



Uttaranchal Patrika

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अपनी बात, श्री चन्द्र दर्शन द्वारा



Patrika Editorial Team:

Sangeeta Bist,
Runjhun Saklani, Ritu Negi,
Dr. Ajay Karki & Tarun Joshi

President's Message

Friends,

Since I last reported to you, there has been a buzz of activity and events that have taken place in our community. The Tri state and Greater Washington Area hosted very successful Holi receptions where I was very fortunate to meet several of you. More recently, Bela Negi had her debut film, *Daayein Bayeein*, shot exclusively in Uttarakhand with an all Uttarakhandi cast, showcased at the New York Indian Film Festival which we actively helped promote among our community. Many of us had the opportunity to meet with her and discuss ways in which we could work together to further our common interests. The committee structure that we put in place to devolve more of the governance of the organization to the membership is working very well and I am very excited at the many initiatives coming out of the different committees. In this Patrika, several committee chairs are providing brief reports on the activities of their respective committees. We have set up e-mail addresses for each committee, if you want to be involved in any initiative or want to provide any comments and suggestions, please feel free to contact the committee directly. Varun Karki, our webmaster in training, is doing an excellent job of keeping our website current; if you have not visited our website recently, please do so at www.uttaranchal.org. Lastly, Sangeeta Bist, our editor and her editorial team have put together a solid foundation for putting out a timely and high quality Patrika.

In this issue, I want to highlight two of our main events, the **Annual Convention**, and our **Membership Drive**. For both events to be a success, we need and request your active support and cooperation.

Annual Convention: Our annual convention committee (Dinesh Pant (chair), Pritam Dimri, Neeta Joshi, Ricky Kala, Rachana Pant, Ajay Rawat, and Mekhla Stanton) has worked diligently over the last three months to evaluate several locations and times for this year's annual convention. On their recommendation, the annual convention will be held in the historic city of Fredericksburg, VA on July 29- July 31st. The committee is working very hard to develop an innovative and exciting program for the annual convention. This year, the convention is scheduled over two days kicking off with an early bird reception and social mixer on Friday, July 29th.

and culminating with the cultural show and gala dinner on Saturday, July 30th. Several activities are planned in between catering to all age groups. Since all delegates will be staying at the same hotel there will be plenty of opportunity for social interaction both through planned events and informal get-togethers. The success and vibrancy of the annual convention depends on the active participation of all in the community, so please do not only join us in the convention but also help us in spreading the word and encouraging friends and family to attend the convention with you. We are encouraging members to make their hotel reservations early (our hotel bloc will be released on July 15th.) and also send us confirmations at UANA2011@uttaranchal.org so that we can plan more effectively.

Fund Raising: To make the convention affordable for all to attend, we have tried to keep the registration fees as low as possible. However, the registration fees can only cover a portion of the costs of the convention and we greatly appreciate any donations. If you have a business, please consider placing an advertisement in the convention brochure. Any excess funds that we raise beyond the convention costs will be utilized to fund projects identified by our Outreach Committee. Fund raising is a difficult and often thankless job so I am extremely grateful to the following people for volunteering to serve on the fund raising committee: Sanjana Raturi (chair); Prema Bohra; Harish Pant; Dinesh Paliwal, Neeta Joshi, and Geeta Rawat. Please be generous and treat them gently when they call or approach you for donations.

Details on the convention developed by the annual committee are provided later in the Patrika.

Membership Drive [2011-2012]: With this Patrika issue we are launching our membership drive for 2011-2012. According to our by-laws, the membership term runs from August 31 – September 1(next year). The annual membership dues remain unchanged at \$25/- per household and help us cover our administrative costs. In fact, the membership dues have not changed since the organization was founded in 1998. Please send a check of \$25/- payable to "Uttaranchal Association" at the below address along with the membership form included in the Patrika. The membership form is also available on our website, www.uttaranchal.org. The membership form helps us keep our records updated and enables us to provide more effective

service and communication to our members. We are also developing a PayPal option for payment of dues which will be soon operational on our website. We encourage members to consider the life membership option of \$250/- to avoid the inconvenience of paying dues every year and helping to reduce administrative work for UANA. Moreover, let me stress we are a voluntary organization, the best advertising for us still remains word of mouth. So please encourage friends, and relatives who are not members to join the association. Let us work together to make UANA grow.

I look forward to meeting you all at our Annual Convention.

Ajay Adhikari

Membership Committee Summary

Surjeet Mastwal (chair), Bhawana Bisht, Harish Pant, Sanjana Raturi, and Geeta Rawat

There are several items that our committee is working on. The first thing that we did was to establish an annual procedure for contacting current and potential members for renewing or becoming new members. Part of this procedure is to send an introductory statement on the reasons for becoming part of the organization and a survey questionnaire for members to rate the activities of the organization. We have generated these documents and are currently finalizing them. In addition to this, we will designate key persons within individual regions to serve as points of contact for the organization. We have also analyzed the current membership lists to examine the current state of the organization. Finally, once we have received feedback from the survey, we will combine this with our membership analysis to generate a summary report on the current status of the organization and recommend specific actions that can be taken to make improvements. Overall, our aim is to establish a set of routine procedures that can be followed annually. We also plan to generate a set of documents that will go with these procedures. These procedures and documents can then be modified and revised annually before being carried out.

Update from UANA OUTREACH COMMITTEE

Ramesh Patwal (chair), Dr. Roop Bhakuni, Dr. Jagdish Bhandari, Chhaya Kapilashrami, Arun Tewari

UANA Outreach Committee (UOC) conducted half -day workshop at Virginia where

UANA objectives and Vision were discussed. It was decided that the UANA Outreach Committee would first work to develop and formalize sponsorship and project evaluation protocols which UANA would use to implement future projects. This would include development of criteria by which projects would be evaluated and a formal vetting document.

It was also decided that UOC will work with established NGO's in Uttarakhand, to execute projects identified by UOC. Below projects have been identified by UOC.

