"It is always the same with mountains. Once you have lived with them for any length of time, you belong to them. There is no escape."
- Ruskin Bond, Rain in the Mountains

Uttaranchal Association of North America®

16th ANNUAL UANA CONVENTION

Friday 24th – Saturday 25th July 2015

Holiday Inn Clinton - Bridgewater NJ
Dear Friends,

It is my honour and privilege to serve the community. I want to sincerely thank the UANA board of directors for showing trust and confidence in me. It’s with great humility that I accept this position while seeking blessings of senior UANA founders and predecessors - Late Shri Lal Singh Adhikari, Dr. P.D.S Negi, Dr. Roop Bhakuni, Dr. Harish Pant and Dr. Jadish Bhandari.

UANA board members along with UANA’s Tri State Chapter board members, welcome you to the 16th Annual UANA Convention. It is always our deepest desire to make the convention a memorable and enjoyable experience for all guests. A successful convention is only possible with the support, participation and generous contributions by the affiliates of UANA. We sincerely thank you all and appreciate your generosity, commitment, initiative and cooperation. We have named this year’s convention “Chaabeelo Garhwal Rangeelo Kumaon”.

The name truly signifies the event. We all belong to Devbhoomi, a region that not only has magnificent mountain ranges, pilgrim places, colorful valleys and holy rivers but also has a rich cultural heritage of folk songs, stories and dance forms. The 16th Annual Convention will portray a glimpse of Uttarakhand’s culture portrayed in traditional costumes and younger generation’s slightly different take on it. The convention organizing committees have been working hard and have planned events that will appeal to all age groups. These events are enlightening, fun-filled and entertaining. We welcome all our guests to the Tri State Region and once again thank you for being part of the “Chaabeelo Garhwal Rangeelo Kumaon” celebration, here in NJ.

The unfortunate natural disaster of June 2013, in Uttarakhand, is yet another reminder that we have no control over Mother Nature’s fury. But we as humans can come together to help rebuild the lives of families who were affected by the ill-fated event.

Our outreach committee stood up to the occasion and continues to effectively use UANA’s resources in activities related to disaster management. Since past five years, the education programs have affected 3000 plus campers by helping them with personal development, analytical thinking and personal health and hygiene in the higher and remote areas like Pithoragarh, Rudraprayag, Timli, Sidoli, Karanprayag and Bageshwar. UANA’s vegetation initiative has resulted in a plethora of benefits, primarily helping in soil conservation and growing cash crops to yield revenue for families. The positive results of these camps and vegetation projects are very encouraging and we would like to expand these programs to other areas as well.

All this would not have been possible without the commitment of our outreach committee members here and dedication of following coordinators in India and many more.

Almora and Chamoli  Mr. Suresh Bisht, Mr. Naresh Dimri, Mr. Rajdar Singh Bhandari
Bageshwar  Ms. Mamta Mahra
Delhi  Dr. Vinod Bacheti (DPMI), Mr. Subhash Dabral, Mr. Divakar Uniyal, Mr. Sanjay Kukshal
Dehradun  Mr. and Mrs. Panthri, Mr. and Mrs. R.D. Saklani, Mr. Yogesh Bahuguna, Mr. Shivanad Chamoli, Mr. Nanil D. Jayal and Mrs. Indira Ramesh (Himalaya Trust), Mrs. Indu Singh (MKP), Dr. Balbir Rawat
Haldwani and Nainital  Ms. Kiran Pandey, Mr. Bhairep Satyawali
Hyderabad  Ms. Avinil Spencer and Ms. Anusha Bhardwaj (VOICE)
Mumbai  Dr. Dilip Nanchane
Pauri and Pithoragarh  Mr. Ashish Dabral, Mr. Ashok Ghildiyal, Mr. Dushyant Pangtey
Pune  Mr. N.K. Pandey
Rudraprayag  Mr. Uttam Singh Chaudhary, Mr. Vikram Patwal, Dr. P.C. Chamoli, Mr. Jaideep Bisht
Srinagar  Dr. Kishore Joshi, Dr. D.S. Negi, Mr. Sudhir Joshi and Ms. Swarnima Uniyal, Dr. Asha Joshi (HNBGU)
Tehri  Dr. Kaushal Kumar and Dr. Suresh Bandooni (THDC)

I would also like to appreciate Ms. Indira Ramesh of Himalaya Trust for successfully conducting mid-wife training camp in Uttarkashi. UANA also adopted three schools in interior Uttarakhand under Ekal Vidyalya program as part of its members initiated project. The other area we have tried to be more effective is the timely update of website. We thank Mr. Nitin Bhatt for taking charge of managing UANA website from now on. I want to take this opportunity to thank the membership for their continued financial support and help. We hope to continue getting their support going forward.

