



ध्यानेनात्मनि पश्यन्ति केचिदात्मानमात्मना ।
अन्ये साङ्ख्येन योगेन कर्मयोगेन चापरे ॥

Some by Meditation behold the supreme Spirit in the heart with the help of their refined and sharp intellect; others realize it through the discipline of Knowledge, and others, again, through the discipline of Action.

Verse 24, Chapter 13, Bhagavadgita

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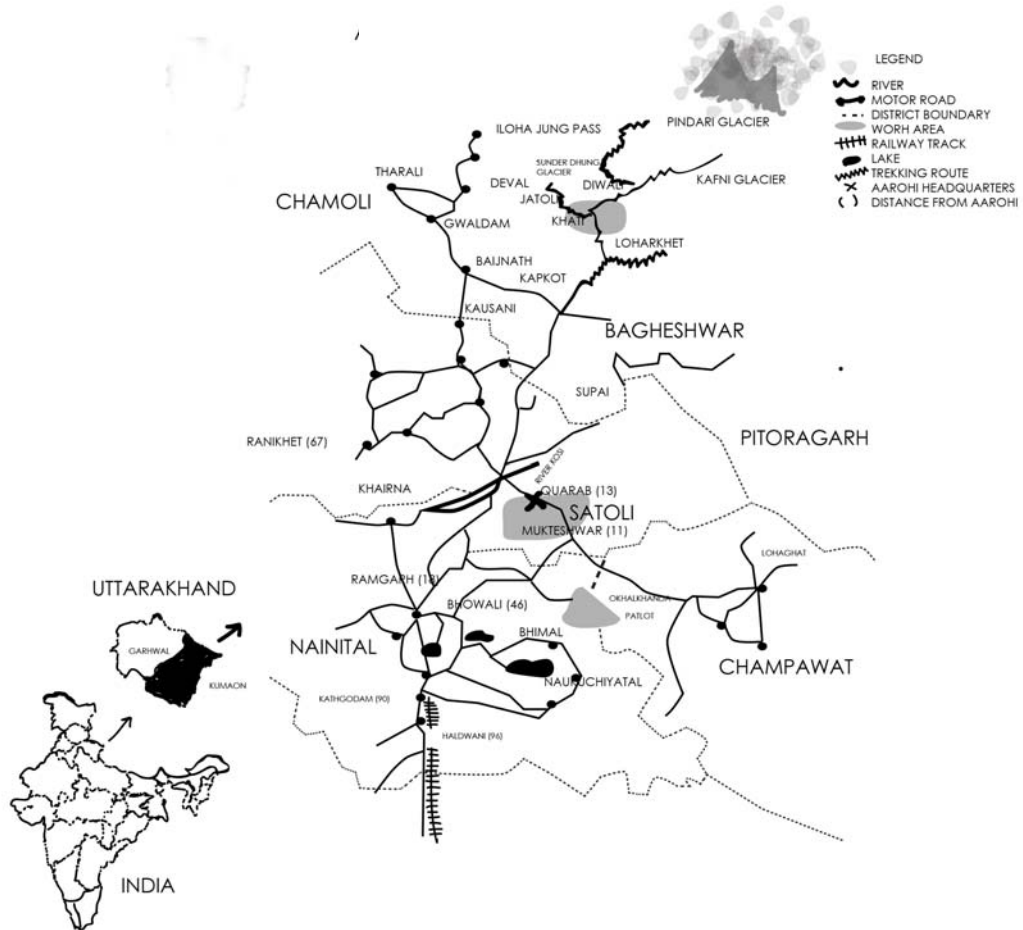
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AAROHI'S AREA OF WORK





AN OVERVIEW

While we found it exciting to live in the mountains, we quickly realized that the local populace of subsistence farmers lacked health facilities, meaningful education for their children, and had few livelihood options. Moreover, people depended heavily on dwindling forest reserves and their lives were wrapped in detrimental social taboos and practices.

This led us to formalize Aarohi's organizational structure in 1992, with a vision of an equitable society. The name 'Aarohi' derives from classical Hindustani music, signifying ascendance or growth...the growth of thought, creativity and harmony.

Oona, the founding spirit, left us barely four years after the birth of Aarohi. The foundations of this fledgling organization were shaken, but survived and we have continued our ascendant path.

Aarohi's mission is creating development opportunities for rural Himalayan communities through quality education and healthcare, promotion of livelihoods or any other development intervention.

The organisation is headquartered in Satoli, a village 6,000 feet above sea level, in Uttarakhand's Nainital District. Today, we are a team of 103 full-time staff, and are supported by 297 members from all over the world. We actively operate in 107 villages, working with some 52,836 people. Once-sleepy Satoli is now a buzzing node of grassroots action, bringing sustained change to the most underserved.

SUMMARY

This year was indeed one of transition. Pradeep Gupta, who held the position of Secretary for five and half years (having spent a total of eleven years at Aarohi) stepped down, to enjoy a gentler pace of life in retirement. Pradeep was pivotal in consolidating Aarohi's Education initiative. All visitors to Aarohi Bal Sansar commented on its joyful and loving atmosphere: a unique place where children learn without fear. We wish Pradeep peace and contentment for this new chapter in his life.

This year, 174 children, from 14 local villages, studied at **Aarohi Bal Sansar (ABS)**. Our student: teacher ratio remains excellent at 10:1 and our staff has now grown to 22, all of whom are local, with the exception of Rachana, the new Coordinator. We added a whole new second floor, with a spacious art and crafts room, two classrooms and - finally - a separate cabin for our dear Principal, Taraduttji. New energy also swept into our Education Steering Committee with Gina Ali Khan and Atul Pant joining in. Only 2% of students at ABS from Classes 3-8 need remedial teaching, a figure marginally low from 5% in 2013-2014. The challenge remains to bring about more applied learning outcomes.

The Scholarships Program continues to be the backbone of the Education initiative. This year we awarded 36 new scholarships, ranging from need-based financial assistance to rewards for outstanding qualities, such as leadership and helpfulness, to instill a strong value system in the school. Almora scholarships continue to be a popular avenue for our academically inclined children to complete high school at a reputed Almora school, rather than the local government Peora Intercollege. Seema Nazareth Scholarships are supporting young girls for Nursery Teaching Training (NTT) in Jingle Bells School in

Faizabad, after which they are eagerly absorbed by ABS as primary school teachers. Thanks to this scholarship, 5 out of ABS' 9 primary school teachers are now professionally trained. This has proven as invaluable for ABS - which can now boast of an extremely talented, professionally trained and vivacious primary school faculty - as for the local community.

Aarohi Youth Wing pioneered a high profile annual charity event: the Aarohi Kumaon Himalaya Ride (AKHR). It raised over INR 30 lakhs (INR 3 million) all of which were channeled in Aarohi's Education initiatives. More importantly, Rakesh and Pramod, two local boys have broken into the ranks of professional cyclists.

Seventy villages of Okhalkanda Block of Nainital District, 5,192 households and a population of 34,598: the Arogya project stands tall among Aarohi's development effort in the region. All pregnant women in the project area now receive antenatal care and are nurtured towards safe delivery. We are realizing our dream of providing more dignified sanitation facilities for menstruating women in our project villages. Among these is a solar-powered bath house for the women of Kalagaar, now almost complete. Conceptualised and constructed with community participation, this pilot offers an opportunity to enhance both female hygiene and dignity.

Through our **sustainable energy initiative**, 209 families in Okhalkanda Block benefitted from new smokeless chullahs (cooking stoves), which have removed household noxious fumes and reduced wood consumption by nearly 50%, thus reducing the physical burden on the *pabadi mahila* (mountain woman).

Curative Health efforts continue with the **Mobile Medical Unit (MMU)**, a Government of Uttarakhand-Aarohi joint venture, now significantly contributing

with clinical outreach services. This year the MMU helped treat 3,850 people in the extremely remote villages of Okhalkanda Block. Our 'high mountain' health outreach efforts continue, with **biannual Pindari Health Camps**. We have now formalized our collaboration with the Kapkote Seva Samiti, a local NGO, which will partner us in undertaking ongoing health and education initiatives in these remote and isolated villages.

The **H.K.Trivedi Memorial Fund** initiative forms the backbone of girls' scholarship opportunities in village Supai is now further bolstered with a new children's activity centre, a bigger computer resource centre and regular health camps in the area.

The **Livelihoods** initiative continues to be well-received by both local communities and our expanding customer base. Our **Apricot and Herbs initiative** saw sales growth of 17% (INR 49.24 lakhs), greater than that of both previous years combined. With our packaging rehaul, we are hoping for a sales growth of 35% this coming year. The number of beneficiaries has increased from 1,543 in 2013-2014 to 1,865 this year. The **Village Homestay Program** had 11 families benefitting with an average income per family at INR 23,450. The **Grameen Himalayan Haat** brought together 35,000 people and generated a turnover of INR 4.2 lakhs. A new collaboration, **Pyoli**, began with the women of Peora, aiming to encourage local women's enterprises.

Finally, seven villages were evaluated for the **General Gurbir Mansingh Van Panchayat Award**, the top two of which shared a cash prize of INR 15,000.

This year we raised a total of INR 3.99 crores (INR 399 lakhs) out of which individual contributions amounted just over INR 36 lakhs. Indian institutional funding continued to be the largest component, at around INR 1.5 crores. Most of these funds have supported the Community Health Program. Our foreign

contributions, a combined effort on part of our Swiss and UK chapters, accounted for approximately INR 70 lakhs. Our expenditure increased by INR 95 lakhs, with the largest increase in the Education initiative. No wonder this year has felt like a whizzing flurry of activities, entailing a sharp rise in our day-to-day work!

The coming year will see concerted efforts to strengthen ABS, with a major focus on teacher capacity building. Community involvement will also play an increased role in student development. A lean though robust volunteering program shall fill the gaps on much-needed inputs, with an up-scaled Education Steering Committee guiding the process. Our Community Health Program will extend to 35 villages more villages in the remote Okhalkanda Block, to cover its entire population of 49,760. The Apricot and Herbs initiative will actively expand procurement to keep with sales growth, reaching out to more farmers. Both the Village Homestay and Pyoli initiatives will be formalized structurally, and pilots run in Peora village.

Organizationally, Sushil will move toward more of an advisory role and away from executive responsibility.

I feel a mixture of excitement, slight anxiety and a sense of great adventure at the thought of all we have planned for the coming year. As always, our inspiration and guiding light is the faith of the communities for whom we exist, and the support of all our associates. This belief shall help us stand tall, even in a period of transition.