1. Uttarakhand Outreach Program:

Pilot program to conduct education/career guidance camps in Uttarakhand to achieve below objectives:

- Educate Parents about the importance of Higher Education.
- Provide Career Guidance to Students from 5th grade onwards.
- Workshop for Students between 9th –12th grades to enhance English Language skills.
- Conduct test to prepare students for competitive exams.

2. North America Outreach Program:

The objective of this project is to introduce Uttarakhand Culture among youth in North America.

2.1 Youth Internship Program:

The objective of this project is to provide graduating high school seniors and college students, short-term (3-4 weeks) internships in selected schools in UTTARAKHAND. The program is open to children of UANA members.

3. Members Initiated Project:

The objective of this project is to encourage UANA members to identify and execute projects in UTTARAKHAND. UANA will match up to maximum of \$250 to the project cost which is been initiated and executed by UANA member.

4. Data Gathering:

Scholarship and Educational Programs information will be collected from Uttarakhand Government on regular basis.

5. Himalayan Trust:

It was agreed that UOC will work with Himalayan Trust on projects which meets UANA objectives. UOC have prepared vetting document

which will be used as a template for all projects submitted by members.

We request members to bring to our knowledge if you have any project that we can work together. We believe, although small, this is the step in the right direction. UOCA is in the process of preparing a project proposal which will be sent to UANA ExCom and Board for approval.

For your questions, suggestions, and comments please send email to outreach@uttaranchal.org

UANA 13th Annual Convention and Cultural Show July 29-31, 2011, Fredericksburg, Virginia

We extend a warm Pahari invitation to you to attend the 13th. Uttaranchal Association of North America (UANA) Annual Convention in the historic city of Fredericksburg, Virginia, July 29-31, 2011. Fredericksburg is midway between Richmond and Washington DC and the convention hotel is conveniently located one mile off I-95 and close to several major attractions including historic Fredericksburg downtown and Kings Dominion Amusement Park (30 minutes). The Annual Convention Committee is putting together an innovative and exciting program catering to all ages. Please bring your family and friends to celebrate our proud heritage.

Preliminary Program

Friday, July 29, 2011

Welcome and Registration:

Early Bird Reception and Social Mixer

Saturday, July 30, 2011

Morning programs:

Health & Wellness Workshop;

Board of Directors Meeting

Afternoon programs:

Kids Program

General Body Meeting [Working lunch]

Evening programs:

Registration followed by Cultural Program
Cocktail Hour followed by Gala Dinner & Dance

Convention Hotel

Hospitality House & Conference Center
2801 Plank Road, Fredericksburg, VA 22401
Reservations: 800-682-1049
Convention rate: \$75.00 + taxes
Mention UANA Convention
<http://www.fredericksburghospitalityhouse.com>

Cultural Program

Geeta Rawat (ggrawat@cox.net) has kindly agreed to coordinate the cultural program. We encourage broad participation, if you or your family/friends would like to perform in the program, please contact Geeta.

Convention Registration

Convention Registration Rates: \$25 single registration; \$50 family registration
(Registration includes Friday evening social; GBM lunch; cultural event; and gala dinner)

Donations & Advertising

We try our best to keep registration costs low to make it affordable for all to attend. However, registration proceeds are only sufficient to cover a portion of the convention costs and we greatly appreciate any donations. Moreover, any additional proceeds received above the convention costs will be utilized to fund projects in Uttarakhand identified by our Outreach Committee. If you are in a position to do so, please donate generously. If you own a business or have friends that own businesses please encourage them to advertise in our convention brochure. If you are interested in donating or placing an ad, please contact us at UANA2011@uttaranchal.org.

Donation Categories [Each donation category gets a family registration ticket]:

Grand Platinum Patron:	\$1,000
Platinum Patron:	\$500
Diamond Patron:	\$250
Gold Patron:	\$150
Silver Patron:	\$100

Advertising Rates [Each advertising category gets a family registration ticket]:

Full Page	\$1,000
Half Page	\$500
Quarter Page	\$250

Confirmations

We would greatly appreciate if you could confirm your participation including arrival date, number of people in your party at UANA2011@uttaranchal.org. This will greatly help us in our planning for the convention. Any queries regarding the convention can also be sent at the above e-mail address.

Additional Convention Details (including directions) provided at our website, www.uttaranchal.org

Last Year's Annual UANA Convention Report

August 25th, 2010



More than 300 North American Uttarakhandis came together for the 12th Annual UANA Convention in Lancaster, Pennsylvania on August 14th, 2010. The convention with the theme of '*Rangilo Garhwal Mero, Chabeelo Kumaon*' provided a platform to foster social bonds, networking, create awareness in our future generation about our rich cultural heritage, and to spend time with Uttarakhandi family far away from home in a truly festive atmosphere. UANA members also celebrated India's Independence Day in the historic city of Lancaster, PA, which interestingly was the capital on USA for one day.

In the morning seminar session, an exceptional panel of speakers such as Honorable Chandra M Bhandari, a career diplomat with Indian Ambassadorship and other important roles in several countries around the globe, spoke eloquently about destination Uttarakhand taking the audience through a breathtaking journey of Dev Bhoomi, Uttarakhand. Dr Roop Bhakuni, Ex Managing Director and Chairman, Good Year, India, shared his valuable insight related to behaviors for managers, executive, and leaders as an ongoing initiative of UANA Mentoring Program. An update of UANA's ongoing community and charity based projects both in Americas and Uttarakhand was provided during the General Body Meeting.

The evening program was again done beautifully in the most wonderful auditorium at McCaskey High

School, Lancaster. The message of involvement by UANA President and the key note speech by the chief guest Honorable C.M. Bhandariji added a professional touch to the evening segment of the Convention. The rendition of Indian National Anthem on the eve of Indian Independence Day once again reminded everyone about the value of freedom, diversity, and democracy - "Swaraj Hamara Janm siddh Adhikar Hai". The cultural program participants displayed an amazing grace and sense of community participation. The cultural program started with the lighting of the lamp by eminent guests, blowing of the conch and a note on its significance, shloka recitation, followed by Nanda Devi Jaat, beautiful choreography of several adults and children group pahari dances, and a mesmerizing drama of a motor ride in Uttarakhand by a drama team of children and adults.