UANA elections were held earlier this year. Please join me in extending our sincere thanks to the outgoing officials Dr. Harish Pant (BOD), Dr. Jadish Bhandari (BOD) and Ms. Prema Bohra (Secretary). I want to welcome Dr. Surjeet Mastwal (BOD), Mr. Nitin Bhatt (BOD) and Ms. Shiksha Burman (Secretary). The Board of Directors nominated Dr. Ajay Adhikari as the Chairman replacing Mr. Ajay Rawat, who completed his two year term. Mr. Ajay Rawat will continue as a member of the BOD.

I also want to recognize and congratulate the outgoing Tristate President Mr. Bhupender Bohra who in spite of extremely busy work related and personal commitments, continued to lead the Tristate Chapter into second term. I am ever grateful to Ms. Gita Khanduri, the outgoing Tristate Vice President for her continued support. I want to welcome the new Tristate ExCOM and board officials – Mr. Kedar Negi (President), Ms. Smita Rana Sah (Secretary), Dr Anshi Dabral (BOD) and Ms. Hema Chand (BOD). I hope you all will extend your support to them to be successful in their efforts. I want to thank Mr. Kewal Negi (Treasurer) and Mr. Anup Uniyal (BOD) for accepting our request to continue for another two year term.

We hope the membership will continue to contribute and provide their support and healthy feedback to help our organization grow.

Respectfully,

Pritam Dimri
UANA President
Contents

- Evening Cultural Program Schedule ......................... 04
- Educational Programs ........................................ 05
- Uttarakhand Flood Relief ...................................... 06
- Trained Birth Awareness Program .............................. 07
- Green Initiatives ................................................. 08
- Roadmap for next year ......................................... 09
- Our Patrons ....................................................... 10
- अपने आप को पहचानिये ........................................ 11

- Advertisements
Evening Program

1. **Devi Bhajan** by Mrs. Mastwal and Lighting of Diya
2. **Bharatnatayam Dance** ‘Invocation of Lord Ganesh’ by Sidhi Chand
3. **Welcome Address** by Mr. Pritam Dimri (UANA President)
4. ‘**Lingashtakam Stotram**’ Dedication to Lord Shiva by - Tristate Ghughuti Choir  
   (Asim Burman, Pritam Dimri, Tanvi and Kumud Sanwal, Nidhi and Abhishek Panthri, Hema Chand, Vrushali Chand, Aruna Saklani, Runjhun Saklani)
5. ‘**Bedu Pako Bara Masa**’ folk dance by Tristate Ghughuti Troupe  
   (Shiksha Burman, Prema Bohra, Vrushali Chand, Smita Rana, Tanvi Sanwal, Nidhi Panthri)
6. ‘**Nainital Ki Madhuli**’ dance on Kumauni romantic song by 
   Meenakshi Sundriyal and Manoj Karnatak
7. ‘**Meri Bhanuli**’ dance by Neil and Natasha Burman and Ishaan Rana
8. ‘**Pahari Song**’ by Manish and Vandana Dobhal
9. ‘**Nauli Pran**’ dance on Kumauni romantic song by Somya and Shreya Shesadri
11. ‘**Ghughuti song**’ group dance by Aanya Sanwal, Natasha Burman, Mihika Chand, Myra Panthri
12. ‘**Gori Mukhadi**’ folk dance by Shreya Dhyani and Abhilasha Negi
13. ‘**Bheema Kathait Rani Gyaan Mala Lok Katha**’ song and dance by Tristate Ghughuti Troupe (Tanvi Sanwal, Rekha Raturi, Asim Burman, Pritam Dimri, Kumud Sanwal, Abhishek Panthri, Runjhun Saklani)
14. '**Vote of Thanks**' and '**Certificate Distribution**' by Dr. Ajay Adhikari (UANA Chairman and Ex-President)  
    One and a Half Hour Break
15. '**Bollywood Dance**' by Shreya Dhyani and Abhilasha Negi
16. '**Piano Recital**' by Rohant Naithani
17. '**Nagare Sang Dhol Baje**' Dance by Varsha Bhatt & Shobha Negi
18. '**Open Floor**' performances by Convention Guests

Banquet Dinner
Educational Programs

We organized several educational and career awareness camps for government school students at following 10 districts. Large number of students participated in these camps and programs of UANA are now very well recognized at local level.