Sheeba Sen
Secretary
18 May 2015

activities at a glance

PARTICULARS	2012 - 2013	2013 - 2014	2014 - 2015
Aarohi's village partners	58	77	107
Population covered	36,800	46,353	52,836
No. of meetings held	1,358	139	621
Total attendance	13,651	2,435	7,675
Women	9,555	1,802	6,347
Men	4,096	633	1,328
Women: Men ratio	2.3:1	2.8:1	4.8:1
No. of patients seen (Hospital + camps)	3,805	5,770	8,139
Sale of body care & herb products (INR lakhs*)	40.38	42.13	49.24
Children at Aarohi Bal Sansar	168	178	174
Aarohi members	297	309	297
Aarohi staff	85	99	103
Individual contributions (INR lakhs*)	37.3	41.3	36.13
Grants and Income (INR lakhs)	208.79	319.48	399.12
Expenditure (INR lakhs)	171.84	225.53	321.03
* One lakh is 100,000			



EDUCATION

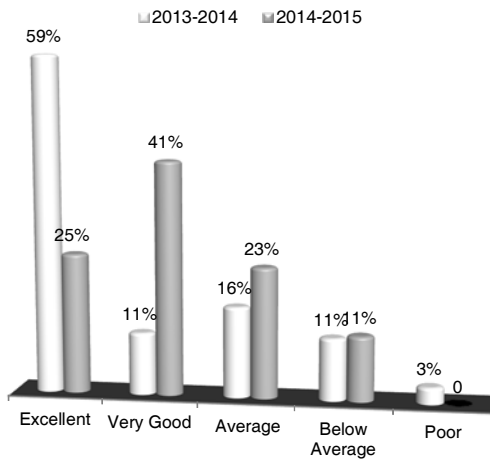
Aarohi Bal Sansar

Aarohi Bal Sansar (ABS) serves as a base to broaden the learning experiences of not only children of the area, but also of their families and budding young teachers. ABS is an inclusive Hindi-medium school till class 8, where admission is granted to all children whatever their background, social status or religion. Started in 1994, this year it brought together 174 children (80 girls and 94 boys) from 14 local villages. It has 22 members of staff.

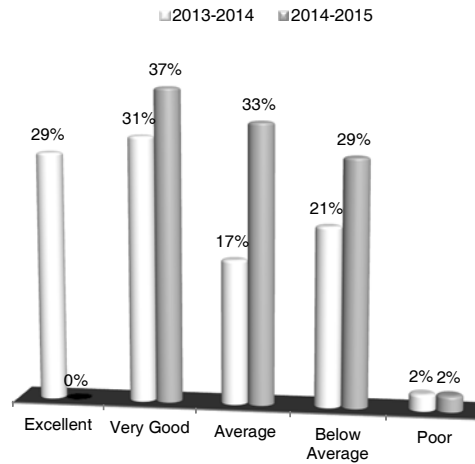
Academic Performance

Academic performance is measured through monthly unit tests, a half-yearly exam, and a year-end exam.

Comparison of Academic Performance
(Classes 3-5)



Comparison of Academic Performance
(Classes 6-8)



The Context

While the state education system may be working for increased enrolment of children into primary schools (there is one made available in every village in the region now), there is no stock taken of the quality of teaching, use of resources, teacher capacity building or provision of proper infrastructure. The Annual State of Education Report (ASER) 2013 of Uttarakhand states that almost 50% of the students cannot read a class 2 text by the time they have reached class 4.

The majority of students from classes 3 to 8 fall in the categories of excellent, very good and average. The fall in 'excellent' category can be attributed to the testing being more in line with the grade level, indicating that the overall academic level of students has gone up. This has been made possible through academic mentoring inputs through the year and dedicated remedial teaching.

All but one of our teachers had an attendance rate of over 85%, also attributing to better teaching standards. Though overall academic performance at ABS has improved, levels of English, Hindi and Math need to be monitored more closely, especially oral testing. Students who perform well in written tests may not be very confident in spoken English or mental Math. Another reason identified for this discrepancy in performance between written and oral performance is the admission of students in each class from other schools (often government schools). These students are particularly weak in their concepts, often struggling with basic literacy and numeracy in accordance with their grade level. With remedial teaching at ABS, while they pick up in written performance, their applied learning often remains low. One step taken to help such students gain confidence was setting a separate exam paper more in line with their level of learning. However, to effectively address this issue of multi-level students in one class we will need to train our teachers in techniques such as multi-level teaching and creative teaching methods.



New Art & Craft Room



New Computer Room



Performance at Uttarayan

Highlights

Infrastructure

- As planned, the tyre playground was completed in May 2014. It serves as an excellent playing area for young and older children alike. It also serves as an exciting play area for children not in ABS but living in its vicinity.
- In August a new second floor was added consisting of two new classrooms, one spacious art and craft room, one computer lab with internet facility and a separate cabin for the Principal.
- The multi-purpose hall is under construction and is on track to be completed by summer 2015.

Sport

22 primary school children participated in district level Kho-Kho competitions, out of which 10 progressed to state level. Two junior level students participated in the state level long jump and athletics category.

Uttarayan: Sprit of the Mountains

For the sixth consecutive year we hosted Uttarayan in Delhi (this year again at the Sanskriti Kendra on 24 January 2015). More than 200 guests attended. While the central aim of the event is to help fundraise for ABS, it serves equally as an excellent exposure trip for our students and teachers.

Education Steering Committee

This year we added two new members to the Education Steering Committee. Gina Ali Khan, Head of English Language Acquisition at MBIS, Pune and Atul Pant, an educationist based in the UK and founder of 'Timeless Life Skills', an education enterprise imparting skills for the 21st century. Both Gina and Atul have volunteered at ABS previously. Spending three weeks at ABS this year, Gina helped institute English language collaborative meetings where teachers share best practices. We hope to initiate similar collaborative meetings for Hindi and Maths as well. Atul brings with him a wealth of experience in activity based and e-learning techniques. He has been conducting workshops at ABS for the past two years. With him on the committee, we should build on our project based learning techniques and learn about integrating e-learning components in the curriculum.

Responding to challenges

Teacher Salaries: A government school teacher can get paid nearly four times as much as an ABS teacher. While we actively fundraise allowing for an increase in salaries with each passing year, it is not sustainable for us to aim for the government salary structure. To address this disparity and check our attrition rate we will invest on creating exciting opportunities for an enriching experience of teaching and learning at ABS. The focus will remain on capacity building through specialist volunteer inputs, out-station trainings and exposure visits to reputed institutes.

Teacher Capacity/Motivation Building: We are now building on specialist volunteer and mentor inputs to help our teachers build on concepts in a context they are familiar with and through practicing practical teaching techniques in

their own classrooms. We've focused on primary school this year and shall continue to do that for next year. We organized exposure visits to Pune, Faizabad and Delhi. A group of seven teachers and the Education Coordinator took their first flight from Pune to Delhi, which was a whole new learning experience in itself!

To motivate the teachers towards better performance, we also changed the manner in which the Saral Tandon Award is administered. As opposed to a one-time cash award at year-end, this award will now be given in the form of an exposure visit to an educational institute in the country to two/three deserving teachers.

Funding Challenges: Getting a corporate/institutional donor to 'adopt' ABS for 5-10 years still remains a challenge. While we've continued to bring in a steady stream of individual donations through Global Giving, the Aarohi Kumaon Himalaya Ride, Aarohi Schweiz and Aarohi UK chapter, we have been unable to find a long-term funder this year. With CSR regulations in place for corporations we need to capitalize and tie up with a corporate funding stream for a medium to a long-term period. We also need to strengthen our corpus fund for education.

English teaching at ABS: Our search for a full-time English Language Coordinator continues. For the meantime we are working on having a circle of committed volunteers who can work with our English teachers (if need be, even remotely) consistently over the next few years. On the ground, we will invite specialist volunteers for medium to long-term periods, to work with English teacher capacity building.

Looking ahead

In the short term we'll work on teacher capacity building through a lean though robust volunteering program. Sports and outdoor activities will be given extra focus in the coming year. Music, dance and art shall continue to be an important part of learning at ABS. We shall also work on improved interaction with the families of the students and community at large by conducting more frequent parent teacher meetings, involving them as active stakeholders in upholding the vision of the school and making them important participants in propagating the value system at ABS.

Individual student monitoring will be introduced in order to monitor the progress of each child over his/her entire period at ABS. We shall also aim to monitor the growth/progress of each teacher through individual evaluations. In the medium term, shall work on five areas to improve on our learning outcomes, namely effective lesson planning by teachers, differentiation in order to address multiple learning levels in each class, developing better reading habits of children and teachers, inclusion of creative teaching methods and continuously improving infrastructure to aid in academic and extracurricular learning. We shall also explore opportunities to integrate vocational learning as a discipline within the curriculum.

Finally and above all, the need is now felt for instituting in ABS not only a subject-mentoring program (which we are doing for English, Hindi and Maths) but also a structured program for mentoring teachers and the principal as individuals and as teachers.



At ABS

Education = Adventure and learning through fun!

By Rachana, Neema, Seema, Poonam and Poonam, Kamla and Vimla

A team of eight left for Pune on 17 February for a three-day exposure visit in order to enhance their classroom management skills along with learning creative teaching methods. The first visit was to Sapling Schools, an established chain of nursery schools known for their innovative teaching.

Next day's visit was to Mercedes Benz International School (MBIS). The huge campus and innovative ways of teaching methodologies were thought provoking. The need for an organized system that covers all aspects: teacher trainings, planning, follow-ups and cluster meetings, was realized.

Final day's visit was to Arvind Gupta's Learning Centre, at Inter-University Centre for Astronomy and Astrophysics (IUCAA) inside Pune University Campus. It was a day-long workshop on creative methods of teaching science and math using models and toys made from waste material.

We learnt that teachers needed to go through some process of learning and unlearning before understanding and applying concepts to their classroom teaching. Technology should be better integrated to enable and trigger classroom discussion.

The visit ended with a unique and first time experience for the group: a flight back to Delhi, which was a whole new learning in itself!



SCHOLARSHIPS

The scholars are chosen by a committee comprising the Principal, Primary School Coordinator, Education Coordinator, Scholarships Coordinator and Class Teacher.

Scholarship	Beneficiaries	Criteria	Annual cost per scholar	Number awarded
ABS	Children from the local area who need financial help to attend ABS	Families with limited financial means, with a disability	INR 10,000 (school fees, administrative fee uniform, books and stationery, health check-ups and supplementary nutrition three times a week)	7 (55 in total)
Ilya	ABS students from Std 4 th till 8 th	Exceptional talent in music, arts, crafts, theatre, dance, sport or exhibiting special qualities like leadership, curiosity, punctuality etc.	INR 1,000 (Deposited in a bank account opened in student's name)	10
Almora	ABS students of Std 8 th , who wish to pursue their education in Almora until Std 12 th	Strong academic performance	INR 40,000 - 70,000 (admission fee, tuition fee boarding, extra coaching, uniform, books and	4 (21 in total)
Room to Read	Girls who wish to pursue their education until Std 12 th	Limited financial means, academic performance	School fees, uniforms, study materials and health check-ups	14 (this has reduced from 33 last year as the program is gradually winding down)
Seema Nazareth	Girls wishing to pursue graduate-level or vocational education	Limited financial means, academic performance	INR 10-25,000	1, to study for a Nursery Teacher Training diploma at Jindle Bells School Faizabad.