The evening celebration continued with social bonding and networking over sumptuous dinner at the banquet hall of Eden Garden Resort with no hurry to leave as most attendees stayed overnight. An award certificate and a small cash prize were distributed to praise and encourage our young and little performers who had a daunting task of getting prepared for this convention in a very short time frame. Cocktails were sponsored by few patrons and the dance floor brought everyone together. Finally the night aptly ended with dancing to the evergreen melody such as 'Bedu Pako Bara Masa' with dancing enthusiasts not ready to leave floor even past midnight. The event of this magnitude was made possible by participation of the community, selfless efforts of volunteers, and generous donations by community members and kind sponsors.



With kind regards,

Dr. Gopal K. Dhariyal and Ms. Runjhun Saklani
On behalf of UANA (www.uttaranchal.org)

What do we do? A Focus on Medical Profession

We plan this to be a regular Patrika column that focuses on career and professions. To make the column accessible to a wide audience, the column will be in a question/answer format featuring two members of a profession drawn from UANA membership. In this issue, we focus on medical and feature two doctors. Dr. Alok Pant is doctor in Northwestern Memorial Hospital in Chicago, Illinois. Udit Rawat is a medical student in Albert Einstein College of Medicine, New York.

1. What attracted you to become a doctor?

Dr. Pant: I really wanted to be a part of a profession where every day I could feel as though I had made someone else's life better in a direct and meaningful way. I also wanted a job that required me to use my hands and my mind and would keep challenging me in new and interesting ways. The world of medicine is constantly evolving as we learn more about the human body and disease processes.

Udit Rawat: What attracted me to becoming a doctor was my great interest in science and humanitarian work. The field of medicine is one that is constantly changing and one that constantly provokes new learning and thinking. This profession has allowed me to continuously stimulate my knowledge of the human body and current diseases, and apply the knowledge to my ultimate goal: providing quality care and support to people against sickness and disease.

2. What education and training did you have to undergo to become a doctor?

Dr. Pant: After College I went to medical school followed by residency training and then a subspecialty fellowship in oncology.

Udit Rawat: I received a bachelor's degree in Biomedical Engineering and in Mathematics from the University of Virginia as an undergraduate student. I also prepared and took the Medical College Admissions Test in order to apply to medical schools, and I also participated in numerous volunteer activities in health clinics and hospitals, which helped me, gain medical knowledge and skills

3. Please tell us briefly about the organization you work with and your responsibilities?

Dr. Pant: I work at Northwestern Memorial Hospital in Chicago, Illinois. I am one of the doctors that take care of women with cancer of the ovaries, uterus and cervix. We use surgery and chemotherapy to try to fight these devastating diseases.

Udit Rawat: I am currently enrolled at Albert Einstein College of Medicine, where I will begin hospital rotations on June 13th, one week after taking the first part of my United States Medical Licensing Examination. Although rotations will primarily be a learning and observational experience, some of my responsibilities will include working with physicians and medical interns to care for patients, helping physicians diagnosis medical conditions for individual patients, and creating a safe and helpful environment for hospitalized patients.

4. What do you enjoy most about your work?

Dr. Pant: The best part of my job is being able to tell a patient and their family that we were able to remove all of their cancer during surgery or that they had an excellent response to chemotherapy.

Udit Rawat: As a medical student, I enjoy the opportunities when I meet new patients and attempt to diagnose them. It allows me to finally apply what I have been studying in my courses to actual patients. The whole learning process is exciting, and seeing my potential to be able to help the sick is the best part.

5. What are some of the greatest challenges?

Dr. Pant: Unfortunately, cancer is a very tough adversary and difficult decisions always need to be made. Sometimes surgery and chemotherapy just don't work and telling a patient and their family that the prognosis is not encouraging can be very difficult.

Udit Rawat: Perhaps my greatest challenge this upcoming year will be to work numerous, constant hours in the hospital with little breaks in between the day. Although I am very excited to finally work and interact with patients, I know that I will need to get accustomed to the working hospital lifestyle. Another challenge I am sure I will encounter every day will be attempting to diagnose patients who may be stricken with diseases or disorders that present in an unorthodox or atypical manner. However, I am excited to overcome both of these challenges in order to gain valuable skills that will help me become a successful physician in the future.

6. Please describe briefly your typical day.

Dr. Pant: Depending on the day, I will either be in the operating room all day or in clinic. In the OR we perform surgeries in order to remove tumors and cancer. The days in clinic consist of seeing patients after surgery and patients who are currently being treated with chemotherapy to try and manage their side effects and determine the effectiveness of therapy.

Udit Rawat: For the last 2 years of my medical school career, a typical day for me included attending classes, lectures, and conferences during the morning and afternoon, followed by studying for exams the rest of the day, with breaks in between for food, going to the gym, and spending some time with friends. For the next 2 years, however, I will be spending a majority of my day in the hospital working with physicians and interns in order to take care of patients.

7. Would you like to share something else with our readers?

Dr. Pant: Medicine is a very rewarding field and I could not imagine doing anything else with my life. However, it takes a lot of hard work over many years to be able to become a doctor so you should be

absolutely certain that this is the proper career path before you get started.

Udit Rawat: I would like to say that although the medical profession requires a great deal of commitment and sacrifice, I believe that it is the most rewarding profession in the world because physicians really do make a huge impact and difference in the lives of individuals that are sick or are suffering from diseases. I definitely encourage others who have the passion and desire to become physicians to follow your dreams and work towards gaining a medical education.

The Himalaya Trust Project

COMMUNITY RADIO IN UTTARAKHAND (2001-2011)



274/II Vasant Vihar,

Dehra Dun-248006 Uttarakhand

Himalaya Trust office: 0135-2765081

The beginnings

The little village of Khadi in the Henval river valley of Tehri Garhwal has seen many exciting moments in its life as it has historically been in the centre of forest rights movements by the people of Garhwal. In recent times it was its stirring resistance to forest denudation for industry, the Chipko Movement, which drew public attention to its legacy of social movements for environmental justice.