- Dehradun
- Rishikesh
- Tehri
- Pauri
- Chamoli
- Rudraprayag
- Haldwani
- Nainital
- Almora
- Pithoragarh

- 7 Days Coeducational
  Number of Camps : 40
  Campers : 1600

- 15 Days Girls Camps
  Number of Camps : 35
  Campers : 1100

- 5 Days Counselors Training
  Number of Camps : 10
  Counselors Trained : 250

In July 2015, UANA initiated International Essay Competition to surge the awareness among students of Uttarakhand, United States and Canada. More than 700 students participated from 15 Schools.

Photographs and videos of our summer and winter camps are available at:

www.facebook.com/UANA.USA
Uttarakhand Flood Relief

**Phase I:**
Immediate relief was provided to victims and their families by partnering with local organizations to provide essential needs. (Food/Medicine/School and Relief Supplies)

**Phase II:**
Making most impact by reaching out to victims and their families directly (Solar-Lamps/Water-Filter/Warm-Clothing/Blankets)

**Phase III:**
We are committed to provide long-term sustainable solutions to re-build our Uttarakhand through various innovative programs - Disaster Management Camp, Mid-Wife Training Camps, UANA Green Initiatives and Quality Education to rural students).

**Medical camps at Bageshwar:**
6 medical camps were organized at Bageshwar where more than 500 got their health check-up and people benefitted.

**Disaster Management camp/ Mid-Wife Training camps:**
- 10 day Disaster Management Camp was organized at Pithoragarh in Nov 2013 where skills related to rescue and survival was provided.
- 5 day Mid-wife training camp was organized at Uttarkashi during May 2014 where 15 women participated and learnt mid-wife skills.

**Health Status Survey:**
Interns from VOICE4GIRLS visited multiple regions of Pauri and Tehri and collected data related to health status and awareness of local villages. This survey provided interns an opportunity to interact with locals and to understand health status of the people of covered regions.
Trained Birth Attendant Program

Sponsored by UANA
Conducted by Rural Development Inst. (HIHT)
Duration 5 Days (24-28 April 2014)

The midwife is recognized as a responsible and accountable professional who works in partnership with women to give the necessary support, care and advice during pregnancy, labor and the postpartum period, to conduct births on the midwife’s own responsibility and to provide care for the new born and the infant.

Topics Discussed
Roles and responsibilities

- Identifying and strengthening the relations with the Pregnant women to guide and mentor them through the entire period of pre and post pregnancy
- Preparations for a safe and hygienic delivery
- Process and Importance of breast feeding
- Importance of vaccinations and guidelines to complete all vaccinations pre and post pregnancy of mother and child
- Family Planning

The Mid-wife was also asked to put forward their suggestions and expectations from the training. Following are the suggestions received from the trainees:

- New updates on delivery process
- Listen to their grievances and suggestions to enhance and motivate them further for their work
- Mid-wife’s wanted to share their experiences and receive suggestions for betterment of their work
- Provide upgraded Mid-wife kit

An Interactive session was held on the role play of mid-wives in with the pregnant women of the community.
**Green Initiatives**

UANA has initiated a sustainable vegetable project in Rudraprayag district with locals in 2014. We have divided this project in multiple phases and currently third phase is in progress. Results of phase one and two were overwhelming and other known social organizations have noted our efforts in Fatehpur, Rudraprayag district of Uttarakhand.

