revenues from retailers and sales through the Aarohi website have increased this year by 3-4%, and sale at exhibitions has reduced by 4% compared to the previous year; hence the net effect is negligible.
- Apricot oil continues to be the top-selling product, forming 40% of the total sales, followed by soaps, constituting 20%. This year, the sale of soaps increased by 10% because we

changed into more eco-friendly and attractive packaging after considering reviews and feedback from our existing customer base. We also ventured into making custom-made soaps for other brands.

- Sales within Uttarakhand decreased by approximately INR 70,000, mainly due to a decline in tourists during the winter season. In contrast, last year, there was a steady influx of tourists in the state throughout the year. However, sales increased almost INR 1 lakh in Karnataka, owing to increased retail partnerships and our products' popularity.
- Sales through e-commerce are also steadily picking up. Despite being based in a remote, rural area, we have successfully delivered orders to customers pan-India. Despite being logistically challenged, we have demonstrated that sales can happen from rural areas if we have a robust logistics network in place.



Community Engagement Report

Our livelihoods initiative generates income for local Kumaoni communities in three ways:

a) Procurement of raw materials - Apricot seeds and Culinary Herbs.

- We purchased 74 quintals of apricot seeds, nearly 66.50 quintals of kernels, and 2.20 quintals of herbs this year, working with approximately 1,400 farmers and incurring a total cost of INR 19.40 lakhs. Our efforts to increase procurement of apricot seeds from the previous year through community mobilization locally and in other parts of Kumaon paid off. The procurement this year was nine times more than the last three years, which is a considerable achievement. The procurement of herbs varies with the market demand, as procurement is directly proportional to this demand. This year, the procurement of herbs increased because of a higher demand for herbs in the market.

b) Processing of Apricot kernels - breaking nuts to retrieve the kernel, used for oil extraction.

- We processed 41.38 quintals of kernels this year and incurred INR 1.18 lakhs in processing costs, including sorting kernels and pounding scrub cakes. We had fewer people involved in the processing activities because of apricot nuts' direct purchase this year, making redundant additional employment for seed breaking.

c) Direct employment at the production unit through manufacturing, packaging, and sale of products.



- We have 14 full-time employees at the unit, and the total salary paid this year was INR 20 lakhs.

The net benefits through these forms of engagement have significantly improved this year. There has been a per beneficiary income increase of approximately INR 39,000 per annum on average.

Table I: Procurement and Processing

Particulars	2017-18	2018-19	2019-20
Total producer beneficiaries	1,455	990	1,385
Number of procurement villages	195	170	182
Apricot nuts purchased (In quintals) <i>(Refer point (a) under Community engagement)</i>	11.37	6.17	74.31
Apricot kernels purchased (In quintals)	57.14	30.01	66.45
Apricot kernels processed (In quintals)	43.48	38.38	41.38
Dry herbs purchased (In kgs)	304	386	220.70
Benefit to farmers through the sale of nuts/kernels/herbs (In INR) <i>(Refer point (a) under Community engagement)</i>	1,234,320	870,511	1,940,446
Total number of people involved in processing activities <i>(Refer point (b) under Community engagement)</i>	15	12	14
Benefit to people involved in processing activities (In INR) <i>(Refer point (b) under Community engagement)</i>	99,189	79,380	118,534

Table II: Sales & Marketing

Particulars	2017-18	2018-19	2019-20
Total number of products	13	13	14
Total revenue-product segment wise (In INR lakhs)	50.77	49.45	47.57
Body care products	43.51	42.08	41.35
Herbs	7.26	7.37	6.22
Total revenue-location wise (In INR lakhs)			
Within Uttarakhand	28.82	28.55	18.94
Outside Uttarakhand	21.95	20.90	28.63