In 2001 it played host to a new generation of activists, a group of young girls and boys of Garhwal and Kumaon, who gathered to form themselves into a community radio group, taking advantage of information technology to reach out and give voice to the remote and marginalized communities of the Uttarakhand Himalaya. The initiative to encourage grassroots expression in the form of community radio was launched by The Himalaya Trust (HT) in September 2001 as a sequel to an earlier oral history project, “**An Oral Testimony Project for Mountain People**”. Twelve young graduate applicants from Garhwal and Kumaon were selected for the initial 6-day training workshop conducted by a trainer from VOICES, Bangalore, at Khadi village.

Aims and objectives

Through the medium of the people’s own radio, the CR initiative aimed to shift the focus away from mainstream media issues and presentations which presently dominate the air waves through Doodarshan services, to issues of local relevance and importance. Community radio programs, being owned and managed by the community, will focus on projecting the problems and achievements of small mountain communities, disseminate local cultural traditions, inform the public of employment or educational initiatives and opportunities, design Program content to fulfill people’s needs and aspirations, empower women to speak and express themselves, and bring out the lost voices of remote and marginalized mountain people to share traditional wisdom and experiences.

The Trust which has given the CRs the initial back-up and support, serves as a catalyst to give impetus to the movement, arrange periodic training for members, help with the management and studio equipment of the CRs in their initial phase, and, finally, encourage them to become independent societies supported by the community, taking their own responsibilities for management, developing strategies for financial and motivational sustainability, and working towards getting their licenses for broadcasting.

Young “narrowcasters” chalk out their strategy

Following the initial training workshop the trainees set up five fledgling radio centres in five river valleys: *Heval, Bhagirathi, Mandakini, Balganga* in Garhwal, and *Gomti* in Kumaon. In the early phase, lacking

sophisticated equipment and facilities for broadcasting, the CR enthusiasts acquired practical, face-to-face experience by walking from village to village to introduce the concept and create awareness of the potential of Community Radio to rural communities. They recorded short programs based on local issues with local voices. The programs were then “narrowcast” through cassette recorders and amplifiers to curious rural mountain audiences, from rooftops, at village *chaupals*, and in the market place. Basic recording, sound mixing and playback equipment was provided by HT for “narrowcasting”, all of which went neatly into a backpack.

Early Struggles

The first few years were a struggle for the barefoot, backpacking narrowcasters. The equipment was extremely basic, experiments in editing and sound mixing frustrating on account of power failures and lack of experience, space was not easily available, and membership was drawn from several small mountain villages and hamlets on account of which hours were spent trudging uphill or down to attend a meeting. It was a tremendous challenge to keep young members inspired and committed, with no resources at their disposal, any local centre or jobs to give them an identity, and only the most elementary equipment with which to create programs of reasonably good quality.



As experience, however, the period was invaluable. As they became known as “*Radio wale*”, they became acutely tuned into observing audience reaction to programs, responding to instant feedback, which then was used as the basis for creating new, topical and relevant programs for the community. The recordings were initially made on cassettes. They were able to make the transition to digital technology several years later in 2004 when a small grant from UNESCO enabled HT to provide further training and equip the groups with digital recorders.

The first radio centers

As the trainees were drawn from different river valley areas of Uttarakhand, in the start-up phase they set up five experimental community radio centres in different locations: *Hevalvani* in Khadi (now shifted to Chamba, Tehri Garhwal Distt) , *Mandakini ki Awaz* at Bhanaj, Rudraprayag distt' Katyur Ghati Samudayik Radio at Garur, Kumaon, Srishti Samudayik Radio at Uttarkashi, *Raibar Samudayik Radio* at Chamyala, TG Distt. Of these, three are now active radio (narrowcasting) centres, due to get their licences for broadcasting. Two became dormant due to lack of financial support, as HT did not have the resources to assist so many groups.

The survivors

The three active CRs today are: ***Hevalvani***, ***Mandakini ki Awaz***, both of which are independent CR centres, with their own registered societies, and ***Pradeep Samudayik Radio*** (originally *Katyur Ghati Samudayik Radio*) in Garur, Kumaon. This last group is comparatively new as it had to be reconstituted in 2004 owing to the untimely death of its young founder. It is still supported by the Himalaya Trust.

The first two have received some financial and technical support from UNESCO and an NGO, Ideosync, to set up low cost sound-proof studios. The third (*PS Radio* in Kumaon) has had consistent but limited financial support given by HT through projects like *Katha Sarovar (Story-telling training)* but will soon have its own centre after a one-year training program supported by WACC of Canada.



Broadcasting, training and earning opportunities

The three groups were initially given occasional broadcasting time through AIR Najibabad. As some of the senior staff members of AIR were sympathetic to the efforts of these youngsters, we were able to rope them in to become informal trainers during the early phase. AIR Najibabad broadcast several programs made by the *samudayik radio* groups in Kumaoni and Garhwali languages, and also broadcast interviews with HT on the issue of community radio for their radio station. More recently the three groups were given broadcasting slots by World Space for two hours three times a week. About 200 receiver sets were distributed to the community by World Space and group listening was organized by the communities. Contractual work for programs on traditional agriculture and success stories of farming initiatives created for other NGOs like CECI and CDI also helped to give them an earning, as well as an impetus to their work. The programs created for CECI by *Pradeep Samudayik Radio* have been immensely popular and are still relayed by AIR Najibabad.

Creating a cadre of trainers

The senior members of the groups are now greatly respected among CR practitioners for their tremendous field experience at the grassroots, and are frequently called upon to train newer groups outside the state, which also gets them some remuneration. HT is gratified to see the senior members developing into excellent trainers from within our network.

Unique narrowcasting initiatives

All three groups have developed their own ingenious techniques of extending their repertoire and narrowcast their programs through local TV channels, loudspeakers, advertising for local traders, providing recorded cassettes and CDs of music mixed with their CR programs to bus drivers to play on long distance journeys through the mountains, etc. Recently PSR published an audio booklet of five short stories ("*Ek din ki baat hai...*") from Garhwal folk lore with an accompanying recorded CD for those who have reading difficulties, or for children and older women who prefer to listen to stories. These have been disseminated widely to schools, colleges and individuals, and have even found their way to Japan for Hindi students!