Nidhi Joshi, Seema Nazareth Scholar: Translated from her own words

My name is Nidhi. My family consists of 6 members - my mother and father, grandfather, two sisters and a brother. I was selected as a Room to Read Scholar in 2008 on a merit-cum-means basis, coupled with my genuine interest in continuing education. In 2014, I passed 12th standard examination with a first division. I aspire to be a highly skilled teacher and Aarohi has consistently supported me in fulfilling this dream. It all started when I got a chance to enroll for an intensive Nursery Teacher Training Course for nine months at Jingle Bells School, Faizabad (Uttar Pradesh). Initially, with the rigorous course plan and having never stayed away from home, I felt a bit home sick but the motivation to be a teacher led me to overcome these difficulties and successfully complete the course. I was trained by a set of highly qualified instructors who always made me realize the importance of training in the teaching profession.



I personally believe that each individual has a certain set of unique personality traits and talent. This fact has always helped me to identify, acknowledge and bring out my own capabilities. This awakening has also helped me in dealing with several problems in academics, with overcoming my fear of maths being one of them. Prior to the training program I was shy and lacked confidence, but, life-skills workshops and personality development sessions instilled a new confidence in me. Through interactions during classroom inspections and observations, I developed ease in speaking English and also got in touch with my creative side while assisting in curriculum development sessions.

In my role as a teacher, I aim to provide my students with quality education, in accordance with and of the same standards as what I received during my training. I would like to express my gratitude to the Room to Read Scholarship Program and Aarohi for helping me realize my true potential and giving me an opportunity to directly contribute to my community.

Aarohi Youth Wing

The Youth Wing was initiated five years ago. Kumaoni youth have limited opportunities for developing their potential and are easily distracted by the negative elements in society. Growing cases of teenage pregnancies, alcoholism, tobacco addiction and vandalism are a testament to that.

Naturally fit for outdoor sport, the youth here have proved incredible finesse and stamina for running, mountain cycling and team sport (such as volleyball and football). Engaging through sport is our initial entry point. It remains to be seen whether this can lead to more varied interaction with the youth clubs we are now forming.

Currently, the Youth Wing calendar is marked by two sports events. One in January that involves a series of running, cycling and volleyball competitions. This year 170 participants (aged between 14-25 years) participated from the whole district.

Second is the Aarohi Kumaon Himalaya Ride (AKHR), a two-day mountain bike riding circuit of over 100 kms, held over the Easter weekend. Through this ride, we have brought to Kumaon, professional level mountain biking with riders participating from all over the country and abroad. The local boys are chosen after careful selection. We encourage city riders to participate as charity riders for Aarohi, fundraising



Rakesh, Pramod and Kamlesh at the finish line

for Aarohi Bal Sansar and Aarohi Youth Wing. This fundraising also helps us to sponsor cycles and kits for local boys. In its first year, the ride attracted 22 riders of which 3 were charity riders and 3 were local boys (Rakesh and Kamlesh from Satkhol and Pramod from Peora). We raised over INR 30 lakhs through the event. More importantly, Rakesh and Pramod were recruited by an adventure tourism company, where they organize MTB cycle events in Uttarakhand and Himachal. Kamlesh made it to the Army.

Looking ahead

Next year we plan on forming youth clubs in the area. Our engagement will continue to be through sport, with a more regular pace (once a month on an average) of local races and rides. We shall promote professional level mountain cycling and forge partnerships with local businesses for involving the youth in adventure and eco tourism. We shall also champion the concept of charity riders for Aarohi in cycling and running events in India and abroad.



HEALTH

Community Health

Women are the most vulnerable section of rural mountain communities. Married early, the women proceed into a life of frequent pregnancies and childbirths; are subjected to a host of social and nutritional prejudices during menstruation, pregnancy, childbirth and lactation; and continue to have a relentless back-breaking schedule of looking after their families, home and farm including 4-5 hours of manual labor - head loading water, fodder and dry leaf litter. Women are the last to eat in the family, often have to bathe with all their clothes on in

rivers and streams, inhale smoke while cooking on an open fireplace in their kitchens, and often carry their commonly prolapsed uterus outside their body for 15-20 years because they are unlikely to speak-up for themselves and have little access to modern health care facilities. It is no wonder, then, that the



Prema, one of the project Supervisors

average mountain woman is unable to look after her children who are at risk of suffering from malnutrition and often die prematurely. The Maternal Mortality Ratio (women dying due to pregnancy related causes per 100,000 live births) in Uttarakhand is 188 (AHS 2011) and Infant Mortality Rate (children dying below one year of age per 1000 live births) is 43 (AHS 2011). Comparative figures in a developed country like Switzerland are 8 and 4 respectively (data.worldbank.org).

It was to change this plight of women and children that we started our community health program some two decades ago. Today our project-based intervention is present in 70 villages of Okhalkanda Block of Nainital District, covering 5,192 households and a population of 34,598. Our aim is to strengthen community-driven processes that will enable households to access better health services and improve the health of mothers and children, with the prime objectives of reducing maternal and child mortality.

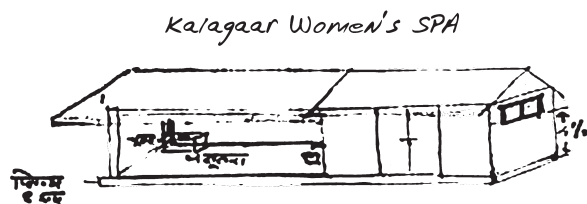
We closely support the National Health Mission by training village based ASHAs (government appointed Accredited Social Health Activists) and TBAs (Traditional Birth Attendants), or dais, who conduct around 70% of all deliveries

that still happen at home; by forming mothers's groups called the Matruh Samuh to raise awareness and act as a pressure group on government functionaries; and by supporting the activities of the government ANM (Auxiliary Nurse Midwife) who is responsible for maternal and child care in the village.

There are a total of 5,100 **women in the reproductive age group** in this population of which 291 are currently pregnant. 534 pregnancies were registered last year and all pregnant women are now getting antenatal coverage due the project, and are advised to have their deliveries in a hospital. Of the 428 deliveries conducted during the period, 421 were live births and 7 stillbirths. Approximately 40 % deliveries were institutional, which is the same as last year. We would like to see this number increase over the next year. Of the remaining deliveries that were conducted at home 52% were by Aarohi trained dais. There was one maternal death during this period and 11 referrals were made for complicated labour with successful outcomes. We are pleased with the increase in referrals. The maternal death was likely due to sepsis following delivery. While she was referred to a higher centre, the family was unable to take her in time and she died 2 days after her delivery.

We also researched to establish a community based sanitary pad making unit in the village. Unfortunately, the sample product came out to be as expensive as some of the locally available commercial brands and was also rejected by local

women due to its substandard quality. Our research continues to attempt to bring better sanitation to women during their menses. Another experiment towards this end is the



construction of a community bathroom and wash area for women of Kalaagar. Approximately 35 women will benefit from this. If successful, it will be revolutionary for these women, who till date, are not allowed to use their own bathrooms to bathe during their periods. Women are often found bathing in cold streams in early hours of the morning because of their cultural beliefs. The new women-only bathroom will hopefully begin a trend to improve their quality of life and hygiene.

Of the 1,888 **children between the ages of 1-5 years**, 70% have been regularly monitored for growth by government Anganwadi Workers (AWW) and ASHAs with Aarohi's support. Of the 70% monitored, 13% are currently malnourished and have been advised home based care and also referred to doctors, where needed. It is significant to mention that four years ago in almost the same population, 39% children in the age group 0-3 years were malnourished. ASHA training has been reinforced to encourage mothers to exclusively breast feed their children until at least 6 months of age, to get their children immunized, to give them a balanced diet in order to prevent and manage common illnesses, and to seek competent medical help in a timely manner in an emergency.



A post natal care home visit

Our health workers keep a strict eye on all child deaths via structured verbal autopsies that help us understand and document the probable cause of death.

With this information, constructive feedback and discussion is conducted with the families and community during Matruh Samuh meetings. The three primary killers continue to be diarrhoea, pneumonia and malnutrition. While the target population here is too low to project mortality rates, an indication of improvement will surely be visible by the end of the project.

Our health supervisors conduct a dedicated school health awareness program with 1,986 children from 70 schools. Regular awareness sessions aim to improve personal hygiene and environmental sanitation, usher in the concept of a balanced diet and bring knowledge of common illnesses and how to prevent and manage them. Additionally, these children are dewormed and given Vitamin A supplements biannually.

Key project achievements

- All pregnant women in the project area received Antenatal Care.
- 99% complete primary immunization coverage in children aged 12-23 months in the first group of 35 villages of the project. In comparison, the new lot of 35 villages have a complete primary immunization coverage of 76%.
- Barring one maternal death, 11 complicated deliveries were referred in time and further complications averted.
- Malnutrition in children below 3 years is very low at 13%.
- Intensive training in identifying and referring high-risk mothers, in antenatal and postnatal care, in community mobilization on health issues, and in treating minor illnesses is routinely given to village level health workers (ASHAs, Swasthya Karmis and TBAs).
- Capacity building of organizational staff conducted for better planning and implementation of programs through village committees.
- Successful community mobilization and sensitization of village institutions to health issues. These include Gram Panchayats, Matruh Samuhs and Schools.
- Active participation of school teachers and students in creating health awareness in the project area.

- 209 families benefited through the construction of smokeless chullahs in their homes. These have brought a smoke-free environment to homes and reduced consumption of wood by approximately 50%.
- Community prepared to build a bathroom with solar heated water and wash area for menstruating women in village Kalagar.
- Survey and community processes completed to create a model Anganwadi (preschool) in village Galni.
- 221 of the 226 identified common drinking water sources were tested for faecal coliforms, of which 79% of the sources were found to be contaminated. Cleaning campaigns, means for purifying water and health awareness sessions were designed and conducted around this issue.
- Positive relationships with the state, district, and block government offices enabled us to maintain the contract to run the government MMU (Mobile Medical Unit) for another 5 years, and we have been granted permission to place a volunteer Swiss midwife to help train ANMs, nurses, and dais for deliveries in Okhalkanda's PHC (Primary Health Centre) for 4 months. We also received permission for a Swiss Gynaecologist to support this work for a period of 1 month.



Curative Services

Our routine hospital work of outpatient and inpatient care, diagnostic, emergency and surgical services have continued as before. There is a drop in the number of surgeries conducted due to a long absence of our Surgeon and reduced cataract surgery camps. On the other hand, our Mobile Medical Unit (MMU), which is a joint venture between the state and district government and Aarohi, has done well in its outreach work. Equipped with a modern laboratory, X-Ray and ultrasound machine and serviced by three doctors including a physician, a lady doctor, a sonologist, and a trained paramedical team, the MMU brought a highly dedicated team of health care personnel to treat 3,850 people in extremely remote villages of Okhalkanda Block.

Biannual Pindari health camps have continued. We have been successful in creating an alliance with the Kapkote Seva Samiti (KSS) that is based close to these extremely remote villages deprived of roads, electricity and modern communication means. The KSS has a regular presence in the 2 intervention villages and has begun mobilizing communities for primary health care in a manner similar to our approach in Okhalkanda Block.

The case of Mayank

Mayank, a 9-month old baby from Bazgaon (1.5 hours from Satoli) was operated at the Plastic and General Surgery camp at Aarohi in March 2015. Mayank was carrying a venous malformation on his neck since birth. This growth of veins can be dangerous and if damaged can result in bleeding, leading to death. Mayank was successfully operated at a highly subsidized cost of INR 5,000. Haldwani would be the only other place where Mayank's case would have been accepted and it could have costed his family more than INR 50,000 for the same procedure.