<table>
<thead>
<tr>
<th>Phase I</th>
<th>Site Address</th>
<th>Fetehpur, Rudraprayag</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Total agriculture land used</td>
<td>1800 sq. meters</td>
</tr>
<tr>
<td></td>
<td>Vegetable seed type</td>
<td>Ladyfinger, Eggplant, Gherkin, Coriander and Radish</td>
</tr>
<tr>
<td></td>
<td>Total farmers engaged</td>
<td>09 (Nine)</td>
</tr>
<tr>
<td></td>
<td>Cost of seeds etc.</td>
<td>8,000 (INR)</td>
</tr>
<tr>
<td></td>
<td>Maintenance cost</td>
<td>4,000 (INR)</td>
</tr>
<tr>
<td></td>
<td>Net Profit</td>
<td>70,000 (INR)</td>
</tr>
</tbody>
</table>

"*UANA is committed to empower farmers of Uttarakhand and would continue to support farmers for a sustainable competitive advantage*"

<table>
<thead>
<tr>
<th>Phase II</th>
<th>Total agriculture land used</th>
<th>4,000 sq. meters</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Vegetable seed type</td>
<td>Cabbage (approx. 14,000 seeds)</td>
</tr>
<tr>
<td></td>
<td>Total farmers engaged</td>
<td>16 (Sixteen)</td>
</tr>
<tr>
<td></td>
<td>Cost of seeds etc.</td>
<td>10,000 (INR)</td>
</tr>
<tr>
<td></td>
<td>Maintenance cost</td>
<td>5,000 (INR)</td>
</tr>
<tr>
<td></td>
<td>Net Profit</td>
<td>125,000 (INR)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Phase III</th>
<th>Total agriculture land used</th>
<th>7,000 Sq. Meters</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Vegetable seed type</td>
<td>Ladyfinger, Eggplant, Coriander Cucumber and Tomato</td>
</tr>
<tr>
<td></td>
<td>Total farmers engaged</td>
<td>35 (Thirty Five)</td>
</tr>
<tr>
<td></td>
<td>Cost of seeds etc.</td>
<td>20,000 (INR)</td>
</tr>
<tr>
<td></td>
<td>Maintenance cost</td>
<td>5,000 (INR)</td>
</tr>
<tr>
<td></td>
<td>Net Profit</td>
<td>shall be available by September 2015</td>
</tr>
</tbody>
</table>
Roadmap for next year

Agriculture Projects

- Focus on neighbor districts
- Engage more local entrepreneurs
- Develop agriculture skills and knowledge

Educational Initiatives

- Develop local capability to support various UANA sponsored projects
- Support career oriented programs
- Summer, winter camps and other frequent outreach programs

UANA has invested US$ 50,000 until now in Uttarakhand and we are committed to remain focused on above key areas to develop a self-sustainable model for people of Uttarakhand. We intend to intensify our outreach in remote villages of Uttarakhand in coming years.

Be a part of the change...

**Funds**
Donate Funds to support our initiatives in Uttarakhand.

**Sponsor an Outreach Project**
Sponsor our Outreach Projects

**Sponsor a project in your village**
Sponsor a project in your village

**Be a part of Project Management Committee**
Join our initiatives and contribute your professional services

**Other Ideas**
Suggestions, Feedback, participation....
We are ever grateful to our sponsors for their generosity!

“The simplest acts of kindness are by far more powerful than a thousand heads bowing in prayer.”

- Mahatma Gandhi

Gold Patron ($500)
1. Ajay & Miriana Adhikari
2. Shiksha & Asim Burman
3. Vinod Bagdwal
4. Bimala & Jagdish Shesadri
5. Rajat & Priyanka Aswal

Silver Patron ($250)
1. Kanti & Mohan Barthwal
2. Anju & Nitin Bhatt
3. Usha & Naresh Bhatt
4. Mukesh Bhatt
5. Anshi & Sanjay Dabral
6. Prabha & Srikanth Dhyani
7. Anita & Pritam Dimri
8. Kamla & Vinod Jakhmola
9. Deepali & Sunil Kala
10. Poonam & Vijay Khanduri
11. Gita & Prakash Khanduri
12. Pramila & Surjeet Mastwal
13. Neeraj Negi
14. Mahipal Negi
15. Gita & Kishore Pandey
16. Nidhi & Abhishek Panthri
17. Urmila & Ramesh Patwal
18. Gita & Surendra Patwal
19. Smita & Deepak Rana
20. Lakshmi & Ajay Rawat
21. Sashi & Nagender Rawat
22. Runjhum Saklani
23. Tanvi & Kumud Sanwal
24. Rochelle & Anup Uniwal
अपने आप को पहचानिये