Sustainability of the CRs:

Sustainability has always been the biggest challenge before these groups. Initial support from HT extended only to training workshops and camps where experts from various fields in broadcasting were called for brief 5-day trainings. All members of the Uttarakhand CR group set up by HT were volunteers, and except for brief periods when another NGO gave them support with technical training, equipment, and small salaries for limited periods to two persons in two groups, all members today are sustaining the entire radio station in a purely voluntary capacity – a remarkable achievement for poor rural youth who have only family farms as livelihood sources.

The Himalaya Trust has encouraged the groups in their efforts to become independent, self-supporting entities with access to other supportive professional institutions. All three groups, however, continue to experience financial difficulties. The CR stations sustain themselves through creating audio-visual advertisements for local traders, and by selling CDs of recorded programs to bus drivers and transporters. *Pradeep Samudayik Radio* has yet to apply for a broadcasting license, a process we are beginning now. HTs interest now is to try and ensure that *PSR* is able to access training for its new members, network with other CR practitioners to share experiences and information, and become financially self-sustaining through projects and community service. HT continues to arrange training facilities for them through various projects (story-telling, Health Educational programs, etc).

Financial viability: responding to the challenge

Solution to the problem suggested by CRs based on local needs

Among other initiatives outlined above, the three groups have expressed the view that they can ensure a fairly steady income for their CRs by running computer training centers for youth, for which there is a very large demand. At present only Hevalvani and PSR have the space to set up a training centre. The Kumaon centre has come up largely with the very generous financial donation given by ND Jayal, the Trust's founder. Recently, we have received donations of used computers from **Infosys**, and a training grant for PSR (Kumaon) from **WACC, Canada**. The computers will help to set up

certified training classes for local youth which will bring in some income through fees. We need to gather more funds as small working capital for these groups to be able to meet their travel costs for program making over the villages in their region, maintenance, repairs, upgrading and replacement of equipment, and setting up of transmitters and antennae.

The Trust would welcome contributions towards creating a Fellowship Fund to help sustain a small cadre of trainers picked from the gifted members of the CRs, who have proved to be technically skilled, or are good community motivators, or have excellent creative and program making abilities. Importantly, these trainers are able to train young aspirants in their own dialects and languages. This would be a truly local effort, supplementing the training programs run by UNESCO or AMIC with foreign trainers who cannot be understood in full,



and who do not have grassroots experience of the unique village conditions.

We look forward to a generous response to this good cause which has proved itself through sustained voluntary effort of young village boys and girls of the mountains for ten years.

Indira Ramesh - Projects Coordinator
The Himalayan Trust
ND Jayal Secretary - Coordinator
The Himalayan Trust
+91-9411365511

Editor: We support the Himalayan trust and their efforts for the self dependence of villagers of Uttarakhand and encourage them to become independent societies supported by the community. Please join us and make donations to help their cause.

A Concise History of Uttarakhand (Part -1)
By Raghavendra Dutt Saklani
(Based on 'History of Uttaranchal' by O.C. Handa)

Uttarakhand, literally North Country or Section in Sanskrit, is both the new and traditional name of the state that was formed from the hill districts of Uttar Pradesh, India.

If the traditional, epical and Puranic accounts are accorded reasonable creditability, the history of Kedarkhand, an old name for Garhwal region, may precede the Katyuri rulers by centuries. The names of numerous places of Kedarkhand such as Viratnagar, Kanwa Ashram, Panduwala find repeated mention in the Mahabharata. Very ancient temples are found in Lakha Mandal, which is located about eighty kilometers from Mussoorie. There is rock edict of Ashok in Kalsi which is situated about fifty kilometers from Dehradun. Hiuen Tsang, a Chinese pilgrim who came to India was in this area in A.D. 635. He mentions the kingdom of Brahmapura which is present day town of Rishikesh. The Archeological Survey of India discovered a Buddhist monastery including a Stupa and brick fortification with hordes of gold coins and jewelry in earthen pots at Muni Ki Reti – Rishikesh. It hence becomes clear that many kingdoms rose and fell before the Katyuris were seen in Joshimath, Garhwal.

Most scholars agree Khasas to be the origin of Katyuri dynasty at Joshimath. The Khasas were an ancient people, believed to be a section of the Indo-Iranians who originally belonged to Central Asia from where they had penetrated, in remote antiquity, Most scholars agree Khasas to be the origin of Katyuri dynasty at Joshimath. The Khasas were an ancient people, believed to be a section of the Indo-Iranians who originally belonged to Central Asia from where they had penetrated, in remote antiquity, the Himalayas through Kashgar and Kashmir and dominated the whole hilly region. The Khasas established themselves from Afghanistan to Nepal since ancient times forming Buddhist culture and organized themselves as village level rule or gram rajahs. One of these gram rajahs, established by Katyuris who came from Kumaon region to Joshimath, declared itself to be the sovereign ruling house of the entire territory. Their new Kingdom was known as Joshiyana. The founding ruler of the dynasty was Vasu Dev, who was originally a follower of Buddhism faith. The ancient Vasu Dev temple at Joshimath is attributed to him.



There was factional row between the Vaishnava and Shiva followers of Adi Shankaracharya in Joshimath. (Vaishnava is a tradition of Hinduism known for worship of Vishnu or his associated Avatars, principally as Rama and Krishna). The Katyuris therefore shifted their capital to Baijnath, which was once known as Kartikyapura. Basanta Dev A.D. 850-870, the founder of a new principality at Baijnath enlarged it into a large kingdom to cover most of Uttarakhand by subduing the principalities ruled by Katyuris of other Khasa clans. The Katyuris had extended their hold beyond Bhabar and Terai areas. Buddhism continued to survive in Uttarakhand until Bhu Dev came to power. He wiped out Buddhism in his Kingdom. The importance of Uttarakhand as Dev Bhumi and its strategic location on route from the main land to trans-Himalayan countries attracted not only wealthy nobles from the main land and neighboring countries but also sages, pilgrims and traders. Thus innumerable Dharamshalas were built by locals, and the rulers and external philanthropist agencies. Uttarakhand thus became a melting pot of various ethnic, religious and cultural traditions. However, the followers of Adi Shankaracharya in the ninth century wiped out the tradition and replaced it with Brahminical systems. All the Katyuri kings were devout followers of Brahminical faiths and the great builders of temples such as Jaageshwar and Baijnath. Oppression let loose by the later Katyuris led to the downfall of their dynasty. The petty Khasa chiefs broke loose and in order to defend themselves from rivals they built defensive towers in the villages. Decline of the Katyuris started in ninth century A.D. when feudal chiefs of Boani-garh, the fifty-two citadels, started asserting their independence and the Chand dynasty in Kumaon in A.D.958 further hastened the process of disintegration of the Katyuri power. That breakaway

Boani-garh tract of Katyuri kingdom came to be known as Garhwal, the land of forts. From that time on, Uttarakhand was politically divided into two kingdoms of Kumaon and Garhwal.