Such discounted rates at Aarohi are made possible as all



Mayank: post-operative

our doctors volunteer their

services. Aarohi also raises funds on an annual basis to cover costs of travel and stay for the doctors. Currently, our largest supporters are the Himalaya Drug Company, Sir Dorabji Tata Trust, and Aarohi Schweiz. We are grateful to everyone who has helped to bring such highly specialized surgical and diagnostic services to the doorstep of the people of rural Kumaon.



Mayank: pre-operative

Health at a glance

PARTICULARS	2012-13	2013-14	2014-15
TOTAL PATIENTS BENEFITED	3,877	5,770	8,306
OPD patients treated at AAK	1,894	2,056	1,851
Female	754	828	755
Male	1,063	1,116	1,019
Children	77	112	77
In-patients treated	62	104	60
Home Visits/ Emergencies	10	0	8
Laboratory Test	1,535	999	3,571
X Ray	113	100	276
Ultrasound	269	202	282
Total villages covered	50	45	117
School children screened for health problems	134	536	936
No. of dental camps	11	9	12
Dental screening for school children	102	157	245
Total Dental screenings	412	436	562
No. of total dental extractions	130	116	90
No. of dental fillings	27	10	84
Other specialist camps	13	15	15
Total patients treated in specialist camps	1,116	1,189	840
Total surgeries done in camps	55	101	53
Mobile health camps	10	32	138
No. of patients treated in mobile health camps	303	716	*4,117

* this number shows a jump due to patients treated due to the introduction of the MMU

Looking ahead

Our community health project will add an additional 35 villages of Okhalkanda Block to cover the entire population of 49,760 this year. The remoteness of the region along with poor infrastructure and lack of modern communication makes this a highly challenging area in which to work. For the same reasons, it has been difficult to retain trained public health coordinators. However, the local team of the project has become extremely self-reliant. We are hopeful of a very good outcome for this project that has another three and a half years until completion. We need younger people to come in to work in the hospital and this would be the challenge for the year ahead. Volunteers contribute heavily to focused research adding a lot of bite to the program. We eagerly solicit such help from Indian institutions and our Swiss and English chapters.

H.K. Trivedi Memorial Fund

The H.K. Trivedi Memorial Fund began with a corpus grant of INR 2.32 crore for education and health related work to be instituted in the village of Supai and surrounding villages. The amount was willed to our chairperson Dr. (Col) C.S. Pant by late Kamla Trivedi, (whose husband was an ex-resident of the village), after seeing the excellent services provided by a Mobile Medical Unit, an initiative ushered by Dr. (Col) Pant a few years ago.

Education

The corpus grant primarily supports girls' scholarships, enabling girls from class 5 onwards to complete their education till university or for vocational courses, as the case maybe. This program supports 18 girls.

The grant also helps run a community computer literacy centre. This year, we have added two more computers bringing the total to 5. Twenty sessions are conducted every week in accordance with a proficiency-based curriculum. We are also reaching out to primary school children through a children's activity centre that operates in after-schools hours. One trained teacher (trained at ABS) conducts fun and creative activities helping with strengthening of basic concepts in English, Hindi and Maths.

The H.K. Trivedi Fund also contributes partially to support education of children at ABS.

Health

This year we've added 3 more villages (2 in Bhaisiyachana Block and one in Dhauladevi Block, bringing the total to 4 villages). We conduct 6-monthly health camps and health check-ups in schools. Two supervisors conduct regular home visits along with the ASHAs, conducting ante-natal and post natal check-ups, covering a total population of 2793.



LIVELIHOODS

The Livelihoods initiative comprises of three elements: a small-scale rural enterprise producing pure, hand-made apricot body care products and culinary herbs; a Village Homestay Initiative; and Enterprise Promotion.

Apricot and Herbs Initiative

Started in 1994, the apricot initiative was in response to a heavy hailstorm that destroyed the entire apricot crop in the region. As a form of crop insurance, we procured the wasted apricots directly from the farmers and extracted oil from the kernels. It is with this oil that we began the production of our skin care products. The herbs initiative grew alongside the apricot product enterprise. Farmers were encouraged to grow culinary herbs as they are easy to maintain and resistant to changing weather and to damage from wild animals. The quality of herbs grown in the mountains is far superior to those grown in the plains.

Families benefit from income generated in three aspects of this undertaking:

1) procurement of raw materials- apricot nuts and culinary herbs; 2) processing of apricot kernels- breaking the nuts to retrieve the kernel, used for oil extraction;

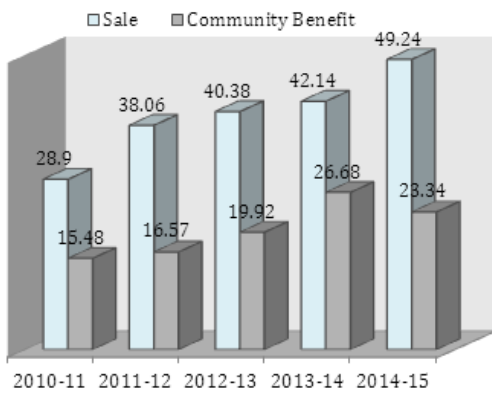
and 3) direct employment at the production unit through manufacturing; packaging and sale of products.

Today the unit produces 9 apricot and peach based natural body care products, 11 dried indigenous and European herbs, 3 herb seasonings and 2 fragrance bags. These products are marketed through 82 outlets in the country and online through the Aarohi website.

Benefit to the community

This year 1,865 individuals from 220 villages benefitted with a total combined benefit of just over INR 23 lakhs.

Sales Turnover versus Benefit to Community



The number of beneficiaries of this enterprise gradually continues to increase with the addition of 322 more individuals this year. The total benefit to communities through procurement channel reduced this year by nearly 4.6 lakhs due to a buffer procurement of 134.8 quintals of apricot nuts in 2013. However, the benefit through processing activity rose by just over INR 85,000. The increase in salaries was marginal, keeping in line with a

standard annual 10% increment. This fall in procurement resulted in a slightly lower (by just over INR 3 lakhs) combined benefit to communities this year despite increased sales. The households benefitting from this initiative also

include those from distant Himalayan regions, such as Garhwal and Himachal Pradesh. This has been made possible through our long-term association with partner NGOs working in these areas.

PARTICULARS	2012-2013		2013-2014		2014-2015		
	No. of Beneficiaries	Benefit (INR)	No. of Beneficiaries	Benefit (INR)	No. of Beneficiaries**	Benefit (INR)	Average benefit (INR)
Procurement*	1,335	4,87,527	1,510	9,95,093	1,822	529,483***	291
Processing	12	1,09,315	11	1,47,393	22	2,33,234	10,602
Salaries	20	13,91,588	22	15,25,200	21	15,71,165	74,817
Combined benefit	1,367	19,88,430	1,543	26,67,686	1,865	23,33,882	1,251

* Procurement spans a maximum 3 months in a year.

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

*** Total benefit reduced this year due to a buffer procurement of 134.8 quintals of apricot nuts in 2013.

Procurement and Processing

PARTICULARS	2012-2013	2013-2014	2014-2015
No. of villages involved in procurement	195	217	220
No. of village samitis involved in procurement	5	7	7
Apricot nuts purchased (quintals)	31	134.18	23.68
Apricot kernels purchased (quintals)	32	39.76	48.32
Apricot nuts processed (quintals)	38	43.06	54.11
Total quantity of dry herbs purchased (kg)	160	258	232

Sales and Marketing

In 2014-15 we saw some important developments including more growth in sales than over the previous two years combined. Total sales rose to INR 49.24 lakhs this year, a substantial increase of 17% with a profit of just over INR 15,000. A substantial sum was invested in redesigning the packaging and in maintenance of the manufacturing unit.

There is a positive shift towards sales outside of Uttarakhand, which accounts for nearly 43% of total sales, an increase of 23% from last year. Within Uttarakhand sales have increased by 12%. Aarohi's 'Nature Shop' at Satoli had a turnover of INR 173,935, contributing roughly 4% of total sales.

PARTICULARS	2012-2013	2013-2014	2014-2015
No. of products	11	13	13
Total sale of products (INR, lakhs)	40.38	42.14	49.24
Sale of body care products (INR, lakhs)	35.86	35.52	42.5
Sale of herbs & fragrances (INR, lakhs)	4.52	6.62	6.74
Sale of products in Uttarakhand (INR, lakhs)	27.85	24.85	27.98
Sale of products outside Uttarakhand (INR, lakhs)	12.53	17.29	21.26
No. of outlets in India	73	79	82
No. of cities/towns through which products are marketed	38	40	42
No. of exhibitions attended	9	12	11

Indira Devi lives in Peora, the village where Aarohi Livelihoods unit is located. She lives with her husband Chandan and 4 children. Not long ago, Chandan was diagnosed with throat cancer. His illness has progressed to an advanced stage, leaving him unable to work. As Chandan was the sole breadwinner for the family, his illness led the family into a time of immense financial difficulty. It fell upon Indira to support her family.



Indira found work at Aarohi's livelihood unit processing apricot nuts in order to procure the kernel for oil extraction. On some days Indira would work from the unit, and on others, she would take a load of apricot nuts home, which she would process along with her family. Over the past two years Indira has earned INR 15,000 from this work. In addition to supplemental financial support with the added bonus of the proximity of the processing unit to her house, the flexibility of apricot processing has provided her time to take care of her responsibilities at home.

Village Homestay Initiative

For the past two years Aarohi experimented with the concept of village homestays on an informal basis. So far a total of 11 homestays are functional in 6 villages. While a few of these homestays are developing their private marketing channels, most traffic flows from the guests and volunteers visiting Aarohi.

The average annual benefit per family was INR 23,450. There is no doubt that this initiative has the potential to substantially contribute to a mountain family's income. The challenge, however, is to set up a model that allows the poorer families to access soft loans; provide cost effective, yet aesthetically sound (in keeping with the traditional mountain homes) architectural inputs; and help build a more encompassing program where the guest can get a complete experience of rural life in Kumaoni hills.

As a first step to build on the initiative this year, a Danish architect helped design a prototype guest cottage incorporating some modern living elements coupled with traditional design and materials. Two families from the village of Peora have come forward to build these prototype structures. Aarohi will design a soft loan and profit sharing agreement. These two pilot cases will help formalize the initiative to be rolled out to more families next year.

Enterprise Promotion among women

The women of Peora, one of the first villages that Aarohi had engaged with back in 1992, once again sought Aarohi's inputs. This time it was with a clear objective to build a village based, women led micro-enterprise to help supplement household incomes. In May 2014, 21 women attended the inaugural meeting to exchange ideas on possible products for production: something small scale and easy to run, more of a home industry. After a few more meetings, Maya, the dynamic Gram Pradhan (mayor) of Peora, decided to start with mandua¹ namkeens - a product that can be generated from home with simple tools and locally available raw materials. The initiative was given the name 'Pyoli', signifying a pretty yellow wild mountain flower.