dूरी की बुराड़ियाँ सभी देखते हैं परन्तु अपनी और देखने का अभ्यास बहुत काम गोंगों को होता है। सुप्रसिद्ध विचारक इममान का कहना है की बहुत लोग मृत्यु से पूर्व अपने आप को पहचानने पाते हैं। बहुत काम व्यक्ति अपने जीवन में सभी शक्तियों प्रकट करने की क्रांति रखते हैं। वास्तव में तथ्य यह है की हमारे अंदर असंख्य गुन शक्तिया सोयी पड़ी हैं परन्तु हमें उन्हें योग्यताओ कृतियों का पता ही नहीं और नाही उन्हें जानने का आभास करते हैं। यह ठीक है की बहार की अनेक वस्तुएं जानकर हम जानवर कहलाये परन्तु ये भी काम आवश्यक नहीं की हम अपने आप को पहचानना भी सीखें। जो अपनी और देखने का अभ्यास करता है वही महान मानता है। ऐसा व्यक्ति कठनाइयाँ तथा बाधाओं का विजय पाकर सतत उन्नति करता है।

महापुरुषों के जीवन इस बार का साक्षी है की वे सतत आत्म निरक्षण करते रहे। तथा अपनी भूमियों से सदैव शिक्षाएं ग्रहण करते रहे। यदि आप भी महान बनना चाहते हो तोह दूरी को तुच्छ समझने की उनमें छिद्रोंअन्वेषण करने की दृष्टि का परियोजना कर दीजिये। दूरी को तुच्छसमझने वाला मनुष्यता खो देता है। और आप की गलतियाँ खोजने की अपेक्षा अपनी ही कमियाँ खोजिये। और उन्हें दूर कीजिये। अपनी शक्तियों को पहचानिये और उनका सदुपयोग कीजिये।

ईश्वर ने अनेको दिव्य शक्तियां देकर आपको संसार में भेजा है। उनका सदुपयोग ना कीजिये। पेट और प्रजनन जैसे शूद्र कार्यों में उन्हें बदन न होने दीजिये। आप जो भी कार्य कर रहे हैं उससे हजारों गुना अधिक कार्य करने की समयवियन आपके अंतर है। आवश्यकता केवल इस बात की है की अपना महत्त्व समझे। शक्तियों को पहचानिये तथा समाये का सदुपयोग करे। जीवन का एक एक शल्य अमुलिये है। उससे व्यतर न जानेंदे। जो भी करिये करने की इच्छा रखते हो उससे आज से ही प्रारंभ कर दीजिये।

अपनी समस्त शक्तियों उसमें एककरकर कर दीजिये। वह शल्य आपके जीवन का अत्यंत महत्वपूर्ण शल्य होगा। जब आपको ये अनुभव होगा की संसार का आपकी आवश्यकता है। आपके अंदर एक और व्यक्ति समाहित है जो आपके भरारी व्यक्तित्व से कही अधिक महान है। जिस शल्य व्यक्ति अपनी महानता की झलक पाता है वह मानव से महामानव की और अग्नि होगाता है।

हो सकता है की किसही कठनाइयों अथवा बढ़ाओं के कारण आपका व्यक्तित्व पूरी तरह विकसित न हो सका को परन्तु अपपतियाँ आने पर घबराए मत। जिस प्रकार से अभिन्न में तपकार सोना नई खर जाता है और भी अधिक चमकने लगता है। उसी प्रकार बाध्याये और कठनाइयों मनुष्य को खराबकुंदन के सामान बनना देती है। कई पादक होते हैं जब तक उन्हें मसला नजारेह मुगली नहीं देते। उसी प्रकार कुछ व्यक्ति ऐसे होते हैं जब तक वे विपतियों से आक्रांत न किया जाए उनकी योग्यताओं की सुगन्धि विकसित हो नहीं हो पाती। अतः और निरक्षण के द्वारा अपने योग्यताओं को पहचानिये। किसी भी प्रतिभा का अंकुर आपको दिखाई पड़े उसको पुषित पूरित होने का आवश्यक दीजिये। कौन जाने एक दिन आप संसार के महान व्यक्ति या कुलाकार बनना जाये। विश्वप्रसिद्ध लेखक: बन जाये। दार्शनिक या राजनीतिज बनन जाये। आवश्यकता केवल इस बार की है की अपनी