Chandpur, a Boani-garh was ruled by Bhanu Pratap. Bhanu Pratap had two daughters but no son to succeed him. He married his younger daughter to Gangpal, a Panwar Rajput prince from Dhar Malwa (Saurashtra) who had settled down in Saharanpur where he founded the town of Gangoh. Bhanu Pratap adopted him as his successor. Thus Panwar ruling dynasty was founded at Chandpur. As the Katyuri hold on the feudal chiefs of Boani-garh started declining, the Panwar of Chandpur started asserting themselves. The twenty first in the line, Vikrampal A.D. 1173-1188, broke from Katyuri hold and declared independence. The successors of Vikrampal continued to assert their weight over the Garhs until Ajaipal, the thirty seventh in line, established his undisputed hold over the entire Garhwal region. Ajaipal introduced several reformative measures and divided entire area of his kingdom into Parganas and Pattis appointing officials to ensure proper administration of each unit. Sunderpal was Ajaipal's grandson. During his reign Timur, the Turkic conqueror, plundered the southern part of Garhwal but after he left, the territory returned to normalcy.

There were a number of rulers after Sunderpal. The last one was Balbhadrapal who was contemporary of Bahlul Khan Lodi, an Afghan Sultan of Delhi (A.D.1451-1489). Balbhadrapal assisted Bahlul Lodi in subduing his rivals. In recognition of his help, Bahlul Lodi conferred the title of Shah upon Balbhadrapal. Thereafter all the kings of Garhwal carried that title as suffix to their names. During the reign of Mahipati Shah, capital of Garhwal was shifted to Srinagar from Dwalagarh. Prithwi Shah succeeded Mahipati Shah.

Mughal Emperor Shahjahan withdrew the privileges that Garhwal enjoyed during Akbar and Jahangir's reign. Prithwi Shah felt offended and revolted to the Mughals. Thereafter there were repeated Mughal invasions on Garhwal.

When Aurangzeb proclaimed himself as the emperor he eliminated his brothers but his nephew Sulaiman Shikoh escaped to Garhwal and reached Srinagar where Prithwi Shah provided him full hospitality. It is said that two miniature painters of the Imperial court Shamdas and his son Hardas accompanied the

royal refugee. While Sulaiman Shikoh was caught and deported, the miniature painters stayed back in Srinagar. These two painters remained the court painters of Prithwi Shah. Mola Ram, the famous Miniature painter, was one of their descendents. Prithwi Shah adopted Mughal costumes and Saleem Shahi foot-ware was introduced by Sulaiman Shikoh. These are still manufactured in yellow leather by the cobblers in Srinagar.



(Bajjnath Temples)

(To be continued in next issue of Patrika)

An Oral History: Life in Uttarakhand through the Ages

The following narration of respected Mrs. Bhagwati Bohra in this second issue of the Patrika will give us a glimpse of life in Uttarakhand and help us understand our responsibilities towards our people. Mrs. Bhagwati Bohra, a resident of Houston-Texas, has been an active member of the UANA family for last several years.

As narrated by Mrs. Bhagwati Bohra to Ritu Negi

"I belong to village Unchakot, which is located near the town of Betalghat in Distt. Nainital, Kumaon. My father was a diamond merchant and in connection with his business he had to often go to the city.

There was a school and an inter-college near my village so I could complete my studies till class 12th. Mostly the life of women was very difficult in mountains but I was fortunately brought up in a prosperous family. The ladies of our family as a team used to do entire household work and also work in the fields. In the evening, my father used to play gramophone records for us and also sing while playing a harmonium. He was very fond of Hindi and Pahari songs. We children also used to

sing along with him so I developed a love for singing in the process. I got a first prize for singing in school with the help of our gramsevika. She used to sing very melodiously and also encouraged us to sing.

Since childhood, I have seen a lot of change back home. Life in the mountains is no longer the same as it used to be. In the past people had a lot of spare time and used to invite one another to their homes but slowly all this has changed to city life style. People are busier and don't socialize as they used to. A lot of positive development is being done. Now parents send their daughters to the city for education which makes me very proud. When our people bring fame to Uttarakhand in cricket, films or other areas, I feel very pleased.

I always remember the words of my grandmother who used to say "charity of food is best charity". Therefore, I would like to tell my Uttarakhandi family that progress could only take place if we work and live united and make a sincere effort to help people living in Uttarakhand. Even a small help and contribution can give them a new and happy life."

UANA – Tri-State Chapter Update **Report by Tarun Joshi**

UANA's Tri-State chapter conducted Elections early this year. Tristate EXCOM and Board of Directors for 2011-2012 are as follows:

Tristate UANA local chapter Executive Committee (ExCom)

President: Dr. Gopal K. Dhariyal

Vice President: Mr. Ramesh Patwal

Secretary: Mr. Tarun Joshi

Treasurer: Mr. Kewal Negi

Tristate UANA local chapter Board of Directors (BoDs) : Mr. Bhupender Bohra , Mr. Deepesh Bhandari, Mr. Nitin Bhatt, Ms. Tanvi Sharma, Mr. Rahul Naithani

Tristate UANA local chapter advisory committee: Dr Jagdish C. Bhandari (PA), Ms. Kanti Barthwal (NJ), Mr. J. P Nautiyal (NY), Mr. Mayaram Sundriyal (NY)



Activities Update

“बरस टिपानी बरसें फाग, हो हो हो लगरे,
क्यों न खुशी में खेलें फाग, हो हो हो लगरे”

Some of you might recognize these poetic words and some may not. These are the joyful cheers you hear frequently during the colorful 'Holi' festival in 'Uttarakhand'. Miles away, here in North America, an email announcement of 'Holi' celebration from the Tri-State UANA organizing team marks the launch of an eventful year. Keeping with tradition, year 2011 also started with a festive 'Holi' get-together at Royal Albert's Palace restaurant in Fords, New Jersey on Saturday, March 26th. Before the celebrations progressed full-swing, the newly formed Tri-State UANA board had their introductory meeting where they planned annual activities and events.

