



Aarohi

# Annual Report 2022-23

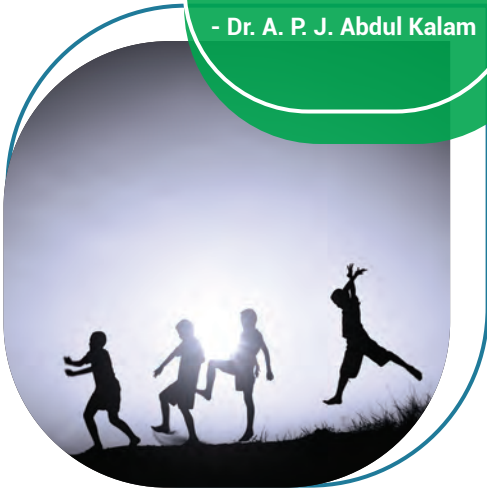




# Annual Report 2022-23

**Small goals are  
crimes; Great  
goals should be  
the aim.**

**- Dr. A. P. J. Abdul Kalam**



Village Satoli, Post Peora, Distt. Nainital,  
Uttarakhand 263138

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आलस्यं हि मनुष्याणां शरीरस्थो महान् रिपुः ।  
नास्त्युद्यमसमो बन्धुः कृत्वा यं नावसीदति ॥

Laziness is verily the great enemy residing in our body.  
There is no friend like hard work, doing which one doesn't decline.

(मनुष्य का सबसे बड़ा दुश्मन उसमे बसने वाला आलस्य है। मनुष्य का सबसे बड़ा मित्र उसका परिश्रम है जो हमेशा उसके साथ रहता है इसलिए वह दुःखी नहीं रहता)

# EXECUTIVE DIRECTOR'S MESSAGE

In 2022-23, AaroHi's expanding work areas and programs have remained a cornerstone for the organization's growth. Collaboration with rural youth has been successful, leading to effective work that has enabled the extension of unified development efforts in the Kumaon region of Uttarakhand.

The AaroHi Arogya Kendra (AAK), serving approximately 30-40 villages, has successfully become a 24/7 primary healthcare service provider this year. Emergency services are provided through the 108 helpline, ensuring that critical patients reach higher centres promptly. Additionally, we fulfilled the demand for a residential doctor in the health centre in the past year.

Through AAK's surgical camps, we conducted 926 surgeries over the past few years, of which 218 patients received free treatment.

The 'Mobile Medical Unit' (MMU) operated by AaroHi, extends healthcare and diagnostic services to 130 remote villages, benefiting around 78,000 people. This year, we introduced Thyroid testing, and focused on surgical camps and identifying High Risk Pregnancies (HRPs), so that the villagers in need could get timely care. We also started a monthly MMU camp in Almora district.

This year, AaroHi Bal Sansar (ABS) completed 29 years, in which 462 students have received education till date, with current enrollment standing at 155 students. ABS partnered with the Delhi-based Katha Foundation to enhance education, introducing computer lab upgrades and initiating the Smart Board concept, this year. The school's achievements include qualification of two students in the national-level entrance exams of Sainik Schools and three students in Navodaya Vidyalaya, Kotabagh, making us proud. We laid the foundation stone for the construction of a new school wing, towards the upgradation of the school till 10th grade.

Under the Outreach Education initiative of AaroHi, efforts are being made to bring new dimensions to education in government schools by collaborating with the Education Department, showing AaroHi's dedication to social and rural upliftment. In the same spirit, by collaborating with e-Vidyaloka, we are



By focusing on women empowerment and youth development, AaroHi is carrying out comprehensive rural development in the Kumaon region of Uttarakhand

bringing digital learning to remote development blocks of Udham Singh Nagar, which is an reflection of the Aarohi's expansion.

Aarohi, through its 5J concept - Jungle, Jameen (Land), Jal (Water), Jan (People), and Jaanwar (Animals) is resolutely attempting to integrate these five elements into the fabric of the rural communities. The endeavour is to enhance livelihoods and natural resource management through the rural community, with the aim of improving social empathy and sense of ownership. Aarohi has expanded its range of beauty products and herbal infusion teas, like products made from Chyura (Indian Butter Tree) Ghee. Aarohi has also entered the fiend of natural, value-added agro-based products through the new brand 'Theth Pahadi,' run by its self-reliant cooperative. About 2700 farmers have been connected through this cooperative. This year, we made 4 local youth employed through skill improvement and accounting training.

Aarohi continues its efforts in facilitating self-employment, capacity development, homestays, activity centres, and youth programs, for ongoing rural development. Consequently, this year, the Uttarakhand Tourism Department paid for the maintenance of a large multipurpose building in Peora village, which can be used by the surrounding villagers' use, at Aarohi's behest. Aarohi provided financial assistance to two young men to start their business.

We launched a 1-year community-based climate biodiversity programme focusing on planting and conserving local flora and fauna in Van Panchayat and barren land, to improve livelihood sources and natural resource management.

This year, Aarohi received the coveted recognition of the 'Top 20 NGOs' in India. This was made possible through the support of the community, donors, well-wishers, local authorities, CSR initiatives, and the leadership of the Chairperson and the management committee.

Thank you!

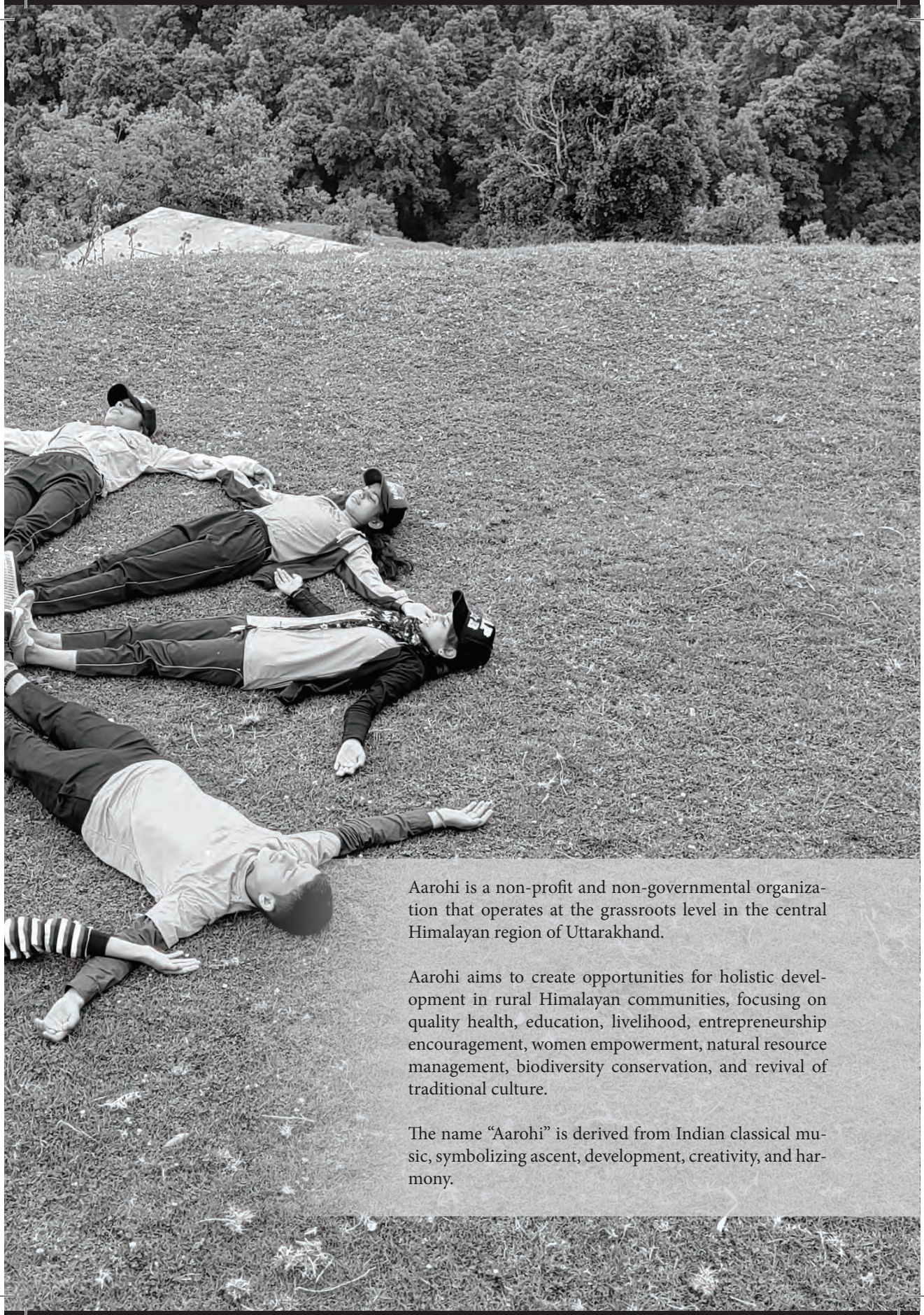


Pankaj Tewari, PhD  
Executive Director

# EFFORTS AT A GLANCE







Aarohi is a non-profit and non-governmental organization that operates at the grassroots level in the central Himalayan region of Uttarakhand.

Aarohi aims to create opportunities for holistic development in rural Himalayan communities, focusing on quality health, education, livelihood, entrepreneurship encouragement, women empowerment, natural resource management, biodiversity conservation, and revival of traditional culture.

The name “Aarohi” is derived from Indian classical music, symbolizing ascent, development, creativity, and harmony.

## AAROHI'S BRIEF INTRODUCTION

Since 1992, Aarohi has worked for the development of rural communities in the challenging mountainous region, through the dedication of its staff, community support able management and administration. A young couple with expertise and experience in development and planning, founded this organisation in the village of Satoli. After gaining the community's trust and support, it worked towards the organized upliftment of marginalized communities through local planning, addressing local needs, and initiating the development process. Covering the local needs of education, healthcare, livelihood generation, afforestation, and drinking water, Aarohi has constantly striven for bettering the local community's living standards. The organization, with 121 full-time workers and 244 members from India and abroad, is connected with 457 villages and collaborates with 196,646 people.





# SUMMARY OF ACTIVITIES

Over the past 30 years, Aarohi has diligently worked towards achieving its goals through innovative projects, community collaboration, and dedicated administration, management, and employees' efforts. As a result, Aarohi has expanded its initiatives and outreach to distant locations.

Aarohi Bal Sansar school (ABS), operated by Aarohi with a focus on the holistic development of students, has shown continuous progress. One hundred fifty-five children from 13 local villages studied in Aarohi Bal Sansar school this year. ABS makes efforts to connect education with a rural, mountainous context. The school has required physical resources. Its students have showcased remarkable athletic performances at the state level. The student-teacher ratio in the school is 13:1.

Under the Community Health Program, Aarohi works primarily in the Okhalkanda Development Block of Nainital district, benefitting 55,727 people in 105 revenue villages. The community health project focuses on maternal and child health, along with preventive and promotional activities. The efforts have significantly improved

maternal and child health in the project area villages.

This year, the Mobile Medical Unit (MMU) provided health services to a population of 78,000 in the Ramgarh, Dhari, and Okhalkanda blocks of the Nainital district and Bhaisiyachhana development block of the Almora district.

Aarohi Arogya Kendra (AAK) strives to modernize and enhance facilities to provide quality health services conveniently to the locals. This year, 11,823 patients benefitted from the hospital facilities, including specialised medical camps and surgeries related to obstetrics, kidney/urinary stones, uterus, hernia, and general surgery.

The Livelihoods Promotion Programme (LPP) unit increased its sale from selling bodycare and herbal products to INR 66.51 lakhs this year, resulting in the local farmers' increased income. The LPP unit continues efforts to be more profitable. It successfully holds its niche in the market by churning out healthy and natural products like oil, soaps, and other bodycare and herbal products.

## SUMMARY OF LAST 3 YEARS' ACTIVITIES

### Benefitted Villages

2020-21	2021-22	2022-23
<b>353</b>	<b>360</b>	<b>457</b>

### Benefitted Population

2020-21	2021-22	2022-23
<b>1,76,500</b>	<b>1,79,500</b>	<b>1,96,646</b>

### Meetings Organised

2020-21	2021-22	2022-23
<b>231</b>	<b>940</b>	<b>1,442</b>

### Total Attendance

2020-21	2021-22	2022-23
<b>4,107</b>	<b>12,858</b>	<b>21,316</b>

### Female Attendance

2020-21	2021-22	2022-23
<b>3,102</b>	<b>8,041</b>	<b>9,185</b>

### Male Attendance

2020-21	2021-22	2022-23
<b>1,005</b>	<b>4,817</b>	<b>12,358</b>

### Number of Patients Treated (in AAK and camps)

2020-21	2021-22	2022-23
<b>5,828</b>	<b>6,693</b>	<b>8,852</b>

### Sales from Bodycare and Herbal Products (in lakhs)

2020-21	2021-22	2022-23
<b>32.63</b>	<b>40.65</b>	<b>66.51</b>

### Number of Students in Aarohi Bal Sansar

2020-21	2021-22	2022-23
<b>150</b>	<b>165</b>	<b>155</b>

### Benefitted Students through Outreach Education

2020-21	2021-22	2022-23
-	<b>248</b>	<b>150</b>

### Tree Plantation (in Hectares)

2020-21	2021-22	2022-23
-	<b>23</b>	<b>385</b>

### Advanced Agriculture (in Hectares)

2020-21	2021-22	2022-23
-	<b>42</b>	<b>38</b>

### Formation of Community-based Organisations (CBOs)

2020-21	2021-22	2022-23
-	<b>30</b>	<b>30</b>

### Irrigation Tanks Distribution

2020-21	2021-22	2022-23
-	<b>228</b>	<b>89</b>

### Polyhouses Established

2020-21	2021-22	2022-23
-	<b>41</b>	<b>40</b>

### Aarohi Members

2020-21	2021-22	2022-23
<b>200</b>	<b>232</b>	<b>244</b>

### Aarohi Staff

2020-21	2021-22	2022-23
<b>89</b>	<b>114</b>	<b>121</b>

### Grants and Income (in lakhs)

2020-21	2021-22	2022-23
<b>249.54</b>	<b>362.96</b>	<b>538.38</b>

### Total expenditures (in lakhs)

2020-21	2021-22	2022-23
<b>215.78</b>	<b>339.91</b>	<b>454.39</b>



# EDUCATION PROGRAMME

AAROHI BAL SANSAR (ABS)



## Awareness Workshop on 'Saving the Himalayan Amphibians'

The Rufford Foundation, Nainital, organized an awareness workshop in Aarohi Bal Sansar for students and teachers, focusing on the conservation of Himalayan amphibians. The workshop included an interactive session on the research, significance, ecological history, and threats faced by amphibians in the Himalayan region.

The students' minds were engaged with images, audio, and videos of frogs. They learned about the amphibians found in their surroundings. The team also organized activities such as a memory game and a unique 'Frog Race.' The winning team received awards and certificates, making the day enjoyable and educational.



## Fire Safety/ Extinguisher Demonstration

Recognizing the importance of child safety, Aarohi Bal Sansar conducted a fire safety drill for students in grades 3 to 8. The objective was to raise awareness among students and staff about fire prevention measures and actions during emergencies. The drill gathered students in the playground, where the Principal briefed them on methods, rapid evacuation, and self-preparedness during emergencies. Students were informed about different kinds of fire, their causes, methods for their extinguishment. The students received practical experience in using fire extinguishers during emergencies. The session proved informative and imparted life-saving skills.



# Personality Development Workshop

**“Positive mind, positive experience, positive life.”**

Mrs. Monica Shah Drego organized a personality development program for teachers. The teaching staff, including the Principal of Aarohi Bal Sansar, attended the workshop. Mrs. Monica initiated the workshop with a highly creative introductory session, where teachers were required to objectively present themselves, or provide any object or any indicator that best described them. The workshop aimed to build self-confidence, enhance communication skills, and improve overall personality. The workshop included formal and informal situations, making teachers aware of appropriate behaviour in social and professional contexts.



The workshop incorporated discussions, group activities, and testing exercises designed to be effective. The primary aim was to assist teachers in becoming better individuals and representatives of the school.

# Workshop on Airplanes and Hot-air Balloons



A workshop on aviation and hot-air balloons was organized in Aarohi Bal Sansar by Prof. Rajkumar Pant from the Aerospace Engineering Department at IIT Bombay. Students from classes six to eight participated in the event. The students were fortunate to witness a presentation by Prof. Pant, who provided valuable insights and explained concepts related to core space science, aerospace ideas, the principles of thermodynamics, and the history of transportation.

Throughout the workshop, students engaged actively, gaining a better understanding of concepts such as lift, weight, various types of air travel, and history of aircraft development.

## Workshop on Relieving Stress

In today's challenging world, where everyone is concerned about achieving excellence in all fields, the question arises – can anyone cope with the pressure? In light of these considerations, a workshop was organized to address dealing with fear due to uncertainty.

Prof. Rajkumar Pant, Head of the Aerospace Engineering Department at IIT Bombay, led the workshop, providing simple ways to deal with stress and anxiety. In an interactive session addressing some serious issues, he touched on our daily stresses and explored ways to eliminate them. The workshop concluded with a breath awareness and Anapanasati meditation technique, which is a customary technique of breath awareness to rest and relax the body, emotions and mind to create mental focus and mindfulness.

## International Yoga Day Celebration

With great enthusiasm, the school embraced the centuries-old tradition of yoga, celebrating International Yoga Day with the support of Jagmohan Deen Dayal Gramin Swarojgar Sanstha, Bhagta Bharat, Sheetal Hills, and Nehru Yuva Kendra.

The event included students from the third to eighth grades, teachers from Aarohi Bal Sansar, and local guests and parents. The Chief Guest, Shri Kundan Chilwal, President of “Beti Bachao, Beti Padhao,” Dr. Pankaj Tewari, Executive Director of Aarohi, Smt. Pushpa Nayal of “Yoga for Humanity,” and the Gram Pradhans of Satoli and Satkhoh villages, attended.

The day began with a meditation session and a group yoga session. Mr. Harish Sanwal, an instructor from Patanjali Yoga Peeth, demonstrated various yoga poses. He led the participants by chanting the Om, warm-ups, exercises, and information on multiple asanas. The benefits of yoga, such as improved

concentration, inner peace, and holistic well-being, were explained. The event concluded with a talk on the importance of yoga by Dr. Pankaj Tewari and Shri Harish, followed by the national anthem.



# Awareness Session on the Prevention of Sexual Harassment at the Workplace

Ms. Swati Pant organized a one-day workshop for the teachers and staff of Aarohi. The workshop aimed to educate employees about sexual harassment in the workplace under the ‘Sexual Harassment of Women at Workplace (Prevention,

Prohibition, and Redressal) Act 2013’. Ms. Swati provided information about sexual harassment, physical abuse, and gender discrimination covered under the act. The importance of identifying sexual harassment in the workplace, discussing ways to address complaints, and raising awareness about gender-related issues were also highlighted. The participants learned how to deal with unwarranted situations that may seem like sexual harassment to women. The session successfully enlightened the staff on crucial issues and addressed concerns related to severe problems emerging in the workplace.



## 76th Independence Day Celebration

On August 15, 2022, Aarohi Bal Sansar enthusiastically celebrated the 76th Independence Day. In honour of the ‘Azadi Ka Amrit Mahotsav’, the school organized a ‘Prabhat Feri’ with the theme ‘Har Ghar Tiranga’ within the school premises. The event commenced with the tricolor hoisting by Dr. (Col.) C.S. Pant, VSM, with the teachers and Aarohi staff in attendance, followed by the national anthem.

Students showcased their patriotism and creativity through various captivating performances, including patriotic songs, speeches, short skits, and dances. The local community and parents praised the students for their excellent presentation during the event.



# Workshop on Learning Assessment

Mrs. Monica Shah Drego conducted an online learning assessment workshop for the entire teaching staff of Aarohi Bal Sansar. The workshop, attended by the Principal and the teaching staff, addressed educational issues, challenges, and concerns, and a comprehensive understanding of subjects and bad practices. In the workshop's first session, Mrs. Monica explained 'Bloom's Taxonomy,' which provides a common language for teachers to discuss and plan learning and assessment methods. She highlighted the three main learning domains in Bloom's Taxonomy:



Mrs. Drego also deep dived into the six levels of cognitive learning - remembering, understanding, applying, analysing, evaluating, and creating.

In the second session, Mrs. Monica explained the remaining two domains, affective and psychomotor. The workshop concluded with a discussion on how the staff used these domains to address educational issues in the previous academic term.

# Teachers' Day Celebration

No matter how old we get, we can never forget the lessons imparted by our teachers. They lay the foundation for our moral values and nurture children with love and care. On September 5, 2022, Aarohi Bal Sansar celebrated Teachers' Day with great joy and enthusiasm. Students expressed gratitude by presenting flowers, handmade greeting cards, and pens to their teachers. Students performed various cultural activities such as dance, songs, poetry recitations, and speeches. They organized games for teachers and distributed prizes to the winners. The teaching staff appreciated the students' performances, making it a memorable and enjoyable day.

# Cleanliness Awareness Rally

Today's children are tomorrow's citizens, so instilling civic values and a sense of duty is essential. Aarohi Bal Sansar, led by Mrs. Geetika Joshi, Ramgarh's Block Education Officer, organized a cleanliness awareness rally in the Ramgarh area, involving students, teachers, non-teaching Aarohi staff, parents, and locals. The rally aimed to spread the message of keeping the environment clean and contributing to the ongoing Swachh Bharat Abhiyan. Students created posters, thought-provoking placards, and performed street plays to raise awareness about the importance of cleanliness and maintaining a healthy environment. Mrs. Geetika Joshi, Dr. Pankaj Tewari, Mr. Brijesh Kumar - Principal ABS, held discussions with the locals to emphasize the seriousness of the cause and encourage them to continue this initiative in their homes and neighbourhoods.

Aarohi extended this initiative, where Aarohi Bal Sansar and various local schools organized another cleanliness awareness rally from ABS



to Shitla through the support of Shitla Hills members, Primary And Upper Primary Schools, Shitla, and the local people. Approximately 50-55 students from Aarohi Bal Sansar and different schools collected heaps of garbage, mainly prioritizing plastic waste. They raised slogans to create awareness in the surrounding areas, urging for a clean and healthy surroundings.

## Filmmaking Workshop

### A Big Story with Little Storytellers

A one-day filmmaking workshop was organized at Aarohi Bal Sansar, where 8th-grade students



actively participated. Mr. Harshvardhan led the workshop, beginning with an exercise in storytelling, where students were encouraged to share stories from their daily lives. Following this, it was unanimously decided to depict a child's struggle through shooting. The story revolves around a child who works hard to fulfill his needs and excels among his peers when given the opportunity to go to school. The students shot the entire short film in a single day, making it a fruitful experience. The workshop benefitted students by allowing them to understand and acquire various elements of filmmaking and production, from creating concepts to scripting and shooting. The students were delighted, and the workshop was a thrilling experience for all.

## Inauguration of Plastic Removal Machine (Baler machine) on Gandhi Jayanti

On October 2, 2022, Aarohi Bal Sansar enthusiastically celebrated Gandhi and Shastri Jayanti. The event commenced with the lighting of lamps by Dr. Pankaj Tewari and the offering of flowers to the portraits. To commemorate Gandhi Jayanti, an initiative to promote cleanliness, Aarohi Bal Sansar's administrative director, Dr. Pankaj Tewari, inaugurated a baler machine for collecting and compacting plastic waste. This machine aids in gathering and compressing plastic waste, which can be sent for recycling. Following the inauguration, Dr. Pankaj Tewari and the teaching staff of Aarohi Bal Sansar organized a cleanliness drive in and around the school premises. With the help of the baler machine, heaps of waste, especially plastic, were collected and cleaned.

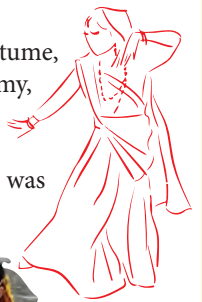


## Dance Competition in Grameen Himalayan Haat

A deep connection exists between dance and the body, facilitating communication between the body and the soul.

Aarohi organised a Junior and Senior Inter-School Dance Competition in the sports ground of Aarohi Bal Sansar, during the Grameen Himalayan Haat. The Global Academy Ramgarh, Junior High School, Kaphura, Aarohi Bal Sansar and GIC Nathuwakhan, participated. These school groups showcased their splendid performances based on the traditional dances of Uttarakhand, mesmerizing the audience. The distinguished judges, including Mr. Pradeep Gupta, Ms. Achala Sahni, Ms. Hema Bisht, and Mr. B. C. Tewari,

judged the performances on costume, expression, diversity, etc. Global Academy, Ramgarh, and Aarohi Bal Sansar secured the first position in the senior and junior categories. The competition was a good experience for all participants.



## Life Skills Workshop for Teachers

Life skills are adaptive and positive behaviours that enable individuals to cope with the demands and challenges of daily life effectively. Keeping this in mind, Ms. Monica Shah Drego organized a workshop on life skills at Aarohi Bal Sansar, attended by the Principal, Mr. Brijesh Kumar, and the entire teaching staff.

Ms. Monica initiated the workshop with a highly creative and interactive “Who am I?” session, where teachers were required to introduce themselves distinctively, mentioning any object or indicator that described them best. She

provided information on various ego states, the Five Births, emotional intelligence, and more.

The workshop was well-designed, with individual discussions and testing activities. Ms. Monica shared her experiences, improving the teachers’ ability to understand and practice open communication. She discussed various management aspects, such as dealing with emotions and stress. It was an enriching session for teachers where they learned to create a balanced personality with problem-solving perspectives, effective communication, and emotional balance. The workshop emphasized developing a balanced personality with emotional intelligence, effective communication, and decision-making skills.

## Life Skills Workshop for Students

Education is only meaningful with skills. It is not just about cultivating talent but also a path for self-discovery for individuals. A workshop on life skills was organized at Aarohi Bal Sansar and led by the resource person Ms. Mamta.

Students from grades 7th and 8th actively participated in the workshop with their class teachers. The enthusiastic and engaging session covered essential aspects of a student’s life, such as effective communication, social skills, positive perspectives, goal setting, and time management.

Ms. Mamta organized various exciting activities and shared examples with students to help them understand the significance of these essential life skills. The students were thrilled with the activities and could be engaged in learning new

ways of thinking and problem-solving. The workshop was a thoughtful medium to inspire students to explore themselves.

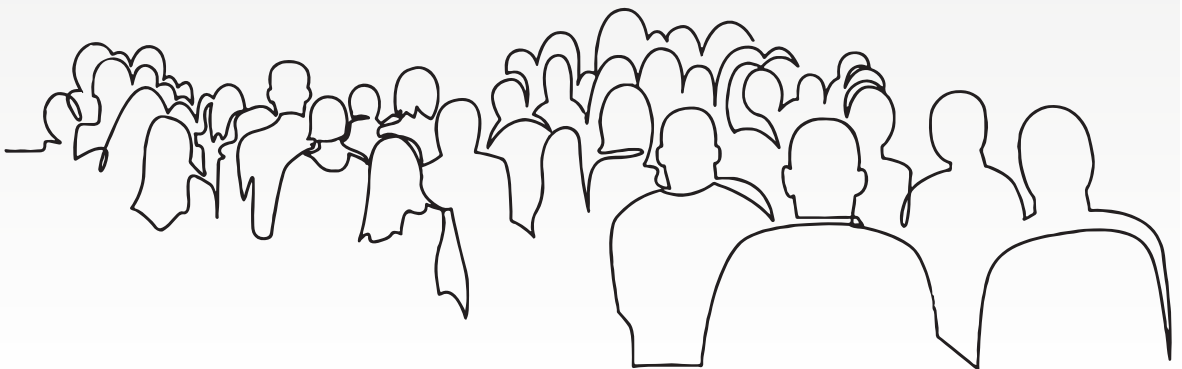
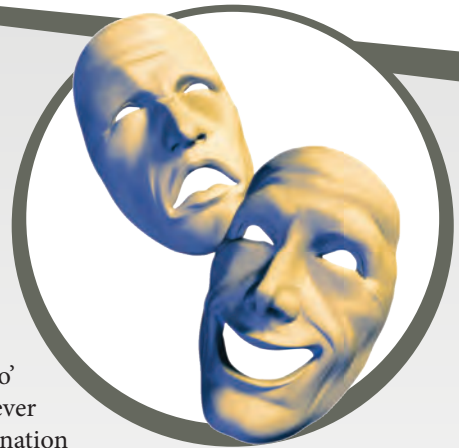


## Gender Sensitisation

An awareness session on gender sensitization was organized for students of classes 6-8 at Aarohi Bal Sansar. Ms. Sumi and Ms. Bhoomi from the Tata Institute of Social Sciences (TISS), Delhi, conducted the session. The primary objective of the session was to understand gender equality and inequality, gender discrimination, and the differences and nuances between gender and sex. The session began with an introduction game and an interactive illustration game. The TISS students organized various group activities during the session. The session was informative, providing clear and accurate perspectives on gender, to ensure that children comprehended all the information thoroughly, and did not develop any misconceptions or incomplete knowledge.

## Theatre Workshop

A Mumbai-based Repertory Theatre Group, Gillo Gilahari, conducted a theatre workshop for students at Aarohi Bal Sansar. The group performed creative and exciting role plays for the students, such as 'Jao Battakh Jao' and 'Harmik Kekda.' They emphasized that one should never stop dreaming and can achieve anything with determination and hard work. The main objective of this workshop was to create a learning environment and prepare the youth socially, physically, and intellectually. The workshop was engaging for everyone, and the students enjoyed it thoroughly, acquiring new information.







## Children's Day Celebration

Aarohi Bal Sansar celebrated Children's Day enthusiastically on November 14, 2022. The day began with a morning assembly conducted by the teachers, featuring various activities. Mrs. Hema presented a humorous news segment, followed by a moral story by Mrs. Archana Rana, a sweet melody by Mrs. Poonam Arya, and a speech by Mrs. Puja Negi. The main attraction of the day was a lively and vibrant play performed by the teachers, depicting the mischievousness and daily routines of the students. As part of the festivities, the teachers organized an enchanting fancy dress competition for students of classes LKG-2. They arranged various exciting games for students of classes 5-8, which ensured that the young minds could enjoy a day of leisure and entertainment. Students of Supai also actively participated, captivating everyone with their fantastic dance performances. The day was a delightful and memorable experience for all.



## Film Production Workshop for Students

Mr. Sanjay Joshi and Mr. Kamlesh conducted a two-day filmmaking workshop at Aarohi Bal Sansar for students of classes 6-8 and the teaching staff. Mr. Sanjay Joshi emphasized using films as educational tools because films make learning enjoyable. He showed some silent films where only music accompanied the visuals, such as “Ek Kursi” (One Chair), “Padosi” (Neighbour), and “Indradhanush” (Rainbow). A discussion with the students followed the screening, and Mr. Joshi divided them into eight groups. He asked each group various questions about audio-visual elements. Mr. Joshi provided information about the importance of soundtracks, music, or any other sound that complements the story. Mr. Joshi was delighted to learn that Aarohi Bal Sansar already uses films as educational tools.

## National Mathematics Day Celebration

Mathematics is an integral part of our daily lives and a crucial tool for understanding the world around us. To celebrate the spirit of learning mathematics and in memory of the renowned mathematician Srinivasa Ramanujan, Aarohi Bal Sansar observed National Mathematics Day on December 22, 2022. The day began with Principal Shri Brijesh Kumar and Mrs. Hema, providing a brief introduction to the early life of Srinivasa Ramanujan, highlighting how he emerged as a prominent figure in the field, despite coming from a poor Indian family. They also shared how he inspired many others. To enrich and educate the students, Mrs. Neha Rautela organized an intra-school math quiz competition for students of classes 3-5. The contest included rounds like Rapid Fire, Buzzer, and MCQ. Following this, students from classes 6-8 presented exciting mathematical models, intriguing puzzles and



games, and various practical math activities. The students approached mathematics with logical thinking, presenting all the models with enthusiasm and interest. The entire school had a joyful and enjoyable day, making the celebration successful.



## Mini Sports Day and Christmas Celebration

Sports are crucial in our lives as they keep us healthy and active. Aarohi Bal Sansar celebrated the Mini Sports Day of Nursery to Class 2 with great enthusiasm and energy on December 24, 2022. It was a day filled with excitement and joy. Mr. Mohan Chandra Kabadwal, the former Hindi language advisor, graced the occasion as the chief guest. Mr. Taradutt Kabadwal, former Principal of Aarohi Bal Sansar, and Mr. Gopal Negi, Secretary of Aarohi, were also esteemed guests. Faculty members and parents were present in the audience. The event commenced with a splendid welcome song by talented students from classes 6-8. Subsequently, students presented various spectacular performances. Different thrilling games and races were organized for the little ones, such as a flash card race, shuttle, glass and ball race, hanging race, banana race, make-up race, spectacles-gloves, cone balancing race, chair race, relay race, and balloon race, spreading laughter on every face. Every child completed each race with discipline and enjoyed it to the fullest. Such events create a sense of excitement and accomplishment in the hearts and minds of every child. The Principal, Mr. Brijesh Kumar, addressed the gathering and proudly shared the school's achievements. He said that the school's

performance in sports is excellent. The esteemed guests also encouraged the participants and audience with inspiring words, touting sports as an essential part of the daily routine. Following this, everyone celebrated Christmas with great joy and enthusiasm. Mrs. Laxmi Bisht provided information about the birth of Lord Jesus Christ. The real excitement came when Santa Claus appeared amongst everyone. It was the most awaited moment of the day. The joy of celebrating the festival reflected on the faces of the children, mainly when Santa distributed sweets and gifts among them. The event concluded by awarding prizes to the winners. It was a lovely, joyful, and memorable winter afternoon! All parents captured these moments in their hearts and minds to cherish them forever.



# National Conference on 'Disaster Risk Reduction & Capacity Building for Mountainous States Resilience'

A two-day national workshop was organized by the National Institute of Disaster Management (NIDM), Ministry of Home Affairs, in collaboration with Dr. R. S. Tolia Uttarakhand Administrative Academy, Nainital, to establish Excellence Center in disaster management. Participants from across India attended this workshop at the Uttarakhand Administrative Academy. Mrs. Neha Rautela, Ms. Archana Rawat, Mr. Kavi Kumar, and Mr. Samiran Tripathi participated in the workshop. Eminent dignitaries, including representatives from various states, representatives from NIDM, IAS, IPS, enriched the occasion with their presence. Honourable Vice-Chancellor of Kumaon University, Uttarakhand's Divisional Commissioner Mr. Deepak Rawat, Honourable MLA Mrs. Sarita Arya, and Padma Bhushan Mr. Chandi Prasad Bhatt graced the event with their

presence and presented their thoughts on disaster risk reduction. The entire session comprised of panel discussions, allowing representatives from different states to present their views. Several crucial topics were discussed, such as challenges in mountainous economies and villages, unique challenges of Himalayan villages, sustainable development goals, the Nepal earthquake of 2015, Kedarnath tragedy, Amarnath tragedy, risk mapping of Uttarakhand and its applications, mainstreaming gender in disaster policy, gender and climate change, expectations and strategies of state-centric regions, and many other subjects. Prof. Santosh Kumar concluded the session with an insightful presentation. The informative and captivating workshop provided essential insights for adequate disaster preparation and response. It laid the foundation for addressing disaster challenges comprehensively.

## Personality Development Workshop for Parents/Guardians

Mrs. Monica Shah Drego conducted a workshop on personality development at Aarohi Bal Sansar for the parents of students. The main objective of this workshop was to create self-awareness, foster personality development, provide effective knowledge to parents, and teach the practical aspects of dealing with challenges in parenting. It was an interactive session where Mrs. Monica emphasized minimizing the use of mobile phones, ending gender bias, spending quality time with children, praising their achievements, monitoring their homework, setting boundaries, and offering advice tailored to their needs. She conducted a Give and Take Analysis Test to teach how to identify a child's personality and to enhance their individual development and transformation. All parents participated actively during the workshop.



## Mukhyamantri Udiyaman Khiladi Unnayan Yojana

Within the premises of Aarohi Bal Sansar, a sports competition was organized under the “Mukhyamantri Udiyaman Khiladi Unnayan Yojana” at the level of the Nyaya Panchayat (Justice Council), in which schools from the Peora Nyaya Panchayat participated. At the block level, twelve students from ABS qualified, and among them, four qualified for the district level. Harshita Bisht from Class 8, Ujjwal Bisht from Class 5, and Preeti Joshi from Class 6 qualified for the district-level championship, bringing honour to us. They will receive a monthly scholarship of 1500 rupees from the government.



## Orientation of Smartboard

At Aarohi Bal Sansar, Principal, Shri Brijesh Kumar organized a creative and engaging session for teachers on the functions and uses of the Smartboard. During the session, detailed information was also provided on various features of Gmail, Whatsapp web, Google Sheets, Cyber fraud, etc. to learn and teach further. Additionally, teachers were given instructions on how to operate the projector and Smartboard and basic use of a printer. The session’s main objective was to enable teachers to establish robust teaching practices and achieve their teaching goals by effectively using educational tools.

## Khel Mahakumbh 2022

This year, the Sports Mahakumbh brought joy, achievement, and pride for Aarohi Bal Sansar, as the boys’ and girls’ kho-kho teams participated in the Nyaya Panchayat and block-level Sports Mahakumbh and secured the first position, winning the gold medal. Along with their excellent performance, they also earned a cash prize of 9,350 rupees.





## Sports Competitions

**Cluster-Level Sports Competitions-** In every school, the primary objective is the holistic development of children, and social development holds significant importance in it. To foster a sense of camaraderie among students within a region, the government organizes an annual cluster rally, wherein all schools in a cluster participate, extending up to the national level. Embracing this spirit, the venue for the junior category cluster sports competition was Aaroahi Bal Sansar's sports ground, where most of the schools in the Peora cluster participated.

Sixty children from Aaroahi Bal Sansar participated, where Junior category boys and girls secured the first position in kabaddi, kho-kho, and athletics. Forty-one children qualified for the block-level games. A primary-level rally was also organized, where again, ABS's boys and girls teams secured the first position in kho-kho. Additionally, the children achieved victory in athletics.

**Block-Level Sports Competitions-** Children from different schools within a cluster come

together to form teams and lead their respective clusters, fostering a sense of unity among them. Aaroahi Bal Sansar led the Peora cluster, in the block-level sports competition organized in Ramgarh, with 27 children participating. The children's performance was highly commendable, with 18 qualifying for the district-level sports competition.

### **District-Level Sports Competition-**

Following the block-level sports, the children also participated in the district-level sports competition in Bhimtal. In this competition, the boys' team secured the first position in the boys' kabaddi, and the girls' team came second in their category. In kho-kho, both boys and girls secured the third position. In athletics competitions, all the children exhibited outstanding performances. Witnessing the excellent performances, 12 children qualified for the state-level competition. These sports competitions aim to boost children's self-confidence, provide a challenging platform for competition, and encourage their courage. Moreover, these competitions instill a sense of unity and equality among the children.



## Upgradation to High School

### **Bhumi Pujan Ceremony for High School Wing**

Before undertaking any auspicious task, we express gratitude to the divine. Continuing this tradition, on February 8, 2023, Aaroahi Bal Sansar organized a Bhumi Pujan ceremony conducted by Pandit Jeevan Kapil to lay the foundation of a new school wing to upgrade the school to 10th grade. Shri Gopal Singh Negi, Aaroahi's secretary and senior-most teacher Smt. Gangotri Negi, Administrative Director Dr. Pankaj Tewari, and the ABS Principal attended the auspicious event.

All staff members of Aaroahi, parents, and esteemed guests participated in the ceremony. The students added a joyous and lively atmosphere to the event with cultural performances. The community expressed their best wishes for Aaroahi's progress, hoping to see Aaroahi expand to the 12th grade soon.

## Selection in Competitive Exams

Every parent dreams their child receives an education in a good school and shines in the future. In our society, there are several such schools where, along with providing high-quality education, emphasis is also given to co-curricular activities to help holistic development in children. Schools like Sainik School and Navodaya Vidyalaya provide training related to the military along with excellent educational standards.

Aaroahi Bal Sansar has worked hard for many years to fulfill this parents' dreams. Like the previous year, two students from Aaroahi Bal Sansar, Lakshya Durgapal, in Class 8, and Ujjwal Bisht, in Class 5, cleared the All India Sainik School entrance exam in January. Additionally, three students, Kalpana Bisht, Piyush Arya, and Disha Arya, secured admission to Class 6 in Navodaya Vidyalaya Kotabagh after passing the entrance exam. Dr. (Colonel) Chandra Shekhar Pant, VSM, Chairperson of Aaroahi, praised the subject teachers and the school team, expressing hope that in the future, the students would continue to bring glory to Aaroahi, with their dedication and the support of their teachers.

## Mathematics Workshop

Mathematics is an integral part of our lives, connecting with us from the moment we wake up until we sleep. However, even after this, most children fear mathematics and tend to avoid it because learning mathematics from textbooks is challenging. Therefore, teaching mathematics by integrating it with our daily lives is essential, making it more accessible. Many children often find it impossible and laborious. With this in mind, the Principal and teachers at Aarohi Bal Sansar developed learning materials for a mathematics workshop. Creating an environment in the school that feels like home for the children is necessary. These learning materials were user-friendly. Ms. Nidhi Joshi provided a workshop based on the “Jodo Gyan” approach. The workshop’s main objective was to encourage students to learn by doing and share their experiences.

Mrs. Nidhi Joshi conducted activities such as Shape Family, Rangometry, Math String, Straw, Passa, etc. She designed these activities class-wise. Teachers enjoyed the activities, finding them interesting, knowledge-enhancing, and related to the subject. In the end, teachers were encouraged to use the Jodo Gyan learning materials effectively to teach children in the future.

## Educational Visit to Flowers Nursery

Bookish knowledge is essential, but when academic knowledge is integrated with daily life and one’s environment and learned through extensive use of one’s senses, the information stays in memory for a lifetime. Therefore, the Principal and teachers of Aarohi Bal Sansar organized educational excursions for students of classes 1 and 2. The students, under the guidance of their class teachers, conducted a peaceful inspection of every plant and flower in the nursery. Nursery staff member Mr. Vikram provided information to the children about various types of flowers and plants. He showed different varieties of lilies and explained their names to the children. The children listened attentively to his words. After the excursion, the children shared their experiences with others in the school and presented their observations through drawings.



## ABS Scholarship

The Aarohi Bal Sansar Scholarship’s main objective is to assist economically weaker and talented students. This year, 45 students received this scholarship. Per the scholarship rules, the organisation pays 80% of the yearly student expense, with the remaining 20% collected as a monthly fee from the scholarship students.

This scholarship sees a bi-annual review. The criteria for selection for the scholarship are as follows:  
1. Singleparent student  
2. Divyang (specially-abled) student  
3. Enrollment of three or more siblings in the school  
4. Orphan student  
5. Student with the highest score among the applicants.

# Success Story 1

## Student Profile

Student's Name : Sumit Mer  
Class : 8



Father's Name:	Shri Yashwant Singh Mer
Mother's Name:	Shrimati Shanti Mer
Village:	Satkhol, Post-Peora, District-Nainital
Percentage of Marks Obtained by Sumit:	81.6%
Total Attendance:	240/242

Sumit is a talented student and excellent athlete of Aarohi Bal Sansar. He is a very cheerful student and attends class regularly. Sumit has a fantastic sense of humour and leadership qualities.

Sumit is an honest, respected, responsible, and compassionate student. He always respects and obeys his teachers, parents, and elders. Sumit is a curious student who works well with his classmates and other children in the school.

Father's Name:	Shri Harendra Singh Bisht
Mother's Name:	Shrimati Manju Bisht
Village:	Peora, Post-Peora, District-Nainital
Percentage of Marks Obtained by Ujjwal:	74%
Total Attendance:	233/237

Ujjwal Bisht is a resident of Peora village. Ujjwal's father serves in a nearby ashram, and his mother manages the daily household chores. Ujjwal has received the Aarohi scholarship from Class 1 to Class 5. He is well-liked by all teachers because he is an obedient child. He diligently performs all his tasks, resulting in Ujjwal consistently ranking yearly in the top three positions.

Additionally, Ujjwal has received numerous awards at the school, cluster, block, district, and state levels. He is a good athlete and maintains a calm and cheerful demeanour. Ujjwal received an award from the Mukhyamantri Udiyaman Khiladi Unnayan Yojana, earning a monthly scholarship of Rs. 1,500. Ujjwal also qualified for Class 6 in the All India Sainik School Entrance Exam this year, inspiring other students. Ujjwal's family thanks the Aarohi Foundation and donors who contribute to education and scholarships. The school family wishes Ujjwal a bright future.

# Success Story 2

## Student Profile

Student's Name : Ujjwal Bisht  
Class : 5



# Annual Examination Results 2022-23

Education based on Uttarakhand board curriculum is provided to our students through NCERT books.

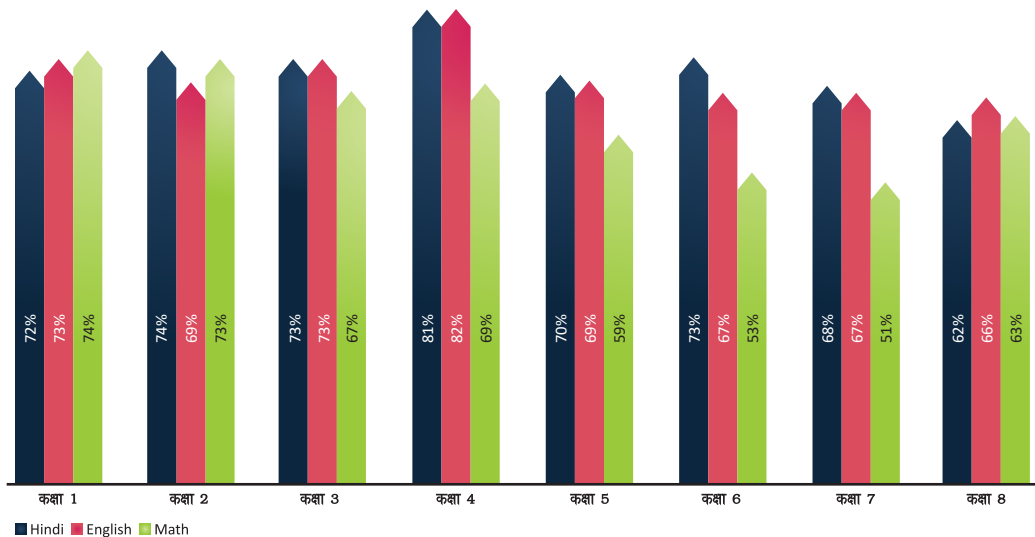
Class-wise learning goals are decided according to the curriculum. These goals undergo constant reviews throughout the year. We use different Teaching and Learning Materials to make educational instructions, creative and entertaining.

We use activities like creative writing, poems, art, music, reading, computers and sports to ensure a holistic development in all of our students.

We are able to observe a satisfactory improvement in educational performance, every year.



The school conducted a total of 5 monthly tests, half-yearly exams, and annual exams. The total scores (in percentage) earned by students out of 200, are as follows:



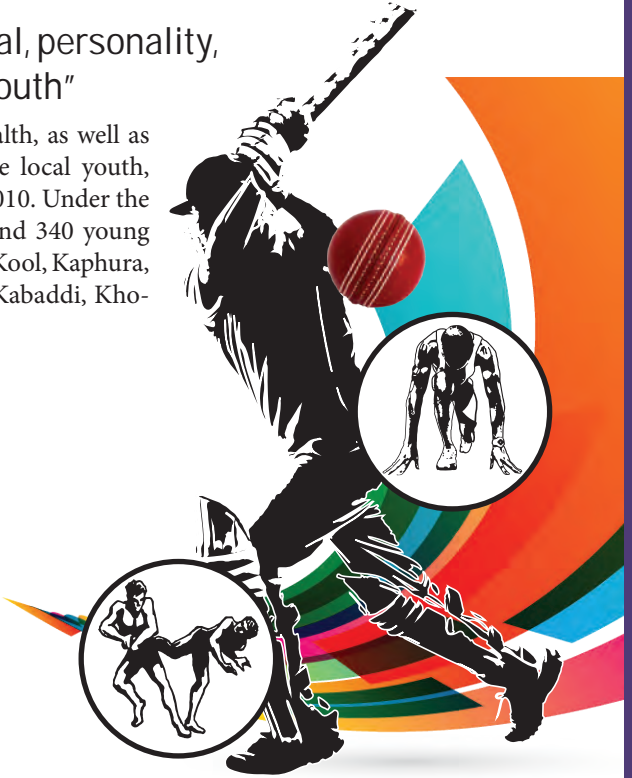
# Aarohi Youth Wing YOUTH WING

“A step towards the physical, mental, personality, and capacity development of the youth”

For the enhancement of physical and mental health, as well as the personality and capacity development of the local youth, Aarohi initiated the Youth Wing Programme in 2010. Under the programme, we have engaged 500 young men and 340 young women from Peora, Bhiyalgaon, Shitla, Chhatola, Kool, Kaphura, Diyari, and Supai villages, in various sports like Kabaddi, Kho-Kho, Athletics, and Cricket.

## Activities in the year 2022-23

- ▶ 175 youths participated at the block level, 40 at the district level, and 16 at the state level sports competitions.
- ▶ Under the Mukhyamantri Udiyaman Khiladi Unnayan Yojana, six youth and three children from Aarohi Bal Sansar are receiving a monthly scholarship of INR 1,500.
- ▶ 100, 10, and 13 young men and women, participated in the Mukeshwar Marathon, Managhar Marathon, Bhagta Bharat Marathon, respectively.
- ▶ This year, five youth were selected for the Indian Army.
- ▶ Under the Swachhata Abhiyan programme, cleanliness drives were organized in Aarohi, Chhatola, Kool, and Bhiyalgaon.
- ▶ Young men and women in local schools and villages were made aware of the baling machine and environmental conservation.
- ▶ This year, we contacted 50 local unemployed youths intending to promote self-employment among them; after selecting six youths, we organised self-employment training. Two young men started their businesses, for which Aarohi provided financial assistance.



## Future Vision

- ◆ Inspire youth for self-employment and provide financial assistance.
- ◆ Encourage youth to participate in national-level sports programmes and develop their sports skills.
- ◆ Organize awareness programmes in the surrounding areas under the cleanliness campaign.
- ◆ Prepare youth for the armed forces.
- ◆ Organize half marathons and full marathons.

# Case Study 1

“I am, Pankaj Kumar, son of Shri Nand Kishor, aged 32, a resident of village Bhiyalgaon, Post Nathuwakhan, Nainital. After completing the 12th grade, I pursued an Electrician course from ITI. Subsequently, I worked as an electrician for DLF Company in Gurugram and Lavanya Hotel in Bhimtal for my livelihood. Due to the lockdown in 2021, I had to return home.

Due to unemployment, the problem of sustaining and nurturing my children arose, which led me to face many challenges.

In our village, Aarohi’s Youth Wing Programme was quite active, which focuses on the physical and mental development of young men and women, as well as personality development and efforts towards employment. I joined the Youth Wing Programme, which inspired me to become self-employed.

Following the inspiration from Aarohi, I



adopted electrical work as my livelihood. The organization provided me with financial support.

Today, I have opened a shop for electrical equipment in the village. Due to the shop, people started calling me for electrical fittings in their homes, making me self-reliant to sustain and support my family.

I thank Aarohi and the Youth Wing Programme for their support and inspiration.”

# Case Study 2



“I am, Santosh Kumar, son of Shri Sundar Lal, aged 31, a resident of village Bhiyalgaon, Post Nathuwakhan, Nainital. Before the lockdown, I used to work for the Honda car company in Rajasthan. Due to the lockdown, I had to leave my job and return home, leading to unemployment. There was no source of income in the house. Then, I met Mr. Deepak Pandey, the coordinator of the Youth Wing Programme of Aarohi, who provided me with information about the self-employment programme for youth conducted by Aarohi.

I can do haircutting, and I saw this skill as a means of livelihood. For this purpose, Aarohi guided me and provided financial assistance. I have opened a barber shop named ‘Santu Hair Style’ in my village, Bhiyalgaon. Through this shop, I gained employment. Besides, I am engaged in other activities to support my family.

Aarohi has made me self-reliant by connecting me to employment, for which I express my gratitude and thanks.”

# OUTREACH EDUCATION PROGRAMME

## Comprehensive Education Project

Through Aarohi's Education Outreach Programme, we aim to strengthen the public education system in rural and remote areas of the Kumaon region. Currently, this programme has two projects - one for primary school students and the other for higher primary grades.

In coordination with the government, the Wipro Cares-Wipro Foundation collaborates with government primary schools. Our goal is to bring together young aspiring teachers from villages so that they can build contemporary education and learning experiences around the new wave of modern education and perspectives. Under this initiative, Aarohi's Teaching Assistants (Shiksha Sahayaks) work directly with primary school students in three Nainital blocks - Ramgarh, Okhalkanda, and Dhari. The team learns various educational methodologies and pedagogies. The project aims to incorporate the New Education Policy 2020 and the National Curriculum Framework 2022 into the classrooms of rural schools in Kumaon. The programme utilizes pre-tested tools such as arts-integrated theatre, relevant materials, and gamification for primary

school students. This initiative opens pathways for discussion, contribution, and understanding of education at its best. This initiative exposes approximately 130 primary-level students, 15 government teachers, and 12 Shiksha Sahayaks to creative teaching methods.

A Bangalore-based NGO, e-Vidyaloka, which focuses on transforming rural education in India by connecting qualified volunteer teachers globally and providing IT infrastructure for remote classrooms, collaborated with us. With its support, in August 2022, we established digital classrooms in 10 remote schools in the Sitarganj and Khatima blocks of Udham Singh Nagar. A team of 11 local youth manages day-to-day activities, including classroom planning and setup, coordinating with volunteer teachers, providing assistance in the classroom, and digital documentation. Capacity building of this team is one of the primary aims of this initiative. Through this initiative, we are capable of reaching 963 beneficiary students. The project has been well-received by all stakeholders."





# Hari Krishna Trivedi (HKT) Memorial Programme

Aarohi has been running this programme actively in the fields of health and education, in the Bhaisiyachhana and Dhouladevi development blocks of Almora district, since 2012-13. Currently, the organization is working with 21 villages under this project.



## Health Programme

Under the health programme, activities range from the registration of pregnant women to postnatal care and care for mothers and newborns for 42 days. Pregnant women are informed about cleanliness, hygiene, and nutrition. Additionally, we give parents of malnourished children aged 0 to 5 years information regarding the dietary and hygiene needs of their children.

In the adolescent health initiative, health sessions are organized in eight villages, focusing on raising awareness about changes and health issues during adolescence. We give health education to four government intermediate college students in the two intervention development blocks.

This year, we organised six sports events to facilitate physical and mental development amongst children and youth, in which 823 children and youth participated. Through the Run Green organization, 31 participants from the region took part in the Mukteshwar Marathon,

with one boy and one girl securing the second position in the 3-kilometer road race.

We conduct monthly maternal group (Matru Samuh) meetings to provide health-related information. We promote surgical camps and other specialist camps organized by Aarohi Arogya Kendra, amongst the locals of this region. This year, a patient from this area got her uterus successfully operated upon during an AAK surgical camp.

Since August 2022, Aarohi has operated a monthly MMU camp in collaboration with Swami Vivekananda Hospital, Petshal, near Almora, making generally inaccessible services like Ultrasound available to the local population. In 2022, 18 people from the intervention areas benefitted from these camps.

Dr. Jyotsna Pant conducted health checkups for Class 12 students in Government Girls Inter College (GGIC), Barechhina.



## Education Programme

Aarohi conducts programmes in the education sector aimed at making girls self-reliant in 12 villages, which includes scholarships, computer education, life skills education, and activity centres for boys and girls. In the current year, 65 children received computer education, with 47 completing the course.

We organise quarterly cleanliness campaigns in the project area to raise awareness about health and cleanliness. This year, we conducted 12 cleanliness campaigns with 210 participants. Inspired by these campaigns, some villagers collected approximately 56 kilograms of plastic for recycling. After witnessing our efforts in conducting cleanliness campaigns and other activities, the Azim Premji Foundation, Almora, organized two workshops in the Supai village.

## Other Activities:

We helped form 'Dagdi Samuh,' a rural women's group in Supai village. We this group to make decorative items from wool. This year, the women's group generated revenue of Rs. 25,000 through online sales and the Aarohi Nature Shop.

The women's group participated in the Grameen Himalayan Haat organized by Aarohi and the Education Minister's visit to GIC, Barechhina, by setting up stalls with handmade products, in which the Gram Pradhan of Supai also participated in a show of support.





# Case Study

The regional **office staff of** Aarohi in Supai, Barechhina, arranged free transportation for me till Aarohi Arogya Kendra, where my operation took place at very cost-effective rates

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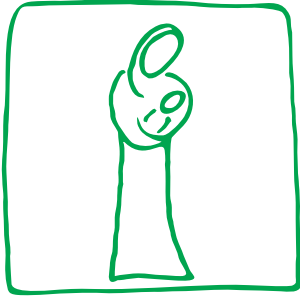
My name is Kamla Devi, and my husband's name is Kishan Ram. I reside in the village of Alai. I had been facing gynecological issues for a long time, for which I sought treatment at the Base Hospital, Almora, and the District Hospital, Almora. I spent around Rs. 3,000/- and Rs. 4,000/-, respectively, but did not experience any relief. The District Hospital, Almora, referred me to Sushila Tewari Hospital, Haldwani. When the doctors there recommended surgery, and my family and I were quite distressed.

One day, health workers from Aarohi's center in Supai visited

me and informed me about the quarterly surgical camps organised at Aarohi Arogya Kendra. They advised me to go there for treatment.

The Supai office team, arranged free transportation for me from Supai, Barechhina, to Aarohi Arogya Kendra. After a thorough examination at Aarohi Arogya Kendra, I underwent surgery.

I am now in good health. I am grateful to the doctors, Aarohi Arogya Kendra staff, and the Supai team, who cared for me so well. I also thank Aarohi for providing me with cost-effective treatment.



# HEALTH PROGRAMME

## Programme Overview

Healthcare services in the rural areas of the mountainous districts of Uttarakhand are inadequate. Considering the challenges posed by geographical factors, remote locations, and small and scattered



populations in rural towns and villages, there is a need to enhance the distribution of healthcare services and provide access to health-related information.

In the village of Satoli in Nainital district, Uttarakhand, Aarohi Arogya Kendra was established in 1992 to address the local people's health needs. It started as a cottage hospital, and its services expanded with the increasing demands of the local population.

Now, alongside attention to social determinants of health, emphasis is placed on clinical and community health areas.

In addition to working on critical social aspects, we focus on excellence in clinical and community health areas

Aarohi's health programme is committed to providing high-quality primary and secondary healthcare, emphasizing reproductive, maternal, newborn, child, and adolescent health, which is easily accessible and affordable for everyone.

## Clinical Health

Aarohi serves rural mountain communities with surgical care services, outpatient (OPD) services, inpatient (IPD) services, dental care, and diagnostic services such as Ultrasound, X-ray, ECG, and laboratory tests. Throughout the year, Aarohi has maintained its commitment to providing emergency and high-quality primary and secondary health services. In October 2022, Aarohi initiated 24/7 services with the dedication of our new resident medical officer, Dr. Vipin Kumar, and our paramedical staff. Providing 24/7 services has resulted in an increasing number of people reaching our hospital in emergencies.



## Surgical Camps

On a global scale, 5 billion people still lack access to timely and affordable healthcare, with India ranking fifth (Lancet Commission on Global Surgery). The shortage of surgeons, anaesthetists, and obstetricians, along with the lack of availability of healthcare services, poses significant challenges to meeting the community's needs.

In November 2022 and February 2023, Aarohi Arogya Kendra organized our annual reconstructive surgery camps, with urology camps. The main objective of the urology camp is to use lithotripsy machines for the management of uncontrolled urinary incontinence and kidney stones prevalent among the local population. Advanced equipment is a significant advantage for the local population, undergoing surgical procedures at highly affordable rates. The availability of healthcare services near patients'

Aarohi Arogya Kendra also organizes periodic surgical health camps to provide healthcare facilities to the local community.

Furthermore, Aarohi Arogya Kendra has been operational 24/7 for the past year.

homes, directly reduces their expenses.

This year, we screened 554 patients and performed 61 surgeries during the four surgical camps.



## Mobile Medical Unit (MMU)

In April 2014, Aarohi Arogya Kendra initiated the Mobile Medical Unit (MMU), which is now in its 9th phase. Since 2014, we have conducted 841 medical camps in the development blocks of Ramgarh, Dhari, and Okhalkanda in Nainital district.

The MMU serves as an essential branch, working to improve maternal and child health in remote areas. Every month, from the 1st to the 7th day, MMU camps benefit a population of approximately 60,000 across 127 villages, covering over a 500-kilometer area.

### Focus Areas of MMU Health Camps:

#### 1. Antenatal Care (ANC):

- Providing regular ANC check-ups for pregnant women.



- Identifying high-risk pregnancies and offering counselling services.

- Guiding women on institutionalized delivery.

## 2. Postnatal Care:

- Monitoring the development of newborns.

## 3. Identification of Patients for Surgical Camps:

- Presence of ultrasound facilities aiding in identifying cases such as kidney and bladder stones, which can be assessed in surgical health camps.

## 4. Referral Support for Tertiary Care:

- Timely identification and referral of complicated cases during pregnancy-related complications.

## 5. Geriatric Care:

- Older patients receiving regular checkups and medications through MMU health camps.

## 6. Diabetes and Hypertension Management:

- Availability of essential medications for patients with diabetes and hypertension due to the presence of MMU services.

The presence of specialized women's health experts in MMU health camps has significantly increased access to reproductive health care and family planning services. The collaboration with various specialists, has contributed to the success of these camps.

In 2022-23, 8,852 individuals benefited from various clinical health programmes, including AAK, MMU, and surgical health camps.

We appreciate the dedicated efforts of our medical team led by Dr. Prashant Mishra, Dr. Geeta Pujari, Dr. Vipin Kumar, Dr. Puneet Kumar Singh, and the Travel Fellowship's fellows. Special thanks to Dr. Anurag Mishra and his team of general surgeons from Delhi, Dr. Gnanaraj from the Rural Surgery Innovation team, Anaesthetist - Dr. Sushil Sharma, Dr. Purnima Dhar, Dr. Smita Usgaocar, Plastic Surgeon - Dr. Rajiv Usgaocar, Radiologists - Dr. (Col.) C.S. Pant, Dr. Vivek Sharma, Dr. Rajiv Kapur, Dr. Arti Chaturvedi, Dr. Poonam Bajaj, and Gynaecologists - Dr. Indu Punetha and Dr. Ritu Jain, as well as dentist - Dr. Mukul Bisht, for their valuable services in our health initiatives.

## Summary of Clinical Activities



8,852 (9% rise)

Total Beneficiaries at AAK



2,758 (8% rise)

OPD Patients at AAK



66 (61% rise)

IPD Patients at AAK



1,339 (9% rise)

Male beneficiaries at AAK



1,293 (9% rise)

Female beneficiaries at AAK



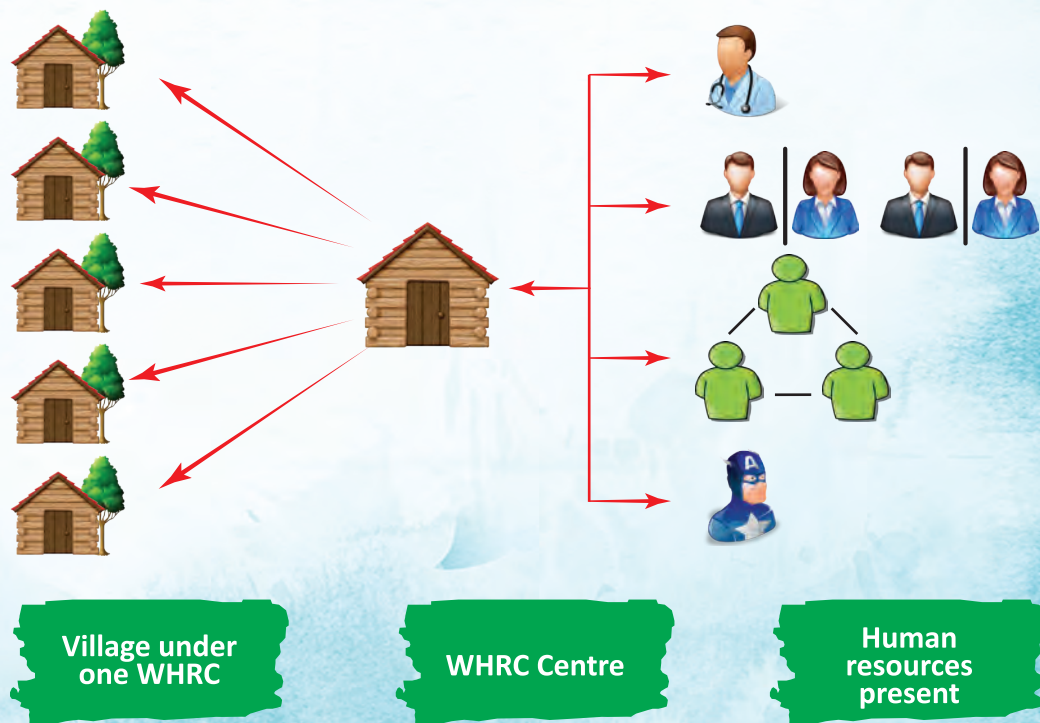
125 (87% rise)

Child beneficiaries at AAK



## Summary of Community Health Activities

The primary objective of the community health programme is to provide better health facilities to the community. In 2019, Aarohi initiated the Women's Health Resource Centre as a pilot project in remote villages of the Okhalkanda block in Nainital district, Uttarakhand. The programme aims to make primary health services accessible, create awareness through health education for women, and involve them in timely and appropriate health initiatives. In 2022-23, the WHRC activities covered 50 villages within the Okhalkanda block, benefitting a population of 18,725.



# Key Focus Areas of Women's Health Resource Centres

**1. RMNCH+A** - Reproductive, Maternal, newborn, Children and Adolescent health.

**2. Public Health Services:**

- Coordinating with frontline health workers, ASHAs, and ANMs, conducting population surveys, health monitoring, and regular health checkups through house visits.
- Collaboration with Village Health , Sanitation and Nutrition Committees (VHSNCs), Primary Health Centres (PHCs), and Anganwadi Centres.

**2. IEC - Information, Education, and Communication:**

- Collection and development of Information, Education, and Communication (IEC) material.

**3. Community Meetings:**

- Ensuring active participation of village-level maternal and adolescent groups.

**4. Home Visits:**

- Conducting home visits to address individual health needs at the household level.

**5. Health Fairs:**

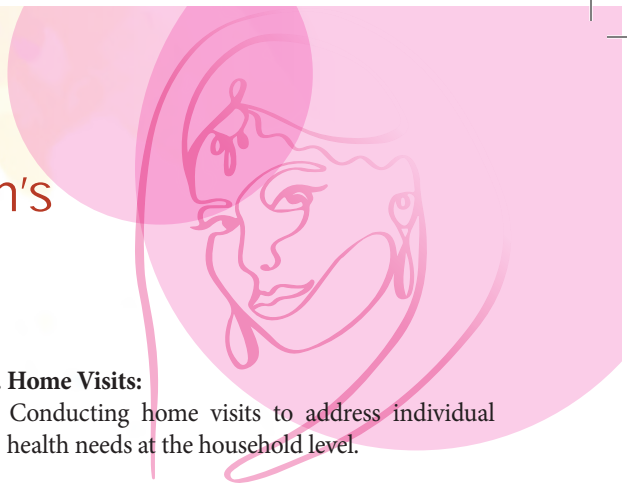
- Organizing health fairs to raise awareness about public health issues in the community.

**6. Dissemination of Aarohi's Clinical Initiatives:**

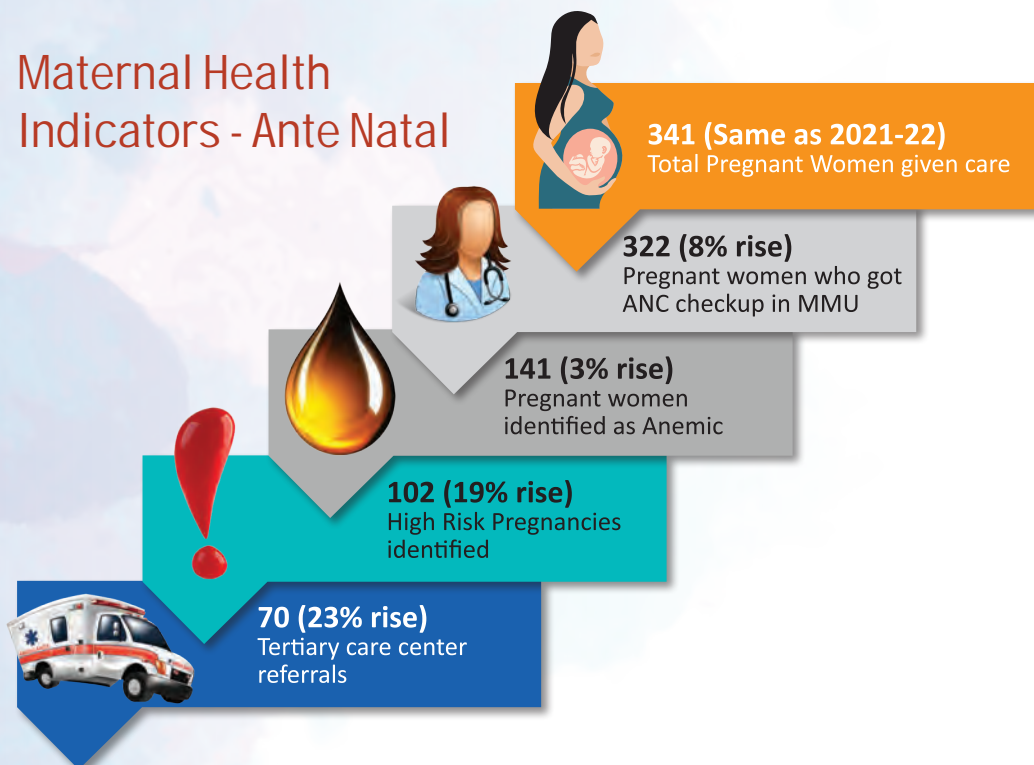
- Promoting and connecting communities with Aarohi's Mobile Medical Unit (MMU) and surgical camps.

**7. Referral to Tertiary Centres for Specialised Care:**

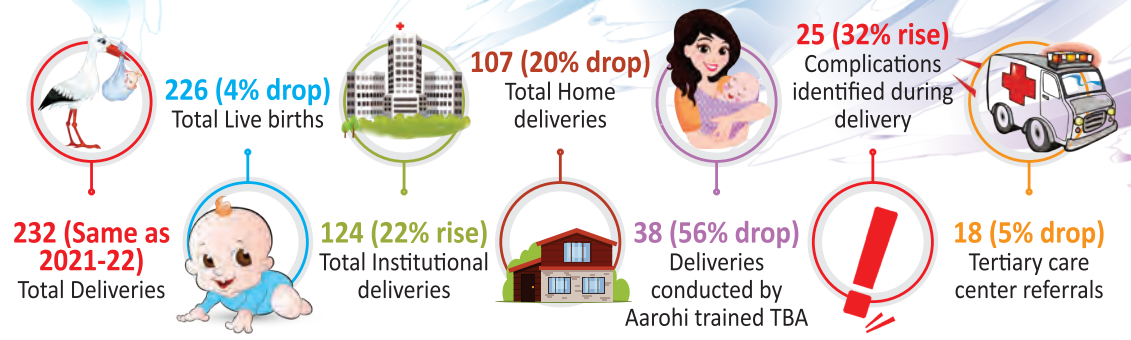
- Facilitating referrals to the government's tertiary care centres for needy women, directing them to higher health care services and disseminating health information.



## Maternal Health Indicators - Ante Natal



# Maternal Health Indicators - Pregnancy Outcome



## Postnatal care



**315 (9% drop)**  
PNC women given care

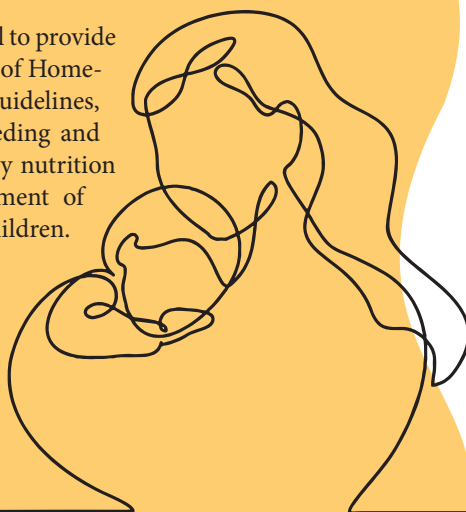
**8 (84% drop)**  
Women having complications within 42 days of delivery

**8 (70% drop)**  
Tertiary care center referrals

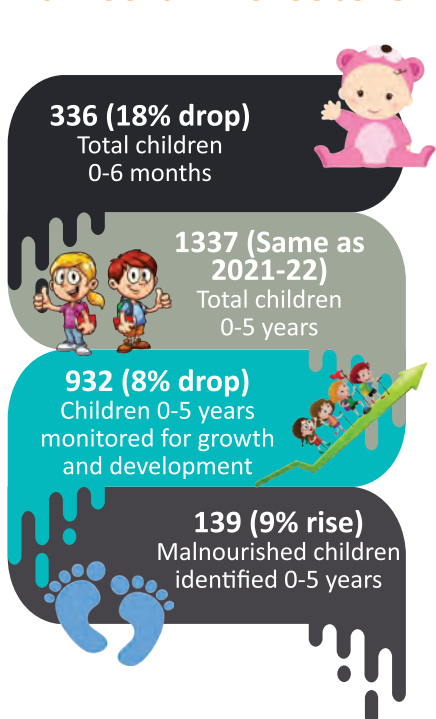
# Child Health

WHRCs collaborate with Anganwadi workers at the village level to provide child health services. WHRCs also ensure the implementation of Home-Based Newborn Care (HNBC), as per the ASHA Module guidelines, which includes home visits, promotion of exclusive breastfeeding and continued breastfeeding practices, initiation of complementary nutrition on time, counselling, monitoring the growth and development of children under five years, and providing primary care for sick children.

Additionally, our team manages neonatal and childhood illnesses through a unified protocol known as the Integrated Management of Neonatal and Childhood Illness (IMNCI). This protocol encompasses treating widespread conditions such as diarrhoea, respiratory infections, and fever and identifying and referring high-risk cases and complications.



## Child Health Indicators:

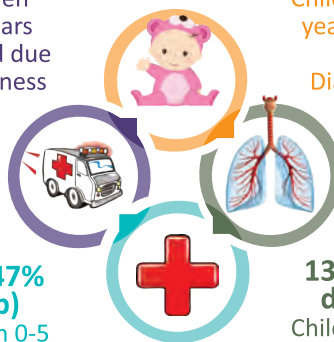


**607 (76% drop)**  
Children 0-5 years referred due to all illness

**76 (22% drop)**  
Children 0-5 years who had Diarrhea

**619 (47% drop)**  
Children 0-5 years with other illness

**13 (50% drop)**  
Children 0-5 years who had Pneumonia



## Adolescent Health

Adolescents aged 10-19 play a crucial role in shaping their health choices and behaviours and developing health practices that impact their current well-being and future risks of serious diseases.

Aarohi has adopted the Rashtriya Kishor Swasthya Karyakram (RKSK), aligning our work with national health programmes. We have implemented a comprehensive structure and modules to address subjects such as:



We conducted 191 group sessions at the WHRC level as part of the program.

## Community Mobilisation

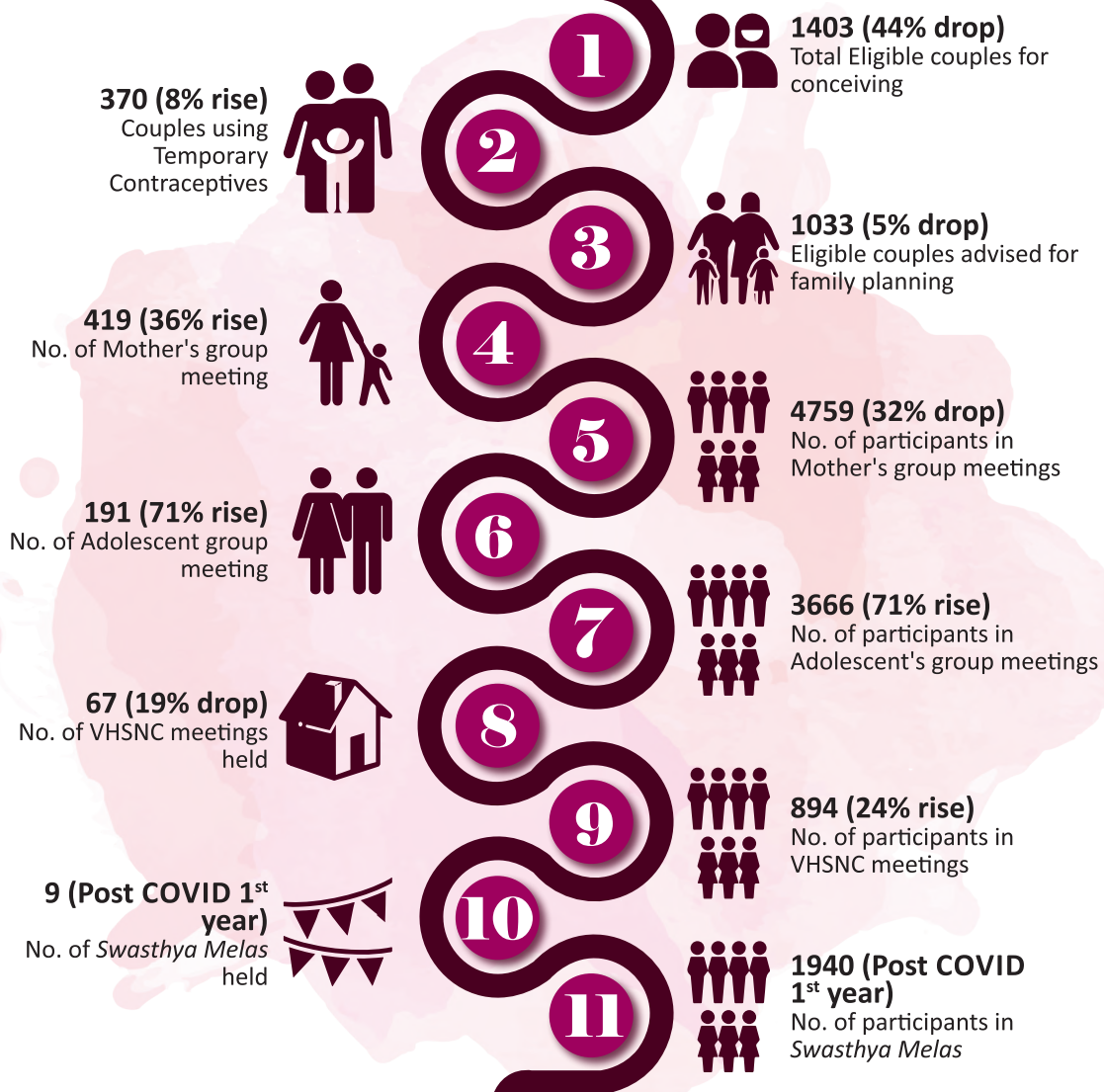
Under this vertical, we organised community meetings, discussions, and debates on the following topics:

- 1 **Hygiene and Menstrual Health**
- 2 **Maternal Health:** Awareness about complications during pregnancy, risks associated with high-risk pregnancies, and the importance of Antenatal checkups.
- 3 **Child Health:** Vaccination, growth monitoring, supplementary nutrition, vomiting, and diarrhoea.
- 4 **Importance of Institutional Delivery**
- 5 **Family Planning**

During this period, 419 mothers' meetings were held, with the participation of 4,759 mothers.



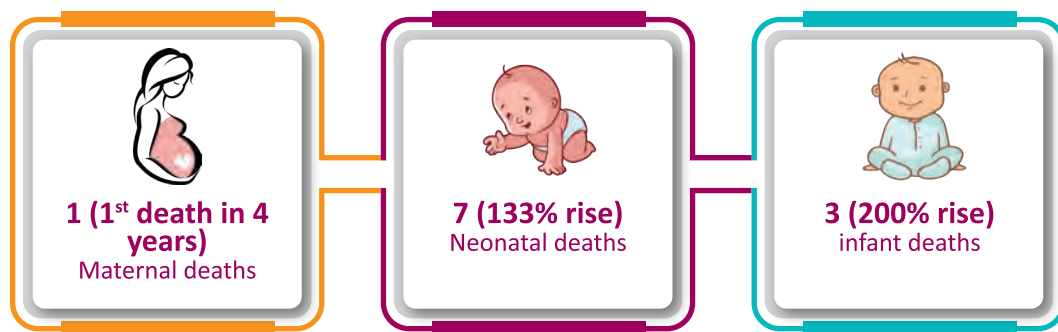
# Community Mobilisation



# Capacity Building

Continuously building the capacity of our frontline workers is crucial for the progress of Aarohi. Capacity building of the Accredited Social Health Activists (ASHAs) and Traditional Birth Attendants (TBAs) in the villages is essential for our WHRCs. The effectiveness of programmes promoting safe pregnancy, safe childbirth, healthy child growth and development, and the capacity for a better health system with high-quality services depends on their competence. Despite challenges in the availability of public health services in the mountains, we train health workers to provide family planning and child health services.

## Important Indicators



## Year 2022-2023 Highlights

- ◆ **Affordable and Quality Primary Care Services:** In collaboration with the Gram Panchayats of Suni and Basic Healthcare Services Udaipur, we took another progressive step towards providing primary healthcare services. We plan to start a delivery centre to encourage institutional deliveries, in the Okhalkanda block by July 2023, benefitting approximately 70,000 people.
- ◆ **Collaboration with District Health Administration:** In collaboration with Nainital CMO and CHCs of Ramgarh and Okhalkanda blocks, we distributed nutritional support to 9 tuberculosis patients.
- ◆ **Educational and Medical Collaborations:** Collaboration with Travel Fellowship for rural health services is a unique initiative presented by an informal group of organizations committed to rural health services.
- ◆ We have continued our academic partnership with Tata Institute of Social Sciences, Mumbai, and the Social Work Department of Delhi University. Four Master of Social Work students completed their one-year internship with us. Four Azim Premji University's Development Studies department students also completed their internship with us.
- ◆ **Disaster Management Capacity Building:** Two staff members represented Aarohi in the national-level workshop on Risk mitigation and resilience building in mountainous states at the R.S. Tolia Uttarakhand Administrative Institute in October 2022.
- ◆ Under the Effective Preventive and Promotional Health Programme, posters,

pamphlets, and one community radio message on Kumaon Vaani were facilitated through TERI, Mukteshwar.

- ◆ We conducted an annual residential capacity-building workshop in Kausani, Bageshwar district, for 40 frontline health workers on reproductive, maternal, neonatal, child, and adolescent health (RMNCH+A).

- ◆ We conducted the bi-annual health checkup of all ABS students in May and November 2022

- ◆ Through the seven Women Health Resource Centres (WHRCs), our community health workers conducted 16,390 home visits throughout the year in the Okhalkanda block.

## Dental Services in Aarohi Arogya Kendra



**1,557 (10% rise)**  
Total Dental patients  
benefitted at AAK



**487 (21% rise)**  
Total Extractions done  
at AAK



**159 (23% rise)**  
Total RCTs done  
at AAK

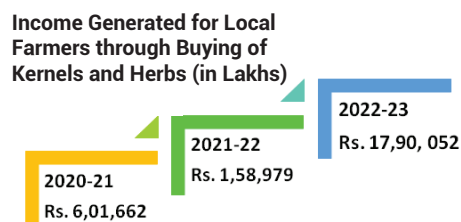
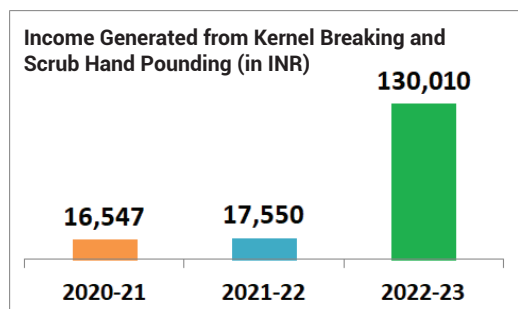
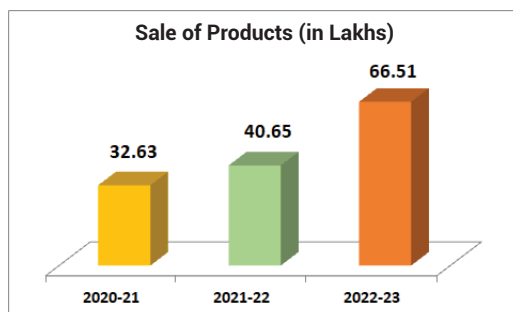
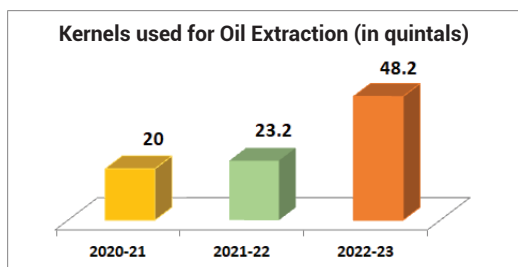


# Livelihoods Promotion Programme (LPP)

Aarohi is committed to developing various opportunities for livelihood at the grassroots level. To achieve this, Aarohi establishes dialogues with marginal farmers through community programmes to create sustainable livelihood programmes. We initiate the entire supply and quality chain through these initiatives.

We process locally available natural and organic raw materials into marketable products, increasing farmers' income and raising awareness about local products. As a result, the concept of "Vocal for Local" is effectively implemented.

Livelihood unit is directly linked to approximately 200 villages through continuous employment, successfully providing livelihood alternatives to 1510 marginal farmers. The Livelihood Unit is reaching customers across India with its handmade and natural products through various channels, resulting in continuous growth. Aarohi is actively working to address valuable suggestions from satisfied and well-wishing customers to improve the Livelihood Unit's self-sustainability.





Currently, 239 people gain employment benefits through the Livelihood Unit. Among these, 14 are regularly employed, 25 are frequently employed and 200 are indirectly benefitting through the employment generated.

This year, we made efforts to increase online marketing through the Livelihood Unit. We also met with all existing vendors to provide comprehensive information about our new products. We participated in promotional events and campaigns in cities like Delhi, Bangalore, Dehradun, and Udham Singh Nagar.

This year saw the introduction of new dimensions to the Livelihood Unit, including

an expanded range of handmade soaps, which include GI (Geographical Indication) tagged Chyura and Himalayan Oak Charcoal soaps. In the herbal infusion tea range, we added Nettle and Rhododendron infusions.

We tried to enhance the testing of a new range of Apricot kernel scrubs and marketing our existing scrub, which will present natural and handmade body care alternatives to customers in the coming years.

Amid the era of globalization and increasing competition, Aarohi is evolving with environmental-friendly packaging and design.



## 19th Grameen Himalayan Haat

Due to the COVID-19 pandemic, after a gap of the past two years, the Aarohi Organization successfully organized a 4-day Grameen Himalayan Haat in collaboration with the local community from October 15 to 18, 2022. The inauguration of the fair was graced by the honourable Shri Ajay Bhatt, State Minister for Defense and Tourism, GOI..

The popularity of the fair in the region is steadily increasing, with local people now celebrating it as an annual festival. This year, around 43,000 locals and tourists from different places participated in various activities at the fair. Organizations and entrepreneurs set up a total of 39 stalls at the Grameen Himalayan Haat. Through this Haat, businesses generated collective sales of approximately Rs. 4 lakhs, and the community contributed a donation of Rs. 41,000.

### Key Attractions of the Haat:

1. Grand opening ceremony featuring Chholiya dance by an invited Chholiya team and the Aarohi Bal Sansar students.
2. Sale of old/used items through 'Neki ki Dukaan'.
3. Aipan competition for children and women.
4. Various games for children, women, and youth.
5. Cultural performances by Aarohi Bal Sansar children.
6. Presentation of cultural programmes by local children and women.
7. Cultural events presented by cultural teams, daily.
8. Promotion of baling machine for plastic eradication.

# Sustainable Rural Livelihood Programme (SRL)

## Project Objective

The ongoing livelihood generation initiative since 1992 by Aarohi, aims to enhance the livelihoods of rural families and promote a sense of community in Uttarakhand. Following in this vein, a new programme on rural sustainable livelihood, supported by Bajaj Auto Limited, is coordinated across 30 villages in the Dhari, Ramgarh and Okhalkanda blocks of Nainital district for three years starting in April 2021.



## The objectives of the project include:

- 01** Providing rural families in Uttarakhand with livelihood and income sources through agriculture while addressing challenges posed by climate change.
- 02** Strengthening a skilled supply chain among marginal farmers to promote a robust agriculture model.
- 03** Employing science and technology to prevent climate change, by utilizing cost-effective solutions.
- 04** Focusing on environmental management for conservation and sustainable development.
- 05** Developing a symbiotic relationship between humans and their ecological surroundings through collective communal activities.
- 06** Fostering a positive mindset in the community after the project concludes, encouraging rural artisans to continuously improve their livelihoods by consistently producing better products and increasing their income sources.

### **Village-Level Meetings:**

The project has organized 300 monthly meetings in the project area, bringing together villagers for discussions related to project activities and disseminating information from various government and non-government departments. These monthly meetings witness a 60% participation of women and 40% of men. Through these gatherings, 30 beneficiaries have benefitted by seeking help from the organisation and other departments, like polyhouse construction, pond construction, orchard establishment, herb cultivation, and more. The meetings have successfully connected the rural community with self-reliance initiatives under the project.



### **Formation of Community-Based Organisations (CBOs):**

Under the project, activities are conducted through community participation in groups. We observed positive contributions in the selection of beneficiaries, implementation of activities, and the involvement of group leaders and members. The groups regularly organize meetings at the local level and engage in financial transactions, record-keeping, and internal loans. The savings of 577 members from 30 groups amount to Rs. 3.50 lakhs, showcasing community participation.

### **Seed Distribution:**

To generate income in the project area at the village level, we distributed seeds of coriander, garlic, ginger, turmeric, onion, rajma, bhatt, and gahat to 900 farmers in 31 villages of Ramgarh, Dhari, and Okhalkanda. Additionally, we distributed mini-seed kits to 550 farmers. This initiative aims to enable future income through the sale of produce by local farmers.

Negotiations were conducted through Dhara Self-reliant Cooperative at the local level for marketing their products in the plains area, ensuring easy access to markets for produce, in the future. These efforts addressed the most significant commercial challenge faced by farmers in mountainous regions.

### **Off-Season Vegetable Production:**

We undertook off-season vegetable production within the project to address the challenge of changing climatic conditions, and the insufficient income from seasonal vegetables. We constructed six greenhouses to enhance production quality in small land holdings, and solve the issues facing seasonal vegetables. Under this project, we constructed thirty polyhouses in six villages. In the first year, the beneficiaries are generating income by selling produce and saplings grown in these polyhouses.



### **Water Conservation:**

Water management is a critical issue considering the water scarcity in the mountainous regions. The villagers identified this problem in many meetings. The organization has provided 200 water tanks to alleviate this shortage this year. These tanks will help the rural farmers to improve agricultural practices, and future collaboration is underway to address this issue comprehensively.

### **Fruit Plant Distribution:**

As part of the project, we prioritized selected villages that lead in fruit production. We distributed fruit-bearing plants in project areas to make fruit production a sustainable source of livelihood. While these plants are indigenous to the project areas, we considered the quality of the plants before distribution. We distributed 8,500 plants, including plum, peach, walnut, apple, pear, guava, Indian gooseberry (amla), and guava, to benefit 1,500 individuals. Additionally, we distributed 1,500 strawberry plants to 40 farmers in 3 villages.



### **Herb Cultivation:**

This year, through the Dhara Self-reliant Cooperative, we selected eight farmers from 3 villages to set up a nursery with 250 kilograms of rosemary cuttings, resulting in 35,000 plants, which provided the farmers an additional income of Rs. 1,05,000. Furthermore, a women's group in village Myora generated an extra income of Rs. 43,000 by selling herbs through the Cooperative.

### **Instructional Visits and Participation**

Thirteen farmers participated in the Kisan Mela in Pantnagar, gaining knowledge about modern agricultural tools. They learned about the proper cultivation time for different crop varieties and ways to enhance their quality, aiming to increase production and quality of crops in their fields.



A 10-member team from Aarohi and women farmers) attended the three-day Grameen Vigyan Congress, organized by Uttarakhand State Council for Science and Technology (UCOST), Dehradun, and a one-day expo, 'Uttishtha' at IIM, Kashipur. The SRL team also exhibited their product range at these two events.

Members from DHARA cooperative participated in a two-day Uttarakhand Start-up Boot Camp organized by the Directorate of Industries, Gov. UK and IIM, Kashipur at Birla Institute of Applied Science, Bhimtal.

Additionally, we promoted 'Theth Pahadi' products in exhibitions at the Delhi Haat and Bajaj Auto Plant.



## Annexure II: Summary of Achievements

Summary of Activities (Quantitative Achievements)		
Activities/Indicators	Planned	Achieved
Total number of villages covered	30	34
Formation of CBOs in all the three target blocks	30	30
Number of members in CBOs (till date – this number is likely to increase as the project activities progress)	500	577
Number of CRC (Cluster Resource Centers) (one in each block)	3	3
Number of cooperatives formed	1	1
New products launched from obtained farm produces [Chilly pickle, Garlic pickle, Jambhiri Pickle, Pulses, Nuggets, Juices, Chutneys, Marmalade, Spices, Seasonings, Dry fruits, Millets and Pulses]	4	19
Area of Millets and pulses cultivation	15 ha	14 ha
Area of fruit plantation	30 ha	45 ha
Beneficiaries of fruit plantation	500	1178
Area of Spices cultivation	45 ha	25 ha
Area of Vegetables cultivation	As per need & situation	15 ha
Area of Herbs plantation	30 ha	20 ha
Polyhouse establishment	70	70
Water tanks distributed	75	428
Vermi beds construction	60	60
Organic certification initiated	1	Yes
Networking and linkages – Horticulture department, CITH (Central Institute of Temperate Horticulture), Anukriti Organics, Bagnath Cooperative, Agriculture department, VPKAS (Vivekananda Parvatiya Krishi Anusandhan Sansthan), CAP (Centre for Aromatic Plant), Dehradun, IIM Kashipur, Ucost Dehradun and Pantnagar Agriculture University	As per need & situation	9

## Success Story



Mrs. Durga Kapil from Gram Simayal, Block Ramgarh, Nainital, shares her story. After her husband's untimely demise at a young age, she found herself burdened with immense responsibilities and without any means of livelihood. In 2021, Aarohi initiated a community livelihood program in their village. Mrs. Durga Kapil became a part of the CBO, attending meetings where Aarohi team workers provided valuable information. Under the program, she has taken advantage of polyhouse construction, which has become one source of income for her.

In the first year, Mrs. Durga Kapil used the seeds provided by the organization to grow vegetables for personal consumption. Now, she generates income by selling vegetables locally, earning around Rs. 20,000. Due to the wide-ranging discussions in the meetings, she learned about breaking pomegranate seeds and cleaning alcohol bottles, earning an additional income of Rs. 5,000. Mrs. Durga Kapil thanks Aarohi for providing information and inspiration through their initiatives. She is successfully implementing the practices introduced by the organization, including medicinal plant cultivation, and is serving as an inspiration for other villagers.

Mrs. Durga Kapil thanks Aarohi for providing the motivation and means to generate income.

## 'Dhara' Self-reliant Cooperative

Uttarakhand, the 27th state of India, is known for its natural beauty. While agriculture remains the primary livelihood source for the mountainous regions, modernization, climate change, and wildlife damage have led the mountain communities to explore alternatives to agriculture.

To generate employment for youth and women, improve barren land for agriculture, and conserve agricultural biodiversity, Aarohi has implemented the "Dhara Self-reliant Cooperative" initiative in the Nainital district since 2021, aiming to raise awareness about agriculture among the mountain communities.

Under the cooperative initiative, community-based organizations have been formed in 40 villages of Nainital district to educate residents about climate-friendly crops, including millets,



mountain pulses, spices, and herbs. The efforts of the organization are yielding success.

Presently, mountain communities are cultivating millets, mountain pulses, spices, and herbs, not only for sustenance but also to inspire other villagers. Approximately 2,500 farmers are engaged in the cultivation of these crops. Additionally, through the Dhara Self-reliant Cooperative initiative, farmers are selling their produce directly, adding value by producing various products such as jams, chutneys, juices, pickles, flour, pulses, mountain salt, etc., under the brand name "Theth Pahadi" (Pure Mountain), thus promoting local self-reliance.

## Shitla Hills Programme

The program's main objective is to make the local community self-reliant regarding livelihood, health, cleanliness, and agriculture through modern methods. It aims to raise awareness about climate change among the

community, create employment opportunities, and establish harmony between external and local communities in the Shitla region.

### Collaborative Effort: Shitla Hills Samuh

In collaboration with the Shitla Hills Samuh, ABS celebrated Yoga Day. Following this, at regular intervals in the area, cleanliness awareness campaigns were conducted by 150 students and Youth Wing members. The campaign included cleaning up single-use plastic. Under this collaboration, we distributed monsoon and winter season plants in the community. The Aarohi health team conducted health checkups in the area. We also distributed 59 tanks of 1000 litre capacity for irrigation and installed ten polyhouses in farmers' homes. Additionally, we distributed 40 mini-kits of winter and summer seeds to the farmers.





## CLIMATE COMMUNITY BIODIVERSITY ACTION (CCBA); Phase 2022-23

Under the Climate Community Biodiversity Action (CCBA) project, Aarohi has undertaken innovative initiatives involving communities and village councils to conserve and manage indigenous plant species in Uttarakhand. Afforestation programmes, modern water conservation and management techniques, and reducing dependence on forests for fuelwood and waste reduction are integral aspects of Aarohi's diverse activities in dealing with climate change. Aarohi has successfully implemented initiatives such as the Swajal Project, providing drinking water schemes, cleanliness programmes in 13 villages, and afforestation work. Approximately 1,260 families have benefited from these efforts so far.

In the mountainous villages, we initiated a comprehensive afforestation programme this year to enhance biodiversity conservation and livelihood opportunities through tree planting. The selection of forest councils, gram panchayats, and private lands for expanding green cover, is underway.

Expanding green cover involves planting

seedlings from the nursery, directly sowing selected species' seeds, and using natural regeneration methods. We have implemented the initial phase in four districts of the Kumaon region in Uttarakhand.

In the coming three years, the goal is to develop barren and degraded forests into viable options for biodiversity and livelihoods using GIS technology. This programme will cover approximately 4,000 hectares in 220 villages.

An team from 'VNV Advisory Services,' consisting of donors, experts, visited the region to better understand the situation before initiating the program. We organized a workshop to involve stakeholders in the selection of endangered species and to create awareness about the negative impacts of climate change on local communities. The workshop focused on developing a sense of ownership for mitigating the adverse effects of climate change and creating future opportunities.

Aarohi aims to produce 1 million plants of 16 local species annually, for which we established 23 nurseries. These nurseries mainly focus on species contributing to the community's livelihood options. We completed the selection mapping for 570 hectares of planting areas.

## Institutional Donations in the Current Financial Year

Bajaj Auto Limited	1,37,00,000.00	Health
Radha Mohan Mehrotra Medical Relief Trust	13,00,000.00	Health
Swiss Himalayan Amity (SHA)	25,37,724.00	Health and Education
Wipro Foundation	19,41,910.00	Outreach Education
Shree Bharat International Private Limited	11,00,000.00	Education
Bajaj Auto Limited	75,00,000.00	Sustainable Rural Livelihoods
Value Network Venture (VNV) Advisory Services	49,99,476.00	Biodiversity Conservation and Afforestation

### Abridged balance sheet of Aarohi as of March 31, 2023

Sources of Funds	Amount (INR)
Unrestricted funds ( General Fund)	66,018,809
Earmarked funds and grants pending utilization	39,105,550
Grants utilized for fixed assets (Fixed and Moveable)	24,561,135
Current liabilities	2,769,687
<b>Total</b>	<b>132,455,181</b>
Application of funds	
Fixed Assets (Fixed and Moveable)	36,625,486
Long term investments	76,694,191
Cash at hand and in bank	8,506,612
Other current assets and investments	10,628,892
<b>Total</b>	<b>132,455,181</b>

### Abridged Income and Expenditure Account for year ended March 31, 2023

Income	
Donations and grants	37,751,210
Community Contribution	174,296
Income from investments and interest	3,716,622
Receipts from activities	4,436,903
Income from livelihood program	6,948,187
Other income	810,850
<b>Total Income</b>	<b>53,838,068</b>

## EXPENDITURE

Staff Cost	22,447,955
Cost of material and drugs consumed (livelihood and health programs)	3,305,324
Medical camps and mobile medical unit	3,332,284
Improvement in livelihood and standard of living of community members, and their work related drudgery reduction intervention expenditure	2,953,249
Capacity building	1,996,362
Depreciation	1,010,906
Other cost	10,392,685
<b>Total Expenditure</b>	<b>45,438,765</b>
Net surplus	8,399,303

## ABRIDGED RECEIPTS AND PAYMENTS ACCOUNT FOR YEAR ENDED MARCH 31, 2023

### Receipts

Opening cash and bank	7,399,183
Revenue receipts	
Donations and Grants	37,751,209
Receipts from investment and interest	3,494,330
Receipts from livelihood program	6,948,187
Community contribution	174,296
Receipts from activities and other sources	5,086,239
<b>Total revenue receipts</b>	<b>53,454,261</b>
Grants received to fund capital expenditure	1,410,320
Disposal of assets	235,000
Refund of income tax including interest	749,380
Other receipts, recoveries and adjustment of advances	533,861
<b>Total Receipts</b>	<b>63,782,005</b>

### PAYMENTS

Purchase of fixed assets	6,235,838
Investments including fixed deposits	2,702,282
Income tax deducted at source	383,395
Repayment of deposits, advances given, and other adjustments	422,215

## REVENUE PAYMENTS

<b>Staff Cost</b>	<b>22,447,955</b>
Cost of material and drugs consumed (livelihood and health programs)	4,542,257
Medical camps and mobile medical unit	3,606,197
Improvement in livelihood and standard of living of community members, and their work related drudgery reduction intervention expenditure	2,953,249
Capacity building	1,996,362
<b>Other cost</b>	<b>9,985,643</b>
<b>Total revenue payments</b>	<b>45,531,663</b>
Closing cash and bank balance	8,506,612
<b>Total payments</b>	<b>63,782,005</b>



## Life Members

Mr. Mohan Chandra Kandpal	Almora	Shri Bhawani Datt Kharkwal (IPS),	Haldwani
Mr. C.S. Martoliya	Almora	Dr. Lakshita Joshi	Haldwani
Mr. Ranjan Joshi	Almora	Mr. Vinit Joshi	Haldwani
Dr. Soma Sri Harsha	Andhra Pradesh	Mr. Aditya Ahuja	Delhi
Mr. Chandra Shekhar Pandey	Barrechina (Almora)	Mr. Rajesh Thadani	Delhi
Mr. Gopal Negi	Kaphura	Ms. Anuradha Sharma	Delhi
Dr. P. L. Arya	Kaphura	Mr. Peter Laughton	Delhi
Mr. Rajendra Singh Mehra	Mouna	Mr. Subodh Kumar Saigal	Delhi
Ms. Anandi Arya	Mukteshwar	Mrs. Purnima Saigal	Delhi
Mr. Kunwar Singh Negi	Nathuakhan	Ms. Aishwarya Saigal	Delhi
Ms. Kiran Singh	Nathuakhan	Ms. Aparajita Saigal	Delhi
Ms Julia Singh	Nathuakhan	Mrs. Smriti Sharma	Delhi
Mr. Harish Chandra Singh Negi	Nigrar	Mr. Vishal Bhandari	Delhi
Mr. Pradeep Gupta	Satkhol	Dr. (Col) C. S. Pant, VSM	Delhi
Mrs. Shubha Gupta	Satkhol	Ms. Surbhi Bhalla	Delhi
Mr. Tikam Singh Bisht	Satkhol	Ms. Kamiya Dargan	Delhi
Mrs. Sheeba Sen	Satkhol	Dr. Geeta Pant	Delhi
Dr. Sushil Sharma	Satoli	Dr. Sanjay Jain	Delhi
Ms. Munni Suyal	Satoli	Dr. Nivedita Deo	Delhi
Dr. Harish Chandra Pant	Satoli	Mr. Rahul Jain	Delhi
Dr. Puneet Singh	Satoli	Dr. Rajiv Kapoor	Delhi
Mr. Vikram Maira	Sitla	Mr. Lalit Bhandari	Delhi
Mr. Sanjeev Kumar Bohra	Dehradun	Mr. Vivek Gupta	Delhi
MR. Arjan Brijnath	Dehradun	Mr. Nitin Gupta	Delhi
Mrs. Diljit Brijnath	Dehradun		

Ms. Sudha Sastri	Delhi
Mr. Shrikant Sastri	Delhi
Mrs. Saral S. Tandan	Delhi
Dr. Navin Dang	Delhi
Dr. Manju Dang	Delhi
Mr. Rajiv Kumar	Delhi
Mr. Ravi Sachdev	Delhi
Dr. Ajay Pant	Delhi
Dr. Jyotsna Pant	Delhi
Ms. Swati Pant	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	Pune
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
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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

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Dr. Surjit Mansingh	Delhi / USA
Mrs. Jasleen Dhamija	Delhi
Mrs. Sukhada Gupta	Delhi
Air Vice Marshal V. B. Batra	Delhi
Lt. Col. Rajat Chatterjee	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
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Dr. Rajiv 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	Maharajanj
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
Mrs. Geeta Pant	Mumbai
Mr. Milind P. Mokashi	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
Mr. Jagdish Nayal	Chhatola
Mr. Sunder Lal	Chhatola
Mr. Ashish Mukherjee	Meura
Dr. Pankaj Tewari	Nainital
Mr. Kavikumar Nagarajan	Tamil Nadu

## Life Members Joined This Year

Mr. Manoj Tewari, MLA	Almora
Mrs. Rohni Dutta	Peora
Mr. Devendra Singh Nayal	Sitla
Mrs. Madhumita Mitra	Satoli

Mr. Pratap Singh Jarout	Supai
Mr. Roshan Singh Lamgariya	Sunigaon
Ms. Neeta Mukherji	Nathuwakhan
Mr. Brijesh Kumar	US Nagar
Dr. Deepak Gaur	Dehradun
Mr. Jayesh Mahto	Gujrat
Dr. (Gen.) Vivek Sharma	Pune

## ORDINARY MEMBERS

Dr. (Col) Chandra Shekhar Pant	Satoli
Munni Suyal	Satoli
Mohan Chandra Kabdwal	Satoli
Puran Kabdwal	Satoli
Taradutt Kabdwal	Satoli
Renu Kabdwal	Satoli
Puran Chandra	Diyari
Suraj	Diyari
Chandra Shekhar	Diyari
Kamla Bisht	Diyari
Bhuwan Suneri	Diyari
Devendra Sharma	Simayal
Suresh Kapil	Simayal
Bimla Bisht	Peora
Bhupendra Singh Bisht	Peora
Rohit	Satkhol
Ishita	Satkhol
Tikam Singh	Satkhol
Basant Thapa	Satkhol
Janki Thapa	Satkhol
Yashpal Arya	Satkhol

Sanjay Singh Bisht	Satkhol	Deepa	Sirna
Neeraj Negi	Kaphura	Bhagwati Nayal	Bhumka
Bhupen	Chhatola	Mamta Arya	Suni
Pooja Joshi	Sitla	Chiya Mehra	Suni
Puran Nayal	Sitla	Sarita Karki	Chakldad
Deepak Nayal	Sitla	Neema	kairagaon
Deepak Pandey	Ramgrh	Rajani Bora	Kachlakot
Poonam Arya	Kool	Manoj Kumar	kotili
Pradeep Kumar	Khushyalkot	Prakash	Katna
Tulsi Arya	Dholigaon	Sundar Negi	Nigrar
Geetanjali	Dholigaon	Sushila Bisht	Nainital
Suman Arya	Dholigaon	Chandrakala Bisht	Nainital
Manju Bisht	Dholigaon	Savitri Karki	Haldwani
Neha Bisht	Dholigaon	Jayesh Mohta	Ghaziabad
Kavita Arya	Dholigaon	Pradeep Rastogi	Kotabagh
Har Singh	Kalaagar	Maya Jaraut	Supai



## Donors' List

### Institutional Donors

Omidyar Network India Advisors Private Limited	1,60,000.00	Development
M/s Bhabani Pigments Pvt. Ltd.	1,00,000.00	Development
M/s World Learning India Pvt. Ltd.	60,000.00	Development
M/s CJI Porcelain Pvt. Ltd.	25,000.00	Development
The Online Giving Foundation	2,367.50	Development
M/s Select Holiday Resort Pvt. Ltd.	6,00,000.00	Health (Accommodation)
M/s Triad Exports Pvt. Ltd.	55,000.00	Health (Accommodation)
M/s Shahzada Ram Satya Wati Charitable Trust	5,000.00	Health
Genral Mohan Singh Azad Hind Fauj Charitable Trust	25,000.00	Education
Online Giving Foundation	1,942.00	Education

### Haat

Ms. Kamakhya Prasad Das	25,000.00	Gramin Haat
Ms. Neha Ahuja	15,000.00	Gramin Haat
Maj. Gen. (Dr.) Vivek Sharma	1,000.00	Gramin Haat

### Education

Ms. Premila Nazareth Satyanand	40,700.00	Education (Scholarship)
Mr. Vineet Chhatwal	1,00,000.00	Education (Youthwing)
Dr. (Col.) Chandra Shekhar Pant, VSM	1,30,000.00	Education
Mr. Chandra Shekhar Joshi	1,00,000.00	Education
Tanya Mishra & Richard Nathan Linger	98,600.00	Education
Ms. Achla Shahney	50,000.00	Education
Snehanand Sinha	40,000.00	Education
Mr.Neelesh Lohani	50,000.00	Education
Mr. Supreet	32,000.00	Education
Sakhya Cambridge Friends India,UK	32,000.00	Education
Naseema/ Jagruti Naravani	28,000.00	Education
Dr. Tarun Sahni	25,000.00	Education
Ms. Reeti Sahni	25,000.00	Education
Mr. Bondal Jaishankar	25,000.00	Education

Give Foundation INC	24,239.00	Education
Mr. Ravi Mehta	20,001.00	Education
Mr. Rajkumar Pant	20,000.00	Education
Maj. Gen. (Dr.) Vivek Sharma	20,000.00	Education
Mr. Sharat Seth	20,000.00	Education
Mr. Somenath Ghosh	20,000.00	Education
Mr. Ayush Bhargava & Shritilekha Kar	20,000.00	Education
Mr. Dinesh Dwivedi	20,000.00	Education
Dr. Veereshwar Bhatnagar	20,000.00	Education
Mr. Vijay Kumar Pant	20,000.00	Education
Mr. Ashish Kumar	20,000.00	Education
Ms. Mohini Gupta	20,000.00	Education
Mr. Ashok Bhardwaj	20,000.00	Education
Mr. Ayush Bhargava & Alok Gupta	20,000.00	Education
Mr./Ms.Dipyaman Sanyal	20,000.00	Education
Mr. Sharat Seth	20,000.00	Education
Mr. Somenath Ghosh	20,000.00	Education
Mr. Ayush Bhargava & Shritilekha Kar	20,000.00	Education
Mr. Dinesh Dwivedi	20,000.00	Education
Dr. Veereshwar Bhatnagar	20,000.00	Education
Mr. Vijay Kumar Pant	20,000.00	Education
Mr. Ashish Kumar	20,000.00	Education
Ms. Mohini Gupta	20,000.00	Education
Mr. Ashok Bhardwaj	20,000.00	Education
Mr. Ayush Bhargava & Alok Gupta	20,000.00	Education
Mr./Ms.Dipyaman Sanyal	20,000.00	Education
Mr. Tulsi Gurbaxani	16,000.00	Education
Mr. Giri Raj Shah	11,000.00	Education
Mr. Dinesh Shanbhag	10,000.00	Education
Mr. Mukul	5,100.00	Education
Mr. Govind Singh Dhami	60,000.00	Education
Ms. Saumya Singh	5,000.00	Education
Lt. Col. Murthy	3,500.00	Education

Mr. Mohan Lal Gupta	2,100.00	Education
Mr. Vineet Agarwal	1,00,162.00	Education

#### Health

M/s Agarwal Law Associates	5,00,000.00	Health (Accommodation)
Mr. Rohit Kohli	2,00,000.00	Health (Accommodation)
Mr. Ashish Jakhanwala	2,00,000.00	Health (Accommodation)
Mr. Parmeshwar Krishan Dhawan	1,50,000.00	Health (Accommodation)
Dr. Navin Dang	2,00,000.00	Health
Mr. Parmeshwar Krishan Dhawan	50,000.00	Health
Azim Premji Foundation	20,000.00	Education
Mr. Vedant Kabra	32,000.00	Health
Mr. Rajneesh Ranjan	11,000.00	Health
Dr. Rajiv P Usgaocar	11,000.00	Health
Dr.Smita Rajiv Usgaocar	11,000.00	Health
Ms. Saumya Singh	10,000.00	Health
Mrs. Sunita Sachdeva	10,000.00	Health
Ms. Usha Rani Tripathi	5,000.00	Health
Mr. Rajendra Singh Mehra	2,000.00	Health
Mr. Rahul Malhotra	250.00	Health

#### Development

Ms. Usha Rajgarhia	10,00,000.00	Development
Mr. Abhishek Saxena	5,00,000.00	Development
Ms. Jasjit Mansingh	5,00,000.00	Development
Ms. Neeru Tewari	3,50,000.00	Development
Mr. Mukul Rohatgi	1,00,000.00	Development
Mr. Chandra Shekhar Joshi	1,00,000.00	Development
Ms. Bina Kak	50,000.00	Development
Dr. Puneet Kumar Singh	50,500.00	Development
Mr. Deep Joshi	35,000.00	Development
Ms. Brinda Tejeshwar Singh	25,000.00	Development
Mr. Hari Krishan Dua	21,000.00	Development
Dr. Inita Raj Matta	20,000.00	Development

Ms. Deepa Bhatt	15,000.00	Development
Dr. Vikrant Narayan Vasudeva	10,000.00	Development
Ms. Laila D'Silva	5,000.00	Development
Ms. Padmini Nambiar	5,000.00	Development
Dr. Gita Ray	5,000.00	Development
Mr. Ravindra Kumar Dhawan	5,000.00	Development
Mr. Prathamesh S Sawant	2,500.00	Development
Ms. Kamini Gangwal	4,200.00	Development
Ms. Radha Modhi	2,000.00	Development
Ms. Iram Sultan	2,000.00	Development
Ms. Indira Malhotra	2,000.00	Development
Ms. Jyoti Malhotra	2,000.00	Development
Mr. Nandan Unikrishnan	2,000.00	Development
Ms. Tarini Unikrishnan	2,000.00	Development
Ms. Gayatri Unikrishnan	2,000.00	Development
Ms. Kamini Gangwal	4,200.00	Development
Ms. Asha Gupta	1,000.00	Development

## APPENDICES

### Aarohi's Founder Members

**Late Mr. Pratap Bhaiya**  
Advocate | ex-Minister, U.P.

**Late Mrs. Oona Sharma**  
IRMA, University of Sussex

**Dr. Sushil Sharma**  
MBBS-MD, AFMC, Pune

**Late Mr. V.B. Eswaran**  
ex-Finance Secretary, India

**Late Lt. Gen. Gurvir Mansingh**

**Mr. Mohit Satyanand**  
Economist

**Late Dr. Ajay Dhar**

### Aarohi's Management Committee

**Dr. (Col.) Chandra Shekhar Pant, VSM**  
Chairperson

**Mr. Gopal Singh Negi**  
Secretary

**Mr. Milind Hasmukh Gandhi**  
Treasurer

**Mrs. Premila Nazareth Satyanand**  
Member

**Mr. Ranjan Joshi**  
Member

**Dr. Navin Dang**  
Member

**Dr. Jyotsna Pant**  
Member

# GRATITUDE

As we present the annual report for the 30th year of Aarohi's journey, 2022-23, we express our heartfelt gratitude to the well-wishers and collaborators of the organization. Through their suggestions, support, and guidance, the organization has consistently conducted its activities and progressed while aligned with its objectives.

We thank the community-level well-wishers who have contributed their invaluable time collaborating with Aarohi. We appreciate all those who have been part of our activities.

We also express our gratitude to all the regional organizations and individual donors whose financial support has enabled us to implement our ideas as programmes and make essential resources available to the organization.

Our thanks go to all the members of the Aarohi Management Committee, who have always played the role of guiding lights for the organization. We acknowledge the dedication of all government, non-government, and volunteer healthcare professionals who have dedicated their time to providing services at Aarohi Arogya Kendra.

We want to thank the patients benefiting from Aarohi's healthcare services and those who have utilized our services and helped spread awareness. Through this synergy, more people in the region have benefitted from Aarohi's health services.

We extend our gratitude to the volunteers from India and abroad who contribute to expanding the organization's reach and bring innovation to our daily work and thoughts. We also thank all members of the Swiss Himalayan Amity for their continuous support.

Thanks to the parents and guides associated with Aarohi Bal Sansar, whose valuable suggestions have contributed to positive organizational changes.

We acknowledge and express our thanks to local authorities for their support and guidance. We appreciate the dedication of all committed workers associated with the organization who have managed their responsibilities diligently and with dedication.

We want to express our gratitude to well-wishers, volunteers, and local communities associated with Aarohi from India and abroad, whose support has been integral to Aarohi for the past 30 years. We thank the Chartered Accountants, Mr. Manish Khanna, and his team from Nainital and Companion Art and Printers, Almora, for their assistance in financial verification and publishing the annual magazine.

We welcome you to join us on our journey.

Best regards,  
**Aarohi Family**

### Collaborate with Us

Join us in our almost 30 years' efforts towards saving the lives of new-born children and new mothers, providing equal opportunities to children and youth irrespective of their sex/gender, for which we have dedicated all our resources and energy. We welcome you on this adventure where we ensure that each child gets the opportunity to receive quality, holistic education and strengthen every marginalised villager's social and financial development.

### Community Appeal

We welcome collaboration and guidance from all people who work in the development field, community health schemes, community entrepreneurs, who share our ethos and are dedicated to the cause of rural, mountain communities, and who want to experience a new type of life experience by living in the mountains.

You can keep abreast of all Aarohi activities and have a voice in its workings, by becoming a life member, for a mere INR 1,000.

By donating to Aarohi, you can help our development cause in the form of necessary infrastructure work required for our cottage hospital (AAK) and school (ABS).

### Join Us

Aarohi has an active chapter in Switzerland, called 'Swiss Himalayan Amity', and a new chapter in Aarohi's name in the U.K.

Aarohi is registered under the Societies Registration Act (1860), Section 6(1) of FCRA (1976), Sections 12(A) and 80(G) of the Income Tax Act.

\*\*\*\*\*

**Compilation** – Mr. Brijesh Kumar, Principal ABS and Mr. Chandra Shekhar, Admin Officer, Aarohi Society

**English translation, editing and proofreading** – Ms. Swati Pant, Aarohi Society



## Aarohi Team

### ADMINISTRATION

Dr. Pankaj Tewari  
Gopal Singh Negi  
Swati Pant  
Devendra Sharma  
Bhupendra Singh Bisht  
Yashpal Arya  
Chandrashekhar  
Minakshi Kamal Kishor  
Sundar Lal  
Bimla Bisht  
Bhawani Arya  
Harish Chandra  
Rajandar Prasad  
Mahendra Singh Nayal  
Bhuwan Chandra Sunori

### HEALTH

Kavi Kumar Nagarajan  
Samiran Narayan  
Dr. Prasanta Misra Choudhury  
Dr. Gita Pujari Misra  
Dr. Vipin kumar  
Dr. Mukul Bisht  
Jagdish Singh Nayal  
Prakash Chandra Pandey  
Sushila Bisht  
Puran Chandra  
Savitri Bisht  
Pradeep Arya  
Munni Suyal  
Har Singh Mewari  
Kanchan Arya  
Pooja Joshi  
Neeraj Negi  
Neha Arya

### SUPAI HEALT EDUCATION

Chandramkala Bisht  
Anita Negi  
Maya Jarout  
Poonam  
Lata Bhatt  
Dheeraj Singh Jaraut  
Geeta Supiyal

### EDUCATION

Brijesh Kumar  
Gangotri Negi  
Neema Devi  
Jyoti Joshi  
Deepa Arya  
Poonam Arya  
Deepak Pandey  
Nidhi Joshi  
Pradeep Rastogi  
Hema  
Archana Chandra  
Laxmi Bisht  
Neha Rautela  
Neema Mehra  
Deepa Rawat  
Neeraj Kumar Chimwal  
Madhan Mohan

### OUTREACH EDUCATION

Nidhi Vyas  
Hemlata Pokhariya  
Yamuna Bugiyal  
Naveen Chandra  
Sunita Bisht  
Pooja Jeewan Raikwal  
Sanjana Arya  
Yashawant Singh Bisht  
Sangeeta Jeena  
Dinesh Singh Bisht  
Suman Mewari  
Tara Dutt Kandapal  
Pinki Chand  
Himanshu Gehtori  
Balveer Kaur  
Narendra Singh Dev  
Manju  
Hemant Singh Khanka  
Ankit Kumar  
Rustam Singh Rana  
Sameer Sana  
Rabeena  
Priyanka Joshi

### SUSTAINABLE RURAL LIVELIHOODS PROGRAM

Sanjay Bisht  
Puran Chandra Kabdwal  
Bishan Arya  
Narendra Singh Bisht  
Khushal Singh

Jagadish Chandra  
Rajendra Singh  
Neema Kabdwal

### LIVELIHOOD PROMOTION PROGRAM

Deep Chandra  
Puran Singh Nayal  
Devendra Singh Nayal  
Krishna Bahadur Thapa  
Sundar Negi  
Janki Thapa  
Asha Negi  
Harish Chandra  
Champa Negi  
Kamla Negi  
Suresh Chandra Kapil  
Bhuwan Chandra  
Leela Negi  
Kripal Singh Bisht

### COMMUNITY HEALTH PROGRAM

Champa Mehra  
Tulsi Arya  
Hema Tewari  
Deepa Paneru  
Manju Devi  
Neema  
Suman Arya  
Kavita  
Niha Mehra  
Sarita Devi  
Bhagwati Nayal  
Mamta Nayal  
Manju Paneru  
Yashoda  
Prema Bugyal  
Pooja Suyal  
Jyoti Mahtoliya  
Arti Arya  
Sarita Paneru  
Minakshi  
Rajnee Bora  
Neema Devi  
Mamta Nayal  
Deepa Devi  
Rakhi Lamgariya