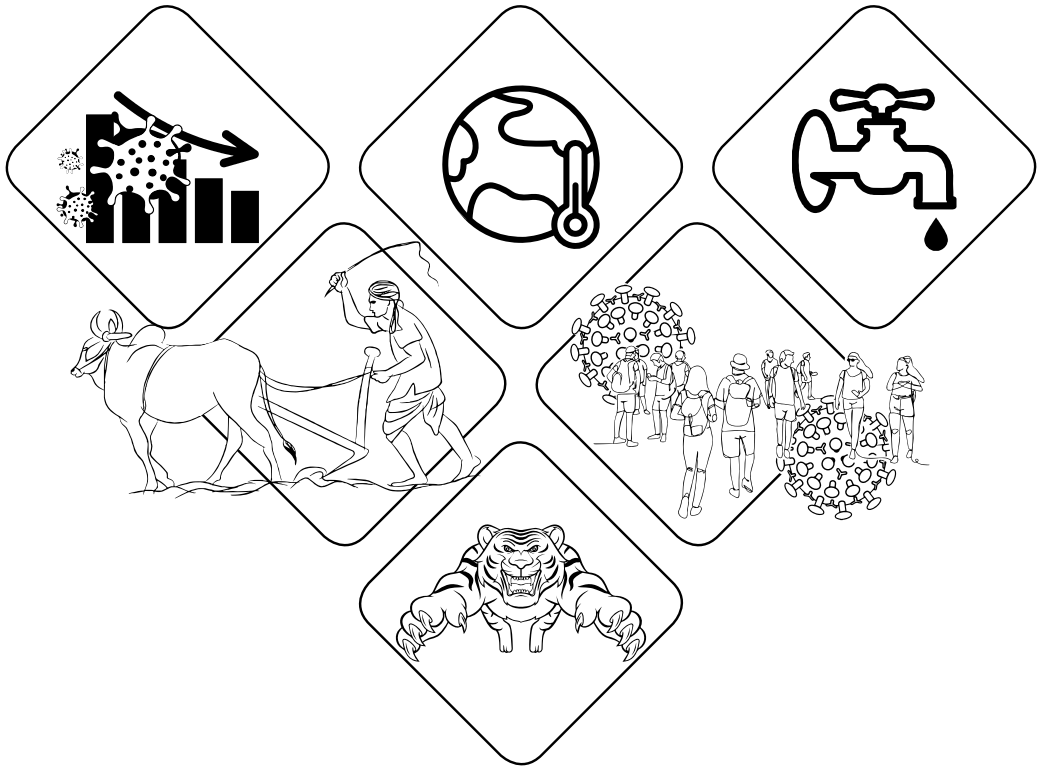
*Procurement spans a maximum of three months in a year.

** Each member of a family is considered an individual beneficiary. For example, if a husband and wife conduct two separate transactions, they will be taken as two beneficiaries and not one family beneficiary. It is quite common for different members of the same family to supply raw materials individually.

CHALLENGES:

- The biggest challenge that we face today is the impact of COVID-19 on our business.
- With 60% of our direct sales coming from tourism in Uttarakhand and tourism severely hit due to the pandemic, tourists' chances of buying our products this year seem slim. Furthermore, with prospects of the economy going into recession, our sales are likely to drop. As a direct result of this, sustaining operations is going to be challenging.
- Climate change, water crisis, human conflicts with wild animals, vanishing forest cover.
- Dedicated research into exploring other potential means of livelihood in the region is the need of the hour, especially programs inclusive of local women and returning migrants.

Over the past 27 years, this program has grown from strength to strength. While the challenges seem daunting at times, the spirit of resilience infused in our mountain people, and our work, will see us through it all, and we will emerge stronger than before.



HOMESTAY PROGRAMME – PEORA HOMESTAY



In 2013-14, Aarohi started ‘village homestay’ with the vision of attracting tourists, providing means of self-employment, and generating an alternative source of income for local homeowners. Today, many homestays dot the nearby villages as the local people there have put in their effort to start and operate under ‘Peora Homes-Your Home Away from Home.’ Now the local people have federated themselves into cooperative. Thus, indicating that with time, people have gradually improvised their capacities and are looking towards sustainability. Highlights of the Year

➤ The families that operate homestays are

growing more confident and coming together on their own, through a cooperative under the guidance and facilitation of Aarohi society. Consequently, ‘Peora Homes Self-Reliant Co-operative’ has been formally registered under Uttarakhand’s Co-operative Act, 2003.

- The Co-operative took an initiative for assuring increase in vegetation with aesthetic values through an “Adopt a Tree” drive. This drive is directly connecting the local people with environmental awareness and conservation/management of biodiversity, for making it more attractive and nature friendly. The Co-op planted about 150 Deodar (*Cedrus deodara*) seedlings, and along with another local group they undertook the responsibility for their maintenance and protection.
- The Digital Channel ‘News 18’ broadcast a special report on how the homestay families created a group, offering various types of activities to increase tourism and resultantly gave a push to the rural economy. As a result, this venture received a lot of praise from different sectors, and a much-needed spotlight in the tourism sector which is helpful in creating wider publicity for the homestay cooperative.
- The District Tourism Officer from Uttarakhand’s Tourism Department has also attempted to make the area influential and a model site comprising of two villages where existing homestays are operational. He visited the area in almost every quarter and also proposed the area under homestay model site inclusive of allied activities and infrastructural support, to

- boost nature and culture-based tourism in the area.
- › District Magistrate of Nainital, took a tour of the homestay and availed information about the homestay programme. He also assured his office's cooperation in providing possible support to the programme and also to the niche products of the area.
 - › Aarohi Society has provided support through experts for a one -year 'bird watching and nature guide' training programme to few willing youths from the homestay families, so to add value and direction to the homestay programme. Aarohi also presented two binoculars to the Peora Homes Co-operative for birdwatching and also leading the local youths to utilize their potential and become nature guide for income generation on one hand and having improvised knowledge of the area that can be preserved for future.
 - › Aarohi assisted Peora Homes to participate in the five-day event organized by the Government of India viz. 'Bharat Parv,' in New Delhi during January 2020. This event attracts participation by the tourism departments of all Indian states. Besides, Aarohi also promoted and advertised the homestay programme in different areas of Delhi.
 - › The Co-op started production and sale of various local products like malta juice, lemonginger juice, kaafal juice, buransh juice, guava vinegar, malta marmalade, etc., to enhance local products' production and new job creation. This venture met with great reviews and encouragement from the community as well as consumers.

Future Goals

The Peora Homestay Self-Reliant Co-operative envisions bringing the community together for tourism purpose and local job creation with the production of locally made products. To create a multi-dimensional and holistic travelling experience for the tourists, the Co-op will also look at linking homestays with local agricultural practices and environmental awareness.

Words of Thanks

The members of Peora Homes Self-Reliant Co-operative want to thank the Aarohi Society, its board members, and other members who helped in starting the homestay programme due to which the local economy strengthened. Aarohi and the others' efforts for making the local people self-reliant by providing continuous, timely support for capacity building, training, financial and technical support were invaluable. We sincerely hope that Aarohi continues to provide similar support to our venture.





THE GRAMEEN HIMALAYAN HAAT

Uttarakhand has a vibrant folk culture, folklore, and handicrafts that are unique to the region. With the changing social environment and increasing aspirations, this uniqueness is getting lost. To revive this distinctive culture and promote local handmade products and talent, Aarohi started the Grameen Himalayan Haat 18 years ago. This annual fair has gained popularity not only amongst locals but also amongst tourists. The range of produce on sale included bamboo products, pulses, woolen products, farm equipment, jams, juices, etc.

This year, Ms. Radha Bhatt, Pres ident, Kasturba MahilaUtthan Mandal, Kausani, inaugurated the Haat. Radha Didi gave a powerful speech highlighting the drawbacks of consumerism and personal ambition, which have diluted our social and environmental structure. She called for the realization of a self-reliant village and expressed that this was possible if we worked towards it. Following her address, children of Aarohi Bal Sansar entertained the audience with a rousing performance!

The highlights of this year's Haat were:

- *NEKI ki Dukaan* – it sold second-hand items in good condition, collected through a neighborhood drive, which went down well with the locals too.

- Face painting – Our team organised an impromptu face painting session for the kids, much to their thrill.
- The center of attraction was a stall set upto highlight Kumaon's traditions through costumes, food, and art forms. It had a 'selfie corner' for those who wanted to try out Kumaon's traditional dresses and click photographs.
- Chitra Nandan, a whiz at making utility products out of waste material, conducted a workshop over two days for children and adults.

Professor Shekhar Pathak, Padmashree recipient, Indian historian, writer, and academician from Uttarakhand, joined us for the closing ceremony. He danced to the tunes of Choliya and helped us judge the winners of a competition for making chutney using local ingredients. He stressed the need for stemming migration and taking pride in what Uttarakhand has to offer.

The footfall at the Haat this year was more than 35,000 people, and the total revenue generated was INR 8.4 lakhs.

Representation of Aarohi at Swiss Himalayan Amity (SHA), Switzerland

The Executive Officer, represented Aarohi at this year's annual fund-raising event in Zurich, organized by one of Aarohi's biggest donors, Swiss Himalayan Amity (SHA) (previously Aarohi Schweiz), a group of Swiss-based group of well-wishers. People from all walks of life attended

this event. She highlighted the significant projects undertaken by Aarohi, its achievements, its impact, and the challenges faced. Events such as these give potential donors a platform to understand the work happening at the grassroots level, especially when it is shared first-hand by a person from the organization itself.



Aarohi Youth Wing YOUTH WING



Aarohi formed its Youth Wing ten years back to promote physical and mental health among the local youths, along with personality development and capacity development. The wing is also focusing towards integrating programmes on occupational skills and career counselling. The youth wing directly involves 250 youth and children from 16 nearby villages.

Highlights of the Year

During the year the efforts were made to create opportunities and scope for the local youth for their overall development besides academics, considering that to achieve success, physical and mental wellness is key. The burning issues were also shared and discussed to reduce the waste disposal, cleanliness and conservation of trees.

- Different sports programmes were organised during the summer in four selected villages. Training was provided in athletics, volleyball,

kho-kho, and kabaddi.

- The playground of Aarohi Bal Sansar was well prepared for special sports training of the local youths.
- The local youths interested in pursuing a career in the armed forces were given appropriate physical training during August-September 2019. Of the total youths trained, two got selected in the Indian Army.
- One Hundred and Ninety members of the Youth Wing participated in a sports mega-competition where they competed in development block-level sports events and few of them, were selected to participate up to state-level.
- One hundred ninety children played at the block-level, seventy children at the district-level, and six youngsters played at the state-level, during the year.
- Throughout the year, members of the youth wing collected dry plastic waste from roadside, forest and surrounding villages for further disposal, leading to recycling. The members conducted this drive in 16 villages that they belong to. Approximately 10,000 plastic bottles were collected during the drive. Each bottle was further filled with 150-200 grams of different kinds of plastic wrappers and bags. These were later disposed at Mira Estate, owned by life member of Aarohi who supports such a cause and sent later to different places for recycling.