The program started with Invocation, 'Pooja' and 'Aarti' followed by cultural performances by young and adult members. By the time it was 7pm, the hall was filled with almost unrecognizable people with faces smeared with 'Abir' and 'Gulal'. Children of varied age groups from 'Arya Dance Academy' performed 'Garba-Raas' and danced on various 'Bollywood' songs.



Group dance performed by men and women wearing colorful 'Saaris', to the melody of traditional 'Pahadi' songs like 'Beru Pako Baar Maasa' stole the show. These were also video-recorded and later telecast by 'TV Asia'. 'TV Asia' also interviewed board members and few senior members of the community. This year's guests included 'out-of-state' members from DC Metro area, New York and Pennsylvania. A charity fund-raiser effort to support 'Jeewan Jagriti Niketan' school in Gumaniwala, Rishikesh was also organized. This year's funds will go towards purchasing a projector for the school to facilitate web-interactive sessions with the students.

The next exciting event is the Annual Picnic which is being planned for summer. Annual Picnic is a popular social event as it announces the advent of summer. This event provides a perfect opportunity for newcomers to meet the community members in an informal outdoor setting. It is a day of appetizing BBQ, scrumptious lunch, fun games, and exciting activities planned for all age groups. This year, a tennis workshop will be given by few young teenagers for still younger children. Other activities will include Cricket, Badminton, Volleyball, Soccer, some old time Indian games such as 'Kho-Kho', 'Lattu', 'Pitthu' and 'Kabaddi'.

Forthcoming events in Tri-State region are the Annual Cricket tournament in September and 'Diwali' around October-November. If you plan to visit the Tri-State area, we invite you to be part of these events. Please visit our website www.tristateuttaranchal.org for regular activities and events update.



Recognition & Award

Dr. Surendra Parmar of Trumbull Ct has received honors including a gold medal from Prime Minister Manmohan Singh, presented to him at the 98th Indian Science Conference in Chennai on January 3, 2011, as well as being honored at the International

Symposium on Recent Advances in Neuroscience Research in Dehradun. On behalf of UANA, we would like to congratulate Dr. Surendra Parmar on these outstanding achievements, and convey our best wishes to him for continued success.

Matrimonial: Garwahli parents invite correspondence for well-qualified son, 30/5'10", in US for 8 years, software professional working in Microsoft Charlotte (NC). Reply with biodate & photo to Prakash_dimri@hotmail.com and dimrid@hotmail.com

[There is an underscore between Prakash and dimri]

Editor's Note

I would like to thank my Patrika team for putting together our 2nd issue and encourage everyone to send articles, poems, community updates and news about Uttaranchal so we can share the information with our community in future editions of Patrika. We have published the Patrika in hard and soft copy. On behalf of all the members of Patrika committee, I would like to encourage our readers to opt for a soft copy which will cut considerable costs for the organization.

You can help us save on these costs by sending us an e-mail at editor@uttaranchal.org indicating that you do not need a hard copy. We welcome advertisements, sponsorships, and donations to cover the cost of producing and disseminating the Patrika to our membership. We are looking forward to all your questions, suggestions, and comments on how to improve the Patrika. We'd also like to mention again the work being done by the Himalayan Trust, whose selfless efforts to broadcast news from small mountain communities and help raise opportunity for education and employment deserves our full support.

Sangeeta Bist

Go Green every day, everywhere, 100% Environment respect



अपनी बात, श्री चन्द्र दर्शन द्वारा

"अपनी बात"

यह हम सम्प्रदाय प्रवासी उत्तरारवण्ड वासियों के लिये अत्यन्त हर्ष व गर्व का विषय है कि उत्तर अमरीका में सर्व-प्रथम स्थापित हमारा संगठन "उत्तरांचल ऐसोसिएशन आफ नोर्थ-अमेरिका" अपनी सफल 13 वीं वर्षगांठ-समारोह का आयोजन अगामी जुलाई 2011 को वजीनिया (वाशिंगटन) में आयोजित कर रहा है, विगत वर्षों के कठिन उतार-चढ़ाव सहमति-असहमतियों का आविचलित रूप से सामना करते हुये आज हमारा सुदृढ़ संगठन अपनी सुनियोजित नीतियों व समर्पण भाव से अपने लक्ष्य की ओर निरंतर अग्रसर हो रहा है। निःसंदेह यह कहना असंगत नहीं होगा कि विगत वर्षों में हमारे इस संगठन ने न केवल अपनी स्थिरता स्थापित की है, अपितु प्रवासी उत्तरारवण्ड वासियों के हृदय में एक विशेष सम्मानित स्थान भी बनाया है। साथ ही सभी को, विशेषकर युवा पीढ़ी को अपनी विलक्षण संस्कृति एवं परम्पराओं से भी जोड़ कर रक्खा है।

इस हर्ष व गर्व के सुअवसर पर हम उन पुण्य-आत्माओं के सफल वलिदान को कदापि नहीं भुला सकते जिन्होंने उत्तरारवण्ड-निर्माण के संघर्ष में अपने अमूल्य जीवन की आहुति दी। अपनी श्रुदान्तली स्मरण हम उन सब का पुण्य-स्मरण करते हैं। साथ ही हम उन सम्प्रदायजनों का भी हार्दिक अभिनन्दन करते हैं, जिन्होंने उत्तरारवण्ड निर्माण के