Sample testing was done in rounds at the Aarohi office, and the final version of the product emerged by January 2015. So far (from January-March), Pyoli has made total sales of just over INR 8,000, primarily through one-off orders and has employed 4 persons. The focus will now turn to developing the brand, the legal structure of the enterprise, and setting-up a small village-based production centre. Our role will remain that of a facilitator, helping to establish the enterprise vision and mission and mobilizing community participation.

¹ Mandua (*Eleusine coracana*) is a local millet similar to Ragi grown in other parts of the country too. It is rich in calcium and the essential amino acid methionine and thus serves as a specific health supplement. Mandua is a hardy plant that grows easily, even under arid conditions.



Grameen Himalayan Haat

The 13th Grameen Himalayan Haat, a village annual fair organised by Aarohi with support from the local community was held in the month of October. Dr. Indira Hriyadesh, Minister for Finance, Legislative and Parliamentary Affairs in Uttarakhand was the guest of honour.

The purpose of the Haat is to create a platform for bringing the Himalayan communities together, selling and buying local products, as well as facilitating interaction by providing entertainment in the form of rides, singing, cultural performances and food stalls. However, over the years it has come to be much more than just that. In many cases, it is the only outing in a year that a village woman experiences.

This year a total of 35 stalls participated - 10 Self Help Groups (SHGs) and local organizations and 25 independent entrepreneurs - generating a sale of INR 4.21 lakhs.

PARTICULARS	2012-13	2013-14	2014-15
Total no. of stalls	39	54	35
No. of organizations + SHGs	10	25	10
No. of entrepreneurs	29	29	25
Total attendance (approx.)	23,000	28,000	35,000
Total sales (in Lakhs)	3.71	4.97	4.21
Community Contributions (INR)	36,611	34,315	37,365

Looking ahead

Over the years, Aarohi has built a strong brand identity. Today the consumer regards Aarohi products as ethically produced luxury products that delivers on quality. The new packaging shall re-enforce this brand image helping to increase sales. The apricot and herbs initiative is ready to expand its procurement base reaching out to more farmers in the mountains. Over the next year we plan to set up more apricot and peach producer organizations with farmers in the Kumaon belt and set up SHGs for procuring culinary herbs from Okhalkanda block (where we already have a small nursery at Bhadrakot). We will be taking stock of the wild apricot trees (chuaru) in the region, and will evaluate the potential benefit of promoting the planting of these trees as crop insurance for the local populace. Moving the Nature Shop from the existing location to a more visible spot on the road is also being considered. The new site has already been identified. Finally, in addition to channeling profits from this initiative into our health and education work, we shall also work towards an incentive sharing agreement with farmers and those involved in processing activities.



The Homestay Initiative will aim to promote the construction of the prototype guest-house. There will be more discussion put into formalizing the initiative and looking at ways of including village experiences as part of the stay at the guesthouse.

Aarohi will assist Pyoli in formalizing the structure (legal and financial), expanding the product range, building the brand identity and standardizing production.



FORESTRY & ENERGY

General Gurbir Man Singh Van Panchayat Award 2014 - 2015

Community mobilization for forest conservation and natural resource management had formed the very fabric of Aarohi's inception and work from 1992 till 2002. Since 2008, we've attempted to keep the debate alive through an annual award for Van Panchayats, managing and maintaining their forests effectively, independently and with transparency.

This year seven villages in District Nainital participated in the evaluation process. Five considerations formed the basis of the evaluation: condition of the forest, management/documentation of the Van Panchayat, community involvement, soil and moisture conservation work and future strategy for self sustainability of the Van Panchayat. The criteria were discussed openly with the Sarpanch and Van Suraksha Samiti and evaluations were conducted in their presence.



Maintaining water sources in the forest

Pokhrar village was awarded the first prize of INR 10,000 this year. The forest in Pokhrar stretches over 19 hectare and is covered with broad-leaved varieties such as Oak, Rhododendron, Aldar and Kafal. Harendra Singh, the new Sarpanch, who also headed the larger Chaukhuta Van Panchayat for seven years, has established many good practices during his tenure. It also helps that Pokhrar is a small village of 50 families and thus has less political differences, helping in more organised collective management.

This year we also learnt about a small group of women in Mona who have been protecting a 2 hectare forest plot for the last four years. This is a pine dominated plot but one can see good regeneration of broad-leaved species, which indicates a high level of protection. The effort by these women is commendable and they were awarded a consolation prize.

Energy

Major inputs into making better cooking wood stoves have been part of the health program with the chief intention of reducing black carbon, a component of particulate matter, produced by incomplete combustion of fossil fuels. This has been covered in the health section. One more maseovne (masonry heater of a Danish design) has been built in the region. At the end of the year, we conducted an interesting workshop to discuss and share principles of different cooking and heating systems relevant to the mountains.

Workshop on innovate cooking and heating systems

Despite the cold and rain, some 30 people from as far as Munsiyari (250km away) gathered for a hands-on workshop on wood stoves for cooking and heating towards the end of March. The ARTI (Appropriate Rural Technology Institute, Pune) smokeless chullah model was demonstrated by our technicians from Okhalkanda. 209 families have benefited this year through the construction of smokeless chullahs. These have brought a smoke-free environment to homes and reduced consumption of wood by approximately 50%. Over the next two days, simple 16 to 28 brick rocket stoves were assembled for cooking (<https://www.youtube.com/watch?v=xYORvQRfm9M>). Participants assembled their own 16 to 28 brick rocket stoves and boiled water with small quantities of wood.

The core of a traditional rocket stove from a design from the Aprovecho Centre, USA (<http://www.aprovecho.org>) for heating was also demonstrated. This simple stove, uses brick / stone masonry and hot gases can be directed through a bench or a bed. The masonry absorbs the heat and releases it slowly over the next 24 hours and also provides a warm bench to sit on or a warm bed to sleep on, in cold winters.

TRAININGS AND EXPOSURE VISITS

Education

Training / Exposure	Duration	Institution/ Place/ Consultants	People
Exposure Visit to Pune to explore likeminded schools	20-21 Jan 2015	Pune/Sapling Nursery Schools, Mercedes Benz Internation School	Primary school faculty and Education Coordinator-Rachana, Kamla, Vimla, Poonam Arya, Poonam Bisht, Deepa, Neema, Seema.
Workshop attended on "Creative ways of teaching Maths and Science"	22 Jan 2015	Arvind Gupta Resource Center, IUCCA, Pune University	Primary school faculty and Education Coordinator-Rachana, Kamla, Vimla, Poonam Arya, Poonam Bisht, Deepa, Neema, Seema, Sushil.
Coordinator's Training	2-7 Feb 2015	Jingle Bells School Faizabad	Education Coordinator and Primary School Coordinator-Rachana and Neema.
Workshop on Gandhism and Animation	2-5 July 2014	ABS/Atul Pant	Vijendra, Dharampal and students of classes 6, 7 and 8.
English Language Capacity Building Workshop for teachers	28 th June - 19 th July 2014	ABS / Gina Ali Khan	Primary English Teachers
Art and Craft Workshop	16 th - 26 th September	ABS/Milie (Volunteer)	Jyoti and Children of ABS
Workshop on Creative Writing	19 th May - 7 th June 2014	ABS/Anandita I Sabharwal (Volunteer)	Children of ABS
Cultural Workshop on Rajasthani Folk Dance, Street Play and Bharatanatyam	12 th - 19 th May 2014	ABS/Shachi Kaul, Swati Roy and Shalini Rao	Children of ABS
Art and Craft Workshop Origami and drawing exercises	1 st - 30 th May 2014	ABS/Devki Pande and Nikhila Nanduri	Children of ABS
Workshop on Collaborative planning	14 th - 19 th July 2014	ABS/ Gina Ali Khan	Primary Teachers

Room to Read Scholarship Program

Training / Exposure	Duration	Institution/ Place/ Consultants	People
Development Camp	26-29 May 2014	Rishikesh	Chandrakala, Kamla, Deepa, 11 Room to Read girls
Life Skills Workshop	16-20 June 2014	Dehradun / R2R Faculty	Chandrakala, Mamta
Regional Training	9-13 Sept 2014	Jaipur / R2R Faculty	Chandrakala, Mamta
Life Skills Workshop	27-28 Sept 2014	Aarohi/Chandrakala, Mamta	Megha, Anita, Tulsi Negi, 12 Room To Read girls, 14 Supai scholarship girls.
Review Meeting	17-19 Nov 2014	Dehradun / R2R Faculty	Chandrakala, Mamta
Alumni Meet	26-27 Nov 2014	Rudrapur / R2R Faculty	Chandrakala, 10 Alumni girls
Adventure Camp and Exposure Visit	29-30 Nov 2014	Vanvaas Camp Jadapani/ Chandrakala, Kamla	10 Room to Read girls

HEALTH

A total of 66 trainings, workshops and exposure visits were conducted during the year involving 78 ASHAs (Accredited Social Health Activists), 10 Swasthya Karmis (Community Health Workers selected to support ASHAs in large villages), 68 Dais or TBAs (Traditional Birth Attendants), 23 Supervisors, 3 Trainers, 3 Area Coordinators, 1 Assistant Coordinator and 1 Coordinator.

No.	Name of Training Training	Total Attendance per session	Total/ Average	Subject
1.	Supervisor training	8	85 / 11	Antenatal Care, High Risk Pregnancy, Contraceptives, Communication skills, Personal Hygiene, Growth Monitoring, Immunization, Anatomy of the Reproductive Organs
2.	ASHA Training	30	577 / 19	Communication Skills , Registration of Pregnancy, Role and Responsibility of ASHA, Antenatal Care, Weight, Blood Pressure and Temperature measurement, Safe Delivery, Postnatal Care, Data

3.	Dai (TBA) Training	22	408 /19	<p>Recording, Haemoglobin estimation, Growth Monitoring, Immunization, Contraceptives, Anaemia, Leucorrhoea , VHSNC role and responsibility</p> <p>Safe Delivery, 5 Cleans of Delivery, Importance of Breast Feeding, Stages of Delivery, Preparation for Delivery, Precautions during Delivery, Evaluation of progress of Labour, Anatomy of Uterus, Use of Dai Kit, Complicated Labour, Breech Delivery, Resuscitation of the Newborn, Precautions after Delivery</p>
4.	Total Workshops / Exposure	6	Total staff 93/16	<ol style="list-style-type: none"> 1. Orientation of newly appointed staff to Aarohi and the project (aims, objectives and activities in project - 2 workshops) 2. Experience sharing of field visits by Supervisors 3. Log Frame Analysis 4. Clinical Training in X-Ray and OT skills at CHC, Herbertpur 5. Exposure visit of 18 members of the health team to visit the Mansi project run by AIF and TSRDC, Jamshedpur



Health team visiting the MANSI project in Jamshedpur



Neema and Vimla at Arvind Gupta Workshop

ACCOUNTS & FINANCES

The following organizations contributed to AaroHi during the last financial year:

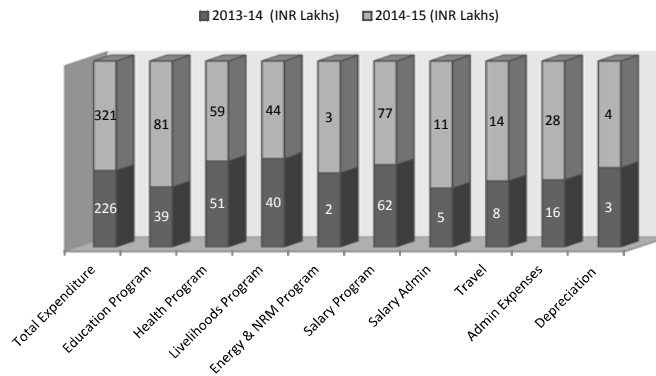
Partner Funding Organizations	Sector of Support
Sir Dorabji Tata Trust, Mumbai	Health
AaroHi Schweiz, Switzerland	Health, Energy, Education & Scholarships
The Himalaya Drug Company, Bangalore	Health
Global Giving Foundation, USA	Health & Education
Zila Andhata Niwaran Samiti, Nainital	Health
Chief Minister Relief Fund	Health
Goldman Sachs Gives, USA	Education
U. W. Linsi -Stiftung Trust, Switzerland	Education
Beam Global Spirits & Wine (I) Pvt. Ltd., New Delhi	Education
Samaj Kalyan Vibhag, Nainital	Education
MetoresTrust, NewDelhi	Education & Scholarship
Room to Read, New Delhi	Girls Scholarship
L& S Architects, Bangalore	Scholarships
M/s Quovantis Technologies Pvt. Ltd., New Delhi	Scholarships
Zila Basic Shiksha Adhikari	Scholarships
Canara Bank, Almora	Grameen Himalayan Haat
Himjoli Products Pvt. Ltd., New Delhi	Grameen Himalayan Haat
Sharda & Bahuguna,CharteredAccountants,Haldwani	Grameen Himalayan Haat
H.L.Kapoor Financial Consultants Pvt. Ltd., New Delhi	Grameen Himalayan Haat
M/s Hotel & Restaurant Association, Muketshwar	Grameen Himalayan Haat
M/s Sun Shine Solar Systems, Haldwani	Grameen Himalayan Haat

Summarized Financial Results for the year 2013-2014 (INR)

PARTICULARS	2014 - 2015	2013 - 2014
Unutilized Grant B/F	95,72,478.52	47,15,766.40
GRANT AND INCOMES FOR THE YEAR		
Indian Institutions	1,55,14,477.15	1,16,46,878.67
Foreign & International Organizations	78,71,278.81	63,13,963.99
Government - Central & State	8,15,000.00	14,31,130.00
Livelihood Promotion Program	68,70,530.94	64,15,514.25
Donation, Interest, Misc, AAK, Aarohi (L) & ABS	88,41,185.29	61,41,150.07
Total Income	3,99,12,472.19	3,19,48,636.98
TOTAL EXPENDITURE DURING THE YEAR		
Education Program	81,14,843.04	38,55,640.00
Health Program	58,87,093.15	50,91,434.40
Livelihoods Program	43,78,921.64	40,33,942.43
Energy & NRM Program	2,63,323.00	1,45,102.00
Salary Program	77,34,589.00	61,74,847.00
Salary Administrative	10,70,641.00	5,22,395.00
Travel	14,38,961.00	7,55,499.00
Administrative Expenses	28,13,937.97	16,36,466.51
Depreciation	4,01,681.00	3,38,442.00
Total Expenditure	3,21,03,990.80	2,25,53,768.34
Transferred to Corpus Fund		
Aarohi Metores Trust Scholarship	-	3,00,000.00
Dr. B.C.Joshi-Health	1,00,000.00	-
Total	1,00,000.00	3,00,000.00
Unutilised Grant Carried Over	1,30,57,263.10	95,72,478.52
Excess Income over Expenditure	42,23,696.81	42,38,156.52
ABSTRACT OF BALANCE SHEET		
LIABILITIES		
Capital Fund	79,82,875.24	79,74,142.67

Corpus Fund

H.K. Trivedi Health Corpus Fund	1,45,52,742.00	1,45,52,742.00
Health General Corpus	30,00,000.00	20,00,000.00
Dr. B.C. Joshi Health Corpus Fund	6,00,000.00	5,00,000.00
H.K.Trivedi Education Corpus Fund	87,31,645.00	87,31,645.00
Education General Corpus Fund	25,00,000.00	19,22,000.00
Shrawan Tandon Scholarship Corpus Fund	10,00,000.00	10,00,000.00
Saral Tandon Teacher's Award Corpus	5,00,000.00	5,00,000.00
Bani Jagtiani Trust Education Corpus Fund	10,00,000.00	10,00,000.00
Aarohi Metores Trust Scholarship Corpus Fund	-	3,00,000.00
Aarohi (L) Main Corpus Fund	15,00,000.00	11,00,000.00
Reserve & Surplus	3,30,56,947.27	2,99,22,097.03
Unutilized Grant	1,30,57,263.10	95,72,478.52
Current Liabilities & Provisions	22,52,408.30	19,69,877.30
Total	8,97,33,880.91	8,10,44,982.52
ASSETS		
Fixed Assets	2,25,02,622.55	2,07,47,626.55
Fixed Deposits	5,06,70,269.00	4,03,39,199.00
Mutual Fund	55,39,194.00	1,02,07,471.00
Current Assets, Loans & Advances	1,10,21,795.36	97,50,685.97
Total	8,97,33,880.91	8,10,44,982.52





from the heart

It is time again to extend our heartfelt thanks to all those who have made possible yet another exciting year of work at Aarohi. This includes our funders and institutional and government associates; members of our managing committee, steering committee for education; our chartered accountants, bankers, and financial advisors; doctors, teachers, volunteers and donors from all parts of the world, local communities and all our friends.

We continue to be touched by the commitment shown by members of Aarohi Schweiz and other friends to support development in rural Kumaon through fundraising in Switzerland and by actively seeking volunteer support. The UK chapter, under the able leadership of its Coordinator, in its second year alone has proved to be a pillar of support for our education and youth wing initiatives. For that, we are grateful to all our institutional donors, individual supporters and friends in the UK.

May we also thank all the volunteers and interns who gave us not only their time, but also sincere efforts in fulfilling their assignments. Whether it has been exposing our children to different forms of art, music, dance or sport; working with our teachers for their capacity building, setting up book clubs for children at ABS; working through marketing analyses of our livelihood initiatives, assisting with baseline surveys, conducting research studies in the field of maternal and child health in rural Kumaon or making happen the very first charity bike ride for Aarohi. It is difficult for us to imagine achieving all this without the commitment and dedication they have shown.

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

Thank you all for believing in us.

Team Aarohi

Experiences and Letters

Time at ABS: Anandita Sabherwal (Class 12 student Sardar Patel Vidyalaya, Delhi)

I volunteered in Aarohi Bal Sansar (ABS) from 19th May to 7th June 2014. In this period I conducted a creative writing workshop for classes 7 and 8. In the workshop, we explored various aspects of our surroundings and ourselves. This was done through different forms of creative expression such as diary entries, informal letters, poems, and paragraphs. The unique feature of this workshop was its bilingual approach towards writing. We wrote both in Hindi and English. The topics encouraged the students to analyze their surroundings and possible scenarios that they could have to face. Finally, we compiled all our work in a book, which had 4 writings of each student. The book was titled 'A Look Into Our Lives' for class 7 and 'Masti Ki Pathshala' for class 8. A launch for the same was held on 7th June 2014.

My time in ABS was a learning experience like no other. I learned various ways of making others understand my viewpoints and understand the ideas of others. I learned how I could guide my students without leading them onto a path that I had envisioned. I also learned tons about the class dynamics and interpersonal relationships that the students in my class shared with each other. Undeniably my time in ABS was a journey that can potentially define all the decisions and relationships that my life has in store for me. I would like to express my gratitude to AAROHI for giving me, a school student, the opportunity to take on this task, and the freedom to implement my ideas just the way I had envisaged.



My stay at Aarohi: Gina Ali Khan

As the song goes, "Let's start at the very beginning , a very good place to start ..!" My journey to Aarohi has been a very long one -a year-long journey to reach here. I had heard about this amazing place from a friend of mine and volunteered almost immediately in April 2013 for July 2014.

I teach in an international school in Pune and was really keen to come to Aarohi and share my learning and teaching with this wonderful

little school! I came here bursting with ideas, teaching strategies, powerpoints, apps, websites, books and my brain stuffed with notions of sharing teaching tips. I discovered a whole new world of teaching and learning. The happy faces of everyone around, the affection with which I was met and my ideas received, completely disarmed me. Here was a school that had students who came joyfully and eagerly from many kilometers away, teachers who taught with genuine joy and love for teaching. Here was a little school brimming over with love and happiness every moment of the school day. I think I learnt more than I shared - Yes, I shared new teaching methods of extending learning, strategies, time lines, action plans and learning focused meetings - but I took back with me more than I shared - the warmth and genuine affection of everyone in Aarohi. Thank you Aarohi for showing me your caring, nurturing ways, thank you for enriching my life!



My experience at Aarohi, Satoli: Neha Jacob

Life was rushing me by. Routines were intimidating me. I was feeling jaded by the day. It was time to stop, take a step back and do something about it, before it got the better of me. I decided to take some time off for myself. Lots of ideas came to mind, but eventually I narrowed down on the option of volunteering with a grassroots NGO, called Aarohi in Uttaranchal. I saw it as an opportunity to travel far from my routine, introspect, learn something new, make friends and most importantly, make peace with myself. What, I eventually achieved during my 3 months stay was much, much more.

So I packed my bags and off I went to Satoli, Uttaranchal. The first thing that hit me, as I headed to Satoli was how the pine and deodar trees, open blue skies, littlehouses that dotted the landscape; welcomed me into their fold. I took a deep breath of fresh air and at once felt refreshed. I revelled in the company of nature every single day of my stay in Satoli. Some of my best memories include sipping a hot mug of tea and sharing thoughts with Himalayan mountain range in front of me. It always brought a sense of calm and made me realise just how fortunate I was for the life I have.

As soon as I reached Satoli, I was given a very warm welcome by my homestay family. This gave me a teaser of what Satolians are like. They are warm, welcoming and abundant in their love and affection. They know how to make merry and make most of life with whatever they have. They have

imbibed the spirit of the mountains that means they are resilient and beautiful. Being in the company of Satolians, made me realise that, life is not as complicated as one makes it out to be. Relax and don't take life so seriously is their motto.

Apart from swinging around like Tarzan, jumping around with kids and gorging on Kumaoni food, I did some work too. Working with the grassroots NGO is immensely gratifying. You start from scratch, there is plenty of scope for trial and error and you have to keep trying till you succeed. It is a long process that requires patience, dedication and commitment. But the rewards are far greater. It is an incredible feeling to be part of this process or being able to contribute to the change that you can see happening right in front of you.

During my 3 months in Satoli, I un-learnt and re-learnt some important lessons on life. Aarohi and Satoli had weaved their magic on me. Did I make peace with myself? Yes I did. It was hard not to.



Aarohi Family: Shalini Rao

Being an Indian classical dancer the name Aarohi immediately drew my attention. When I first saw a performance by the children at IIM Bangalore in 2011 I realized how much potential these children have and then and there decided that I will visit Aarohi. I, with two of my friends decided to prepare the children with some semi classical dance pieces, some folk dances and street plays. The warm welcome and enthusiasm that we found in the Aarohi family are beyond words. The children were super excited to learn new things. The Ganesh Stuti that I taught was picked up effortlessly by them. They also performed it in a competition later and won the first prize! The kids at Aarohi Bal Sansar are extremely talented. Aarohi has given them exposure to various arts and cultural activities and because of this exposure the children are always ready to accept new ideas. They are fearless, super confident children and I had a wonderful time teaching them. Now each time I visit, children come running to me as if I am their long lost friend. You go to Aarohi as a stranger but when you leave you become a part of their family.

Volunteered from May 1st till 31st: Nikhila Nanduri

The warmth and the generosity of the staff at Aarohi made me feel instantly at home. As I worked on my assignments, I loved listening in (yes eavesdropping, but in my defense the voices carry into the sitting room!) on the general banter in the office. Everybody had such a positive outlook to doing work that the enthusiasm was infectious. As a result, on a given day, no assignment was too tedious. I think Aarohi has an atmosphere that is hard to describe in words.

I was required to help Aarohi come up with a revised Art Curriculum and I helped with a few illustrations and suggestions for the Annual Review. I am also currently in the process of doing some illustrations for Health Awareness. I can't say how helpful I have been though I feel confident that my work has contributed to the mission of the organization.

In terms of how the volunteer program could be improved, I think it would be better if each volunteer had to report to a mentor after every few days. Also, by giving the volunteer specific instructions for work on the first day, the initial drive to do work in the volunteer can be capitalized upon by the organization.

I loved interacting with the local community and the Aarohi staff. I think my unbeatable prowess in Hindi proved to be a source of entertainment for many and I am happy to have been able to provide the entertainment!



A Midwife from England: Jo Parker

I went to Satoli almost as if I went in a dream...

I met Sheeba by 'accident' (a lovely accident of course) and she then told me of the amazing place where she was working. She talked to me of the beautiful mountains and how it is like to be in heaven. She also told me of the struggles faced by the local population, living in poverty and working hard every day to assure food for their families.

I was then introduced to Aarohi one November evening in 2013 when as part of the Aarohi UK-chapter they hosted an evening in London for people to get to know about their work in India. I went along and fell more and more in love with Aarohi, their vision of helping by educating and guiding the local population towards better health so that they can live longer and have happier lives.

It was at this time that the Midwife who has been helping them for many years was now retiring and they were looking for more help in their maternal-child health project. We organised for me to join them for two weeks in April 2014. Unfortunately due to having a son and having to keep a job in the UK I was unable to go for longer but I thought this would be a good way to get to know first-hand the work Aarohi does.

Dr Sushil and his colleagues organised my stay so well. I was welcomed like one of the family. They looked after me like a daughter. The health workers were thrilled to show me what they do and made me feel very wanted, like one of the team.

I spent a few days in Satoli at Aarohi's headquarters, visited the school and witnessed their work in their hospital. I then joined the community health workers in some villages (Khansyu and Jamrari) for a few days. We went to do home visits and antenatal checks in the villages for the pregnant women.

It was very different from what I am used to in the UK as a Midwife, I didn't have all the 'luxuries' I take for granted to help me check and diagnose. I had to use my 'initiative' and of course my experience of 12 years as a Midwife came handy with this. I had to adapt my practice to what I had and where I was and use more my 'basic midwifery instincts'. Dr. Sushil was always a few steps away, ready to help me if I had any worries about any of the women I visited (organising a second opinion or antibiotics etc).

I met the Dais and this was a wonderful experience. We had a short training session where they could ask me what they thought they needed most. We discussed hyperemesis (vomiting/nausea in pregnancy). They then told me of their experiences and there was one common theme where they always had a problem when a baby was born breech. This sparked the next training session where we discussed what to do (or more importantly what 'not' to do) when a baby is being born in the breech position. I taught them a totally new approach, which is based on the basic midwifery principle of 'hands off/'do no harm'. They were certainly very interested and came up with very

valid questions. I did not speak their language but I had a wonderful translator (Mariam), she has been my 'right hand'. Both her and the ASHAs have been wonderful, I felt so looked after.

On the day I had to leave I could not stop my tears, I felt like I was leaving my family behind...

India and the Himalayas have been a terrific experience for me, I have never been outside Europe.

You only realise once you are there in person the level of poverty there is, you have seen it 'in the movies' but being there it is a totally different experience. However the love flows in the air and it is like one big family. I had to learn to 'adapt' to a new way of life: sleeping on a hard bed, having spiders around me in the night and monkeys outside jumping on the roof!!!

I was 'terrified' of the insects, Mariam found it 'funny' but she still took my fear as valid and she 'protected' me every night, helping to 'shoo' the spiders away out of the room. I felt 'safe' ?

I have grown used a little to the 'wild-life' and having to live with only basic things, so much so that by the end of the two weeks it was not much of a problem anymore but just the way life is. When I arrived back in the UK I realised how many unnecessary things we have around us and it has helped me to 'put life in perspective' and understand how much money I spent on 'irrelevant things'.

I now dream of being able to go back to Satoli when my life commitments will allow me, I hope Mariam and the other health workers will not forget me, I miss Munni too and I so hope she will let me know when she is expecting a baby as I would like to go and look after her.

My heart is with them all the time, they are 'selfless, full of love' people and they have lots to teach us about life.

Volunteering Abroad: Philipp Jensen

Dear friends of Aarohi.

My name is Jan-Philipp Jensen, 19 years old and from Germany. After my school graduation, I decided to volunteer abroad and I am so glad that I decided to volunteer with Aarohi. I worked with the health team in the Medical Mobile Unit (MMU), the Pindari health camps and with the surgeons



at Aarohi Arogya Kendra. Obviously I won't be able to share all my great experiences in this small paragraph, but beside all the interpersonal learned lessons, I really got the feeling that the work I was involved in, wasn't worthless. Most notably in the medical camps with the MMU every month or the Pindari health camp twice a year. To support the local people who haven't got any health supply was a great satisfaction in the sense that you knew your work is changing something.

I am thankful that I got the opportunity to help with Aarohi and I hope you all will keep the good work going.

Thank you for your time.

Philipp Jensen

The road less travelled: Anita Jain



*"Two roads diverged in a wood, and I-
I took the one less traveled by,
And that has made all the difference."*

Robert Frost

These lines were shared with me by my family medicine mentor as I grappled with the difficult decision to quit my well-settled job and life in Mumbai and move up to the mountains to work on Aarohi's mobile health unit.

That was 6 months ago, and I can only say that my journey so far has been continually rewarding. This mobile health unit visits villages in the Okhalkanda block of Uttarakhand on a monthly basis. I would describe what I see in the communities here as REAL unmet healthcare need. Basic interventions as a doctor can make such a difference to people's lives here, sometimes things as simple as giving them respect and the reassurance that you are here to care for them. As a lady physician, I have almost needed to transform to a gynecologist as women feel comfortable to confide in me what ails them. Women in the hills, I have realized, are tremendously hard-working and resilient. So also, they are equally disempowered as women in

other remote parts of India. I feel grateful to have the chance to make their lives easier if even by a small measure. I have had the opportunity to spend time with Aarohi's health workers and supervisors. These women stand out in sharp contrast as models of empowerment as they strive persistently for the welfare of the communities they serve.

At a personal level, being on the road with the mobile health team has taught me to be more tolerant of unpredictability and accept things as they come. It is encouraging to have unfailing support from the Aarohi management that urges us to continually learn and improvise our services for the better. No idea is put down in the interest of our patients. I think that is what keeps me going here.

Healthcare in the hills is fraught with its own challenges. There are absolutely no reliable and accessible health services in many regions. I am made acutely conscious of my limitations as often patients need specialist care and higher investigations, but have no means to travel to city hospitals, or indeed navigate the complexities of large tertiary centres. In these circumstances, I am happy to be providing my patients with what I can- good, essential primary care. In true 'development work' lingo, I am often brought to ponder on the question: If what I do has any sustainable impact?

An elderly woman visited our health camp at Patlot wheezing and coughing. She had walked for 4 hours and was breathless. We were able to do a medical assessment and provide much-needed medicines. Next month, she came with a bunch of oranges from her farm proclaiming that she had done the walk in 2 hours, and that she was urging all in her village to come here for healthcare.

I don't ask myself that question any more.



APPENDICES

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Leela Bisht	Meora	Sheeba Sen	Satkhol
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Parwati Bisht	Meora	Heera Lal	Satkhol
Prema Lodhiyal	Meora	Janki Thapa	Satkhol
Sushila Bisht	Nainital	Megha Thapa	Satkhol
Bimla Bisht	Nathuwakhan	Shanti Devi	Satkhol
Saraswati Devi	Nathuwakhan	Shubham Thapa	Satkhol
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Aarohi's directly intervenes in 107 villages with 8,731 households, benefitting a population of approximately 52,836 people across 3 districts of Uttarakhand.

Village	No. of households	Programs currently running
Chapar	70	Education
Dankanya	32	Education
Sinoli Malli	34	Education
Kumati	41	Education
Satoli	59	Education, Livelihood
Soon	48	Education, Livelihood
Kaphura	68	Education, Livelihood
Deari	63	Education, Livelihood
Nigrar	19	Education, Livelihood
Bhayalgaon	86	Health, Livelihood
Sonarkhola	22	Health, Education
Lushal	67	Health, Education
Matiali	36	Health, Education
Sirmoli	27	Health, Education
Satkhol	100	Health, Education, Livelihood
Chhatola	120	Health, Education, Livelihood
Sangila	15	Health, Education, Livelihood
Peora	98	Health, Education, Livelihood
Paiyyakholi	13	Health, Education, Livelihood
Karoyal	40	Health
Bhadrakot	69	Health
Hairakhan , Aejer	67	Health
Okhalkanda Talla	124	Health
Tanda	87	Health
Rekhakot	95	Health
Khansyu Bazaar, Village	107	Health
Galni and Galni Jamni	134	Health
Chamoli and Chamoli Kitora	140	Health
Kalaagar	160	Health
Querala Talla, Malla	88	Health
Gargari Malli	77	Health
Gargari Talli	109	Health

Village	No. of households	Programs currently running
Saal	91	Health
Jhargaon Malla	64	Health
Jhargaon Talla	107	Health
Wacham	232	Health
Khati	62	Health
Jatoli	18	Health
Adhora	200	Health
Aam	72	Health
Amjad	109	Health
Badon	134	Health
Bagour	15	Health
Baramdhar	45	Health
Bhathritha	39	Health
Bhanpokhara	42	Health
Bhumka	161	Health
Chackdalad	63	Health
Chacksaidhula	52	Health
Churigarh	110	Health
Dalkanya	294	Health
Devali	25	Health
Dungri	102	Health
Goniyaro	162	Health
Harishtal	60	Health
Jamrari	52	Health
Kakod	192	Health
Khujethi	70	Health
Kodar	57	Health
Konta	80	Health
Kotli	85	Health
Kulori	93	Health
Kundal	63	Health
Lawar-Doba	220	Health
Mahtoli	183	Health
Matela	123	Health
Nai	131	Health
Nartola	59	Health
Okahalkanda Malla	127	Health
Patrani	118	Health

Village	No. of households	Programs currently running
Padampur	97	Health
Pantoli	26	Health
Pashyan	178	Health
Paitna	30	Health
Pokhari	90	Health
Pokhari Malli	36	Health
Pokhari Talli	15	Health
Putgaon	80	Health
Putpuri	36	Health
Ramailagaon	30	Health
Raikuna	72	Health
Salakpar	28	Health
Salakwar	37	Health
Saude	19	Health
Sui	54	Health
Surang	137	Health
Suwakot Pokhari	52	Health
Takura	41	Health
Thaladi	91	Health
Timar	84	Health
Tusrar	78	Health
Udiyari	46	Health
Jajar	35	Livelihood
Harinagar	114	Livelihood
Mona Talla Malla	142	Livelihood
Birkhan	12	Livelihood
Kool	95	Livelihood
Simayil	47	Livelihood
Kherda	70	Livelihood
Suyalgarh	103	Livelihood
Suralgaon	50	Livelihood
Meora	78	Livelihood
Orakhan	35	Livelihood
Simayil Raikwal	99	Livelihood
Nathuakhan	235	Livelihood
Ramgarh	23	Livelihood
Dol	9	Livelihood

A total of 318 individuals contributed INR 36,12,853 towards development activities

EDUCATION INR 28,22,839

New Delhi

Premila Nazareth Satyanand	1,00,000
Dr. Purnima Dhar	50,000
Sushila Gupta	25,000
Ruchira Pandey	20,000
Sreekant Khandekar	18,000
Rakesh Chandra	18,000
Rahul Nainwal	18,000
Pankaj Wadhwa	18,000
Dr. V. Bhatnagar	10,000
Dr. Meera Kharbanda	10,000
Dr. Prachi Renjhen	7,000
Sanjay Pant	5,000

Bangalore

Krishna	40,000
M/S L & S Architects	40,000
Vandana Singh Bangari	25,000
Ravindra Singh Bangari	20,000
C.S. Gopal Krishna	6,200
Raj N Rika Boutique	5,000

Mumbai

Executors & Trustees of	
Late Shri V.A. Shah	4,00,000
Give India Foundation (Individuals)	64,841
Siddhartha Singh Bhandari	50,000
Sujata Chitnis	5,000

NOIDA (UP)

David Pinto	1,88,180
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Sujata Gupta	21,000
Rohit Krishan Gulati	15,000
Sumita Singh	11,000
Niyati & Ritka Gupta	5,260

Haryana

Deep Chandra Joshi	20,000
Sheela K. Joshi	10,000
B. Jaishankar	12,500

Pune

Meena Harisinghani	10,000
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Kaphura

Dr. P.L. Arya	5,000
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Satoli

Dr. Puneet Kumar Singh	45,925
Seema & Dr. Sushil Sharma	5,000

DoI

Mamta Dumka	5,000
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United Kingdom

Helen Hitchcock	2,10,795
Anonymous	69,105
William and Gillian Holloway & Teresa Stuart	6,000

Europe

Stefanie Friedel	9,813
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Dubai

Arvind Ramesh Kittur	16,000
Ajoy Kane	6,500

Individual Contributions for the Year

Neena Prakash	6,500	Christoph Pfundstein	5,907
Biswajit Dasgupta	6,500	Ian Mcann	5,907
Global Giving - Education INR 5,11,768		Peter Speicher	5,907
Anonymous	36,072	Gareth Batty	5,907
Vivienne Cane-Honeysett	32,654	Stephen Foley	5,907
Sumedh Jaiswal	20,082	Edward Chai	5,907
Nandana Kansra	19,627	Sam Corney	5,907
Lucy Gill	18,319	Amal Abob	5,907
Lopita Sen 15,062		S C Thiruvangad	5,907
Matthew Weir	14,937	Rehan Latif	5,907
Phil Aldis	14,937	Ian Wolkoff	5,907
Marvin Hoff	13,696	Florent Chagnard	5,858
Vineet Chhatwal	13,025	Paul Tedeschi	5,858
Niharika Cabiallavetta	8,860	Peter Raven	5,858
Rahul Parekh	8,787	Thaseegaran Pillay	5,611
Khushal Bansal	8,787	Judith More	5,600
Paul Weitzkorn	8,417	Jacqueline Thomas	5,551
Swati Pradeep Raman	8,044	Natassia Rozario	5,316
Mysore Ramaswamy Harish	7,531	Richard Skeet	5,272
Gorur S Roysam	7,531	Kapil Kasetwar	5,112
Justin Green	7,531	Hari Sankaraman	5,112
Rajneesh Salhotra	7,531	Kanishk Jain	5,089
Rohit Mendiratta	7,531	Trilochan Sastry	5,072
Anonymous	7,515	Ratna Wynn	5,021
Avneet Chopra	7,469	Guus Vermont	5,021
Brian Conway	7,469	Namrita Sen	5,021
John Gillies	7,469	Saher Jung	5,021
Philip Heaton	7,469	Daniel B Leiter	5,021
Benjamin Pollak	6,912	Edward Rose	5,021
Paul Jaffe	6,087	Ryan Buckingham	5,021
Phil Evans	6,066	Sheeba Sen	5,015
Iram Akhtar	5,915	149 Individuals globally, contributing	

Individual Contributions for the Year

upto INR 5,000 each 3,00,952

Bal Sansar Scholarship INR 45,000

Aradhana Khaitan Mahan 36,000
Madhumita Datta Mitra 9,000

Almora Scholarship INR 1,15,000

Shubham Pant 60,000
Priti Rao 50,000
Sushila Gupta 5,000

Education Corpus Fund 160,000

Saroj Yashwant Kamat 1,00,000
Premila Nazareth Satyanand 50,000
Meena Harisinghani 10,000

Seema Nazareth Girls Graduate Scholarship INR 50,000

Premila Nazareth Satyanand 50,000

HEALTH INR 7,35,514

New Delhi

Pankaj Wadhwa 80,000
Vineet Chhatwal 30,000
Dr.(Col.) C.S. Pant 26,000
Kusum Haidar 15,000
Dr. Anjila Aneja 15,000
Smriti Kundra 5,000
Dr. Neelam Vasudeva 5,000
Deepa Mehra 5,000
Padmini Nambiar 5,000

Pune

Rajesh Arora 37,099
Vasumati Vora 5,000

Kolkata

Jati Bannerjee 25,000

Kerala

Abey P. John 5,000

Gurgaon

B. Jaishankar 12,500

Maharashtra

Late Chunibhai Motibhai Patel Charitable Trust 5,000

Europe

Stefanie Friedel 79,171
Jesper & Britta Dano 5,000

Globalgiving - Health INR 3,36,086

Anup Khandelwal 3,05,311
Jo Parker 5,331
Aditya Mehra 5,112
Kishor Bachhav 5,112
Mridula Mukund 5,112
Rajan Joshi 5,089
Raghavendra Prasad 5,021
24 Individuals globally, contributing upto INR 5,000 each 39,658

GRAMEEN HIMALAYAN HAAT INR 31,500

Himjoli Pvt. Ltd. 10,000
H.L. Kapoor Financial Consultants Pvt. Ltd. 10,000
Bahuguna & Associates 6,500
M/S Hotel & Restaurant Association 5,000

YOUTH WING INR 2,000

M/S Storythread 2,000

RURAL DEVELOPMENT INR 11,000

Srianpri Holding Pvt. Ltd. 6,000
Lata Bisht 5,000

44,500



join us...

Welcome to Aarohi family...

For over two decades, we at Aarohi have devoted our lives in the Himalayas to ensure that children and mothers don't die needlessly; that young girls have the same opportunities in life as young boys; that every child has a right to quality education; and that social and economic empowerment is a choice available to all.

Join us in this exciting journey of ours.

work with us

We welcome development professionals, doctors, community health managers, nurses, counselors, teachers, managers, social entrepreneurs, and everyone else who shares our values, wants to be part of a small, dedicated and a committed team, work with and for mountain communities and experience a new way of being and living in the mountains.

volunteer with us

You can give time in our hospital, work as part of our community health project, teach in our school, help strengthen office systems, support our natural resource management initiative, work with our enterprise promotion team in marketing, advertising, supply chain management, branding or help strengthen our fundraising initiatives, the list is endless!

become a member

To keep abreast with our work you can become a life member for a membership fee of INR1,000 or equivalent amount in any currency.

donate

We need your support to help us sustain and build on the work we are doing. Both health and education programs need constant financial inputs.

connect

We have an active chapter in Switzerland called 'Aarohi Schweiz'. Please contact Sarah Marti at sarah.marti@hin.ch or Robert Graf at rob.graf@yahoo.de to get more information. We also have a new Aarohi chapter in the UK. For more information contact our UK Chapter Coordinator, Dr. Arun Harish at arun@aarohi.org

*Great things are done by a series of small things brought together.
Vincent Van Gogh*



aaro natural products

Body Care	Wt./ Volume	MRP* (Rs.)	Herbs	MRP* (INR)
OIL OF APRICOT	50 ml	149	MINT 20 g	149
	100 ml	249	PARSLEY 20 g	149
	200 ml	449	THYME 20 g	149
APRICOT SCRUB	50 g	79	JUMBOO 20 g	149
	100 g	149	BASIL 20 g	149
	150 g	199	CARRAWAY 20 g	149
APRICOT CREAM	50 g	199	ROSEMARY 20 g	149
APRICOT SCRUB SOAP - 5 VARIANTS Rosemary, Orange, Cinnamon Geranium, Vetiver	70 g	79	OREGANO 20 g	149
			MIXED HERB 20 g	149
LUXURY BATH SOAP - 5 VARIANTS	70 g	99	Herbs Teas	
			CHAMOMILE 10 bags	149
PEACH OIL	100 ml	410	PEPPERMINT 10 bags	149
			THYME 10 bags	149
PEACH SCRUB	100 g	215	ROSEMARY 10 bags	149
			Herbs Seasonings	
GIFT PACK		349	SPICY PARSLEY 50 g	129
			MINT MEDLEY 50 g	129
			CONTINENTAL HERB SALT 50 g	149
			Fragrance Range	
			GERANIUM SACHET 5g	25
			POTPOURRI 65 g	85

For bulk / retail orders
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 +91 94129 91916 Deepak

at a glance

	2012-13	2013-14	2014-15
Life members	173	175	178
Institutional members	16	16	16
Ordinary members	107	118	103
Villages covered	58	77	107
Households covered	6,690	7,323	8,731
Population benefited	36,800	46,353	52,836
Individual contributions (INR lakhs)	37.3	41.3	36.1

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

Front cover: Hema from village Wacham
Back cover: House in Jatoli, the last village en route to the Sundardhunga Glacier: Photo by Mohd. Jamal
Back inside cover: Aarohi products in their new packaging: Photo by Shailesh Singh

Consul Printers, Nainital

All contributions to Aarohi are exempt from Income Tax under Section 80 G of the IT Act. Contributions can be made in the name of Aarohi by way of demand draft or cheque, or through direct bank transfer (NEFT/RTGS). Transfers using SWIFT can be made for out of country contributions. Please mail us for details at info@aarohi.org