Future Plans

The Youth Wing is planning to focus on making youth self-reliant and inculcating love and pride in their tradition, culture and occupation. This will lead to its members attempting self-employment and

encourage them to reside in their local area and have quality life for future.

The main issue we would be addressing in the future, is to create opportunities for youths based on their skills and potential through counselling and classes. One of the issues is changing aspirations among youths due to the globalization and wanting a luxurious lifestyle.

It will be a continuing effort of the wing to get maximum participation from the local youth in sports-related and vocational activities for boosting the confidence of youths and prepare them to compete in the changing global scenario.

Vote of Thanks

While publishing the annual report of Aarohi's 27th year 2019- 20, we express our deepest gratitude to the well wishers and associates of the organization whose suggestions, cooperation and guidance have made it possible to continue our activities towards our mission.

We extend our heartfelt thanks to all the people of the society who have provided their support, guidance, economic cooperation and necessary resources for implementation of our ideas into program activities of Aarohi.

We also express our gratitude to the senior members of the managing committee of the institution who have always served as a pioneer for the organization. We continue to be touched by the commitment shown by members of Aarohi Schweiz (now Swiss Himalayan Amity) and other friends in Switzerland to support development in

rural Kumaon through fundraising and volunteer support.

A warm thanks to all the government, NGOs and volunteers who have taken time out of their assigned work and have given their services to the Aarohi Aarogya Kendra. Also importantly, the patients benefited from AAK for helping us expand our reach.

We wish to express our gratitude to our funders, chartered accountants, bankers, financial advisors, doctors, teachers and donors from all parts of the world. We thank Ms. Rupa Arya and Companion Arts & Printers for cover illustration and report publishing respectively. Without their cooperation, expansion of our services seemed impossible.

Finally, we owe 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. We look forward to their companionship on this long adventurous road to development in rural Uttarakhand.

We welcome you to connect with us. We have a Swiss chapter in Switzerland under the name of Aarohi Schweiz. To join this chapter and get more information, please contact Ms. Sarah Marti (sarah.marti@hin.ch) and Dr. Robert Graf (rob.graf@yahoo.de). We also have a new chapter coming up in the United Kingdom. Contact Dr. Arun Harish (arun@aarohi.org) for more information.

Thank you all for believing in us.

Team Aarohi

Appendices

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

AAROHI MANAGING COMMITTEE

Dr. (Col.) Chandra Shekhar Pant, VSM	Chairman
Mr. Gopal Singh Negi	Secretary
Neha Jacob	Treasurer
Mrs. Premila Satyanand	Member
Mr. Ranjan Joshi	Member
Dr. Navin Dang	Member
Mrs. Sudha Sastri	Member

LIFE MEMBER LIST 1992 To 2019

Name	Location
Dr. J. S. Mehta	Almora
Mr. Mohan Chandra Kandpal	Almora
Mr. C.S. Martoliya	Almora
Mr. Ranjan Joshi	Almora
Mr. Chandra Shekhar Pandey	Barrechhina (Almora)
Mr. Gopal Negi	Kaphura
Dr. P. L. Arya	Kaphura
Mr. Rajendra Singh Mehra	Mouna
Ms. Anandi Arya	Mukteshwar
Mr. Kunwar Singh Negi	Nathuakhan
Ms. Kiran Singh	Nathuakhan
Ms 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. Munki Kabdal	Satoli
Dr. Harish Chandra Pant	Satoli
Mr. Vikram Maira	Sitla
Mr. Sanjeev Kumar Bohra	Dehradun
MR. Arjan Brijnath	Dehradun
Mrs. Diljit Brijnath	Dehradun
Shri Bhawani Datt Kharkwal (IPS),	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
Mr. Shrikant Sastri	Delhi
Mrs. Saral S. Tandan	Delhi
Mr. Iqbal Husain Khan	Faizabad
Mrs. Manjula Jhunjhunwala	Faizabad
Ms. Jyoti Patil	Maharashtra
Dr. Rajesh T. Mehta	Maharashtra
Dr. Bharti R Mehta	Maharashtra
Mr. Suresh Bhapkar	Nagpur
Ms. Neeraja Joshi	Gurgaon
Ms. Rashmi Birmani	Nagpur

Mr. Sanjay Deshpande	Nagpur
Mrs. Manju Gupta	Noida
Mr. Arun Kumar Gupta	Noida
Mr. Ankit Gupta	Noida
Ms. Juhi Harisinghani	Pune
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. Sirish Kulkarni	Pune
Mrs. Raj Arora	Pune
Dr. Kumar Viswanath	Pune
Mrs. Radha Vishwanath	Pune
Ms. Usha Deo	
Mr. Vikash Deo	Pune
Mr. Deepak Deo	Pune
Brig. Vivek Saptnekar, VSM (Retd)	Pune
Mrs. Neela Sapatnekar	Pune
Mrs. Prajakta Sarwottam	Pune
Mr. Charles Dobbin	UK
Ms. Jaqueline Lane	UK
Ms. Robyn Davidson	UK
Mr. Leeds	UK
Mrs. Fiona Mohan	UK
Mr. Barrows	UK

Ms. Hazel Jackson	UK
Ms. Gill Smith	UK
Ms. Liz Roberts	UK
Mr. Kenneth Robbie	UK
Ms. Jodie Giles	UK
Ms. Lucy Lloyd Price	UK
Mr. Barry Morley	UK
Mr. Richard Chamberlin	UK
Dr. Michael Priest	UK
Mr. Russell Scott	UK
Mr. Nigel Ried	UK
Ms. Aparajita Singh Breur	USA
Dr. Thomas Breur	USA
Ms. Nimmi Harisinghani	USA
Mr. Alope 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
Mr. Sunanda Joshi	Haldwani
Mr. Saurav Debnath	Haridwar
Mr. Shreyas Shankar	Hyderabad
Mr. Jagdish Bhandari,	Nainital
Mr. Diwan Singh Bisht	Nainital
Mr. Praveen Sharma	Nainital
Mr. Kalyan Paul	Ranikhet
Ms. Anita Paul,	Ranikhet

Mr. Yoganand Sinha	Allahabad
Mrs. Maya Sinha,	Allahabad
Mr. Peter S. Chowfin,	Bareilly
Mrs. Kalpana Ghai	Chandigarh
Mr. Subhash Puri	Chandigarh
Mrs. Jasjit Mansingh	Delhi
Dr. Surjit Mansingh	Delhi / USA
Mrs. Jasleen Dhamija	Delhi
Mrs. Sukhada Gupta	Delhi
Air Vice Marshal V. B. Batra,	Delhi
Lt. Col. Rajat Chatterjee and	Delhi
Ms. Niharika Puri	Delhi
Mrs. Neelakshi Chatterjee	Delhi
Col. Sudhir Tripathi (Retd)	Delhi
Mrs. Vijaylakshmi Baig	Delhi
Mr. Ranjit Dhillon	Delhi
Mr. Ibadat Singh Dhillon	Delhi
Mr. Sanjeev Saith	Delhi
Mrs. Laxmi Ahuja	Delhi
Dr. Kusum Jasuja,	Faizabad
Dr. Rohit R. Nair & Mrs. Prajakta Sarwottam	Goa
Dr. Raju Usgaocar	Goa
Dr. Smita Usgaocar	Goa
Dr. Ashok Agrawal,	Jaipur
Mr. Mohan Lal Gupta,	Jaipur
Mr. Abey Pandaplakkal John	Kerala
Mr. Aashish Chaudhary	Meerut
Dr. Bharaj Lal	Maharajganj

Mrs. Meera Gurabaxani,	Mumbai
Mrs. Arti Gurbaxani	Mumbai
Mr. H. Gurbaxani	Mumbai
Mr. Avinash Gurbaxani	Mumbai
Mr. Kaushik Chatterjee	Mumbai
Mrs. Suchishree Chatterjee	Mumbai
Mr. Kurush Pavri	Mumbai
Dr. Amrish S. Vaidya	Mumbai
Mr. Mahesh M. Natekar	Mumbai
Ms. Shweta Gopalachari,	Mumbai
Mr. Vikram Suresh Nerurkar,	Mumbai
Ms. Arti Shennoy	Mumbai
Mr. Milind Gandhi	Mumbai
Mrs. Lopa Gandhi	Mumbai
Mr. V. Venkat Rao,	Mumbai
Ms. Priti Rao	Mumbai
Shri Ram Vaidya,	Mumbai
Ms. Shilpi Gupta,	Mumbai
Ms. Neha Jacob	Pune
Mrs. Monica Shah-Drego	Pune
Dr. Kunal Mehta	Pune
Dr. Ripple Mehta	Pune
Dr. Ravi Chandra	Patna
Mr. Rajneesh Ranjan	Varanasi
Ms. Nicole Kilborn	Australia
Mr. Tim Winton	Australia
Ms. Marissa Howard	Australia
Ms. Helen Peters	Australia
Mr. Arjun M. Hiemsath	Australia

Mr. Kabir M. Hiemsath	Australia
Mr. Steven Langendries	Belgium
Ms. Stefanie Friedel	Belgium
Dr Astrid Christoffersen-Deb	Canada
Mr. David McMinn	Canada
Mr. Vijay Kumar	Germany
Mrs. Margaret Kumar	Germany
Ms. Pilar Palacia	Italy
Mr. Claude Al Tabar	Lebanon
Mr. Peter Furst	Shillong
Mrs. Maureen Furst	Shillong
Ms. Kanika Jain	Singapore/USA
Dr. Sarah Marti	Switzerland
Dr. Corina Wild	Switzerland
Dr. Robert Graf	Switzerland
Mr Raju Mehra	Sargakhet
Dr. Seemin Qayum	USA
Mr. Sinclair Thomson	USA
Dr. Sanjeev Arora	USA
Dr. Madhu Arora	USA
Ms. Anita Arora	USA
Ms. Sarah Arora	USA
Ms. Siddhi Gupta	USA
Mr. Joshua Kearns	USA
Dr. Anjali Niyogi	USA
Mr. Patrick Staiger	USA
Dr. Vineet Varanasi	USA
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
Dr . Sudhakar Reddy	Chhattisgarh
Mrs. Sangeeta Sharma	Chhattisgarh
Mrs. Geeta Pant	Delhi
Mr. Toposmito Sengupta	Kolkata
Dr. Tejasvi Bhatt	Ranikhet

Joined This Year	
Dr. Navin Dang	Delhi
Dr. Manju Dang	Delhi
Mrs. Geeta Pant	Mumbai
Mr. Milind P. Mokashi	Mumbai
Mr. Rajiv Kumar	New Delhi
Mr. Ravi Sachdev	
Ms. Soma Sri Harsha (Kurnooh)	Andhra Pradesh



Ordinary Members

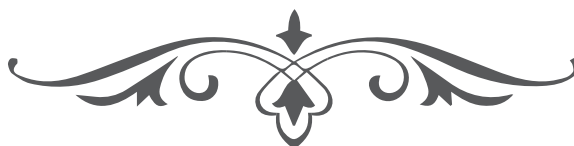
Name	Village
Mr. Pradeep Kumar	Satoli
Dr. Puneet Kumar Singh	Satoli
Dr. H.C. Pant	Satoli
Mrs. Achala Sahni	Satoli
Ms. Rohini Dutta	Satoli
Mr. Tradutt Kabdwal	Satoli
Mr. Anirudh	Satoli
Mr. Kapil Dev	Satoli
Mrs. Renu Sharma	Satoli
Mr. Puran Varma	Satoli
Ms. Renu Kabdwal	Satoli
Ms. Deepa Arya	Satoli
Mr. Pradeep Gupta	Satkhol
Mrs. Bhagwati Bisht	Satkhol
Ms. Santoshi and Pushpa	Satkhol
Mrs. Janki Tamta	Satkhol
Mr. Heera Lal	Satkhol
Mrs. Ganga Thapa	Satkhol
Mr. Basant Thapa	Satkhol
Mrs. Janki Thapa	Satkhol
Mrs. Shikha Devi	Satkhol
Mr. Bhupendra Singh Bisht	Peora
Mr. Puran Chandra	Diyari
Mrs. Kamla Rawat	Diyari
Mr. Devendra Sharma	Simayal
Mr. Suresh Chandra Kapil	Simayal

Mr. Bhuwan Chandra	Chhatola
Mr. Devendra Singh Nayal	Chhatola
Mr. Bhuwan Chandra Gutholiya	Chhatola
Mr. Bachi Singh Bisht	Chhatola
Mr. Jagdish Singh Nayal	Chhatola
Mr. Prakash Pandey	Sitla
Mr. Gopal Dutt Joshi	Kumati
Mrs. Anita Negi	Supai
Mrs. Chitra Mehra	Suni
Mrs. Shanti Suyal	Suyalgaon
Mr. Bali Ram	Kherda
Mrs. Mamta	Sonapani
Mr. Har Singh Mewari	Kalaagar
Mr. Rajendra Prasad	Khansyun
Mr. Surendra Singh Bisht	Berchula
Mr. Chandan Singh Bisht	Dholigaon
Mr. Deep Chandra	Bamnigar
Mrs. Chandrakala Bisht	Nainital
Ms. Sushila Bisht	Nainital
Mr. Harpal Singh	Haldwani
Mrs. Savitri Karki	Haldwani
Mr. Mohan Karki	Almora
Ms. Nidhi Vyas	Ghaziabad
Mr. Jayesh Mohta	Ahmedabad
Mrs. Manisha Deepak Pandey	Talla Ramgarh
Mr. Deepak Pandey	Talla Ramgarh

Financials

Particulars	2018-19	2019-20
Income		
Donations and Grants	24,082,961	12,865,698
Livelihoods Promotion Program	5,378,956	5,178,560
AAK, ABS and other	3,361,924	2,139,490
Income from Investments	3,021,567	8,406,201
Other Income	98,572	111,482
Total Income	35,943,980	28,701,431
Expenditure		
Health program	12,999,269	8,705,821
Education Program	7,049,010	5,838,662
Livelihoods Program	5,414,609	5,253,143
Administrative expenses	4,482,641	5,095,965
Depreciation	806,732	566,655
Energy and NRM	99,316	4550
Other Expenses	18,562	-
Total Expenditure	30,870,139	25,464,796
Excess Income over Expenditure	5,073,841	3,236,634
Liability		
Unrestricted Fund		
General Fund	43,634,418	46,478,185
Designated Fund	5,569,358	5,747,074
Restricted Fund		
Endowment Fund	32,170,000	33,170,000
Unutilized Grant Carried Over	2,077,024	7,397,621
Grant Utilized for fixed assets and capital work in progress		
Local Funds	11,410,524	11,294,450
Foreign Funds	8,003,539	8,009,782

Current Liabilities & Provisions		
Sundry Creditors	1,105,694	1,146,801
Statutory dues payable	240,051	191,903
Deposits	1,657,688	1,456,734
Provisions	(242,148)	(623,568)
Grand Total Liabilities	105,626,148	114,268,982
Assets		
Fixed Assets	26,164,317	25,646,833
Investments		
Long-term investments	57,011,323	59,348,278
Current Investments	5,290,000	6,916,731
Total Investments	62,301,323	66,265,009
Current Assets		
Cash & Bank Balances	8,573,821	9,490,099
Receivables	1,177,992	923,629
Inventories	2,704,316	1,980,495
Sundry deposits	23,824	23,824
Other current assets	9,576,462	4,742,461
Total current assets	22,236,415	17,160,508
Grand Total ASSETS	114,268,982	105,626,148



Details of Grant Donation FY 2019-20

Donor Name	Donated Amount	Support Area
Mr. Rajendra S. Sudan	103,545.00	Education
UK Online Givning Foundation	69,991.09	Education
Ms. Padmini Nambiar	2,000.00	Aarohi Development
Ms. Afsha Talwar	2,000.00	Aarohi Development
Ms. Kamini Gangwal	2,000.00	Aarohi Development
Ms. Padmini Nambiar	2,000.00	Aarohi Development
Ms. Afsha Talwar	2,000.00	Aarohi Development
Ms. Kamini Gangwal	2,000.00	Aarohi Development
Ms. Padmini Nambiar	2,000.00	Aarohi Development
Ms. Afsha Talwar	1,000.00	Aarohi Development
Ms. Kamini Gangwal	1,000.00	Aarohi Development
World Learning India Pvt. Ltd.	10,000.00	Aarohi Development
Ms. Hina Devi	2,000.00	Aarohi Development
American Institute of Indian Studies	5,000.00	Education
Ms. Tulsi Gurbaxani	16,000.00	Aarohi Development
Mr. Deep Chandra Joshi	30,000.00	Aarohi Development
Mr. Vinit Kumar	2,000.00	Aarohi Development
Emmers Society	35,000.00	Education
Ms. Padmavati Dua	36,000.00	Aarohi Development
Mrs. Kusum Haidar	5,000.00	Aarohi Development
Shahzada Ram & Satyawati Charitable Trust	5,000.00	Aarohi Development
Dr. Col. Chandra Shekhar Pant	20,000.00	Aarohi Development
Mr. Ankit Jain	1,500.00	Seema Nazareth Girls Scholarship
Mr. Ankit Jain	1,000.00	Seema Nazareth Girls Scholarship
World Learning India Pvt. Ltd.	10,000.00	Aarohi Development
Ms. Deepa Bhatt	5,000.00	Aarohi Development
World Learning India Pvt. Ltd.	25,000.00	Gramin Haat

Ms. Deepa Bhatt	5,000.00	Health
Radha Mohan Mehrotra Medical Relief Trust	500,000.00	Health
Canara Bank Almora	10,000.00	Gramin Haat
Ms. Meena	120.00	Aarohi Development
Ms. Priti Rao	470.00	Aarohi Development
Ms. Neha Jacob	500.00	Aarohi Development
Mr. Bhupendra Singh Bisht	1,500.00	Aarohi Development
Mr. Devendra Kumar Sharma	1,500.00	Aarohi Development
Mr. Chandrashekhar	1,630.00	Aarohi Development
Ms. Leela	800.00	Health
Block Education Office	2,000.00	Education
Dr. Veereshwar Bhatnagar	10,000.00	Education
Ms. Sheela Kholi Joshi	15,000.00	Education
Mr. Sushil Ramola	1,000.00	Education
Ms. Ashmita Joshi	2,500.00	Education
Ms. Kanta Joshi	500.00	Education
Chogori India Retail Limited	50,000.00	Education
Ms. Jasjit Man Singh	150,000.00	Education
Ms. Kamini Gangwal	2,000.00	Aarohi Development
Ms. Kamini Gangwal	2,000.00	Aarohi Development
Ms. Ishi Khosla	5,000.00	Aarohi Development
CJI Porcelain Pvt. Ltd.	25,000.00	Aarohi Development
Dr. Navin Dang	55,000.00	Education
Ms. Kamini Gangwal	2,000.00	Aarohi Development
Vatsal Sudeep Mashiwal Memorial Foundation	11,000.00	Health
Mr. Mohan Lal Gupta	3,100.00	Education
Ms. Prema	500.00	Health
HEG Limited	682,000.00	Health
Sisi & Savita Charitbale Trust	65,160.00	Education

Ms. Vandana Singh Bangari	15,000.00	Education
Mr. Dilip Roy	8,700.00	Aarohi Development
Anonymous	10,000.00	Health

Chief Donors 2019-20		
Bajaj Auto Ltd.	Health	7,800,000
Aarohi Schweiz	Mobile Medical Unit	3,715,500
Aarohi Schweiz	Aarohi Development	2,101,800
The Hans Foundation	Education Outreach	1,698,572
Saral Tandon Corpus Fund	Education	1,000,000
"The Duleep Matthai Nature Conservation Trust"	Education	600,000
"Quovantis Technologies Pvt. Ltd. "	Education	550,000
Grand Total		17,465,872



Aarohi Team Members

S. No. NAME	
ADMINISTRATION	
1	GOPAL SIINGH NEGI
2	DEVENDRA KUMAR SHARMA
3	YASHPAL ARYA
4	SUNDAR LAL
5	CHANDRASHEKHAR
6	BIMLA BISHT
7	HARISH CHANDRA
8	BHUPENDRA SINGH BISHT
9	RAJENDRA PRASAD
10	MAHENDRA SINGH NAYAL
11	MINAKSHI ARYA
12	BHUWAN CHANDRA GUTHOLIA
13	BHAWANI ARYA
14	NEHA JACOB
15	PANKAJ TEWARI

HEALTH	
1	JAGDISH SINGH NAYAL
2	PRAKASH CH. PANDEY
3	SUSHILA BISHT
4	PURAN CHANDRA
5	SAVITRI BISHT
6	PRADEEP ARYA
7	MUNNI SUYAL
8	HAR SINGH MEWARI
9	MS. CHAMPA MEHRA
10	MS. SUCHITA LOHANI
11	MR. KAVI KUMAR N
12	MS. KANCHAN ARYA
13	MS. TULASI
14	MS. HEMA
15	MS.DEEPA PANERU
16	MS. VIMALA BISHT

17	MS. MANJU DEVI
18	MS. MANJU
19	MS. MNISHA
20	MS. CHAMPA ARYA
21	MS. PUSHPA DEVI
22	MS. NEEMA
23	MS. SUMAN ARYA
24	MS. KAVITA
25	MS. DAYA DEVI
26	MS. NEHA BISHT
27	MS.GITANJALI UPRETI / LOHANI
28	MS. NIHA MEHRA
29	MS. POOJA JOSHI
EDUCATION	
1	GANGOTRI NEGI
2	NEEMA DEVI
3	CHANDRA KALA BISHT
4	SANJAY BISHT

5	JYOTI JOSHI
6	LEELA NEGI
7	DEEPA ARYA
8	POONAM ARYA
9	DEEPAK PANDEY
10	NIDHI JOSHI
11	RENU KABDWAL
12	BRIJESH KUMAR
13	NIDHI VYAS
14	MOHTA JAYESH GAUTAMBAHI
15	SANGEETA BISHT
16	PRADEEP RASTOGI
17	UMA ARYA
18	LAXMI BISHT
19	POOJA BISHT
20	LALIT KUMAR ARYA
SUPAI HEALTH & EDUCATION	
1	ANITA NEGI

2	MAYA JAROUT
LIVELIHOOD PROMOTION PROGRAM	
1	PURAN NAYAL
2	DEVENDRA NAYAL
3	BASANT THAPA / KRISHNA BAHADUR THAPA
4	SUNDAR NEGI
5	JANKI THAPA
6	BHUWAN SUNORI

7	ASHA NEGI
8	HARISH CHANDRA
9	CHAMPA NEGI
10	KAMLA NEGI
11	SURESH CH. KAPIL
12	PURAN CH. KABDWAL
13	BISHAN ARYA
14	BHUWAN CHANDRA

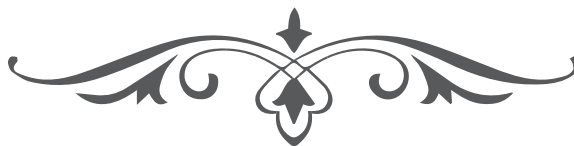
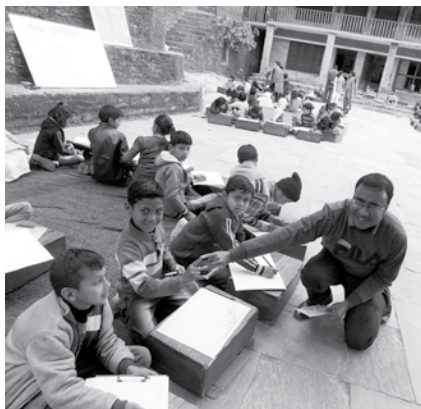


Photo Collage







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