इस संघर्ष को अपनी आविचलित मिष्ठा प्रदान की और समर्पित सहयोग से - उत्तरारवण्ड वासियों की एक स्पष्ट पहिचान बनायी, वे सभी कर्मवीर-जन सम्मान व श्रद्धा के पात्र हैं।

यह सर्वविदित है कि वर्तमान जन पीढ़ी का यह उत्तरदायित्व है कि वह अपनी विगत पीढ़ी का निष्ठा से प्रतिनिधित्व करे और साथ ही अपनी भावी-पीढ़ी का कुशल-नेत्रत्व भी करे, उन्हें अपनी पारिवारिक परम्पराओं, रीति रिवाजों व संस्कारों से संतुलित रूप में जोड़ कर रखे। क्योंकि इस वर्तमान प्रगतिशील व विकास के आधुनिक युग में किसी भी परम्परागत रीति रिवाज को अनिच्छा से मनवाना असंगत ही नहीं अनुचित भी कहा जा सकता है। लेकिन सहज व सर्वमान्य-रूप से अपनाई गई परम्पराओं व संस्कारों के प्रति भावी पीढ़ी की रुचि स्वतः बढ़ने लगती है और वह उसे स्वेच्छा से स्वीकार ही नहीं, उसका अनुसरण भी करती है किन्तु किसी दबाव व अनिवार्यता के साथ। लेकिन अपनी भावी पीढ़ी व प्रवासी व्यस्त जीवन के मध्य अपनी मिठी परम्पराओं व संस्कारों से जुड़ रहने की लालसा लिये व्यक्तियों को संगठित करने का कठिन कार्य, बिना किसी संकल्प व सुनियोजित भाव के बिना संपूर्ण नहीं हो सकता अतः इसी पवित्र भावना व लक्ष्य को लिये कुछ समर्पित व सुव्यवस्थित व्यक्तियों ने पहल कर अपने वर्षों के अनवरत प्रयास को वर्ष 1988 में एक संगठन का रूप दे "उत्तरांचल ऐसोसिएशन ऑफ

नोर्थ अमेरिका" का गठन अमरीका की सुअवसरों से परिपूर्ण धरती पर कर दिया। जिसकी हर उत्तरारवण्डवासियों ने उन्मुक्त हृदय से स्मरण की। और प्रवासी उत्तरारवण्ड-वासियों इससे जुड़ने लगे। इस संदर्भ में समर्पित धर्मरत अग्रणीय निष्ठावान व्यक्तियों में - स्व. लक्ष्मण सिंह आधिकारी 30 प्रभु नेगी श्री शेर सिंह गुसाई, श्री देवी प्रसाद काला एवं श्री विमानन्द पन्त जी का अथक प्रयास व समर्पित योगदान भुलाया नहीं जा सकता। साथ ही इस सुप्रयास को युवाशक्ति के रूप में स्व. अनिता आधिकारी 30 अजय आधिकारी श्री अजय रावत श्री सुनील काला व श्री बिनोद चरबमौला आदि जैसे कुशल, विकेकी एवं प्रतिभाशाली नव युवकों ने अपनी निष्ठावान समर्पित निःस्वार्थ सेवायें प्रदान कीं। सम्प्रदायजनों ने अपने सक्रिय अथक प्रयास व कुशल संबन्ध कार्यविधियों से इस संगठन की जड़ों को और भी अजबूत किया। प्रवासी उत्तरारवण्ड वासियों को संगठित करने की लालसा व उत्साह के साथ किया गया सु-प्रयास मात्र प्रसंगिक ही नहीं, सम्माननीय भी है। इसके साथ ही समय-समय पर मनोनीत व निर्वाचित निदेशक मंडल एवं कार्यकारी के कुशल प्रभावशाली नेत्रत्व में यह संगठन आज भी भावी पीढ़ी को साथ लिये अडिगरूप से अपने लक्ष्य की ओर अग्रसर है। साथ ही अपने समर्पित समर्पित सदस्यों के माध्यम से उत्तरारवण्ड की प्रगति स्वयं ही रहे विभिन्न प्रयासों में अपना हर संभव यथायोग्य सहयोग प्रदान कर रहा है।

हम संगठन की पत्रिका के सम्पादक मंडल का विशेषरूप से प्रधान सम्पादिका श्रीमती पंगीता बिष्ट को हार्दिक धन्यवाद प्रेषित करते हैं जिन्होंने पत्रिका में राष्ट्रभाषा के सम्मिलित कर्मों का स्मरणनीय निर्णय लिया, अंत में परमपिता परमेश्वर श्री ब्रह्मविशाल से मंगल कामना करते हैं कि हमारा संगठन अपने अभीष्ट को आविचलित रूप से प्राप्त करे। साथ ही हमारा उत्तरारवण्ड अपने वर्तमान नेत्रत्व व प्रतिभाशाली युवा पीढ़ी के समर्पित एवं एकमिष्ट संकल्प के साथ आधुनिक विकास की ओर अग्रसर हो। आशा ही नहीं - पूर्ण विश्वास है कि एक दिन हमारा उत्तरारवण्ड भारतवर्ष के शीर्ष प्रदेशों में नामांकित होगा और अपनी विशेष अनुकरणीय गरिमापूर्ण पहचान बनायेगा।

"सामान्य सदस्य की कल्पना से"

UANA Membership Form [Please complete and mail in with your membership dues]

Full Name: _____ Spouse Name: _____

Children (Names/Ages): _____

Street Address: _____

City: _____ State: _____ Zip: _____

Phone (H): _____ (M): _____

Email: _____

Some Information about yourself and your spouse (Optional information about your educational and professional background. We use this information to build a database of Uttarakhandi people who could be tapped for serving in UANA committees and contributing to various projects that UANA conducts in Uttarakhand, from time to time):

Membership Fee:

One year \$25/-

Life Membership \$250/-

Please make check payable to “**Uttaranchal Association**”

Mail it to the following address:

Uttaranchal Association of North America

10560 Main Street, Suite LL-1

Fairfax, VA 22030

Uttaranchal Association of North America

10650 Main Street

Suite LL – 1

Fairfax, VA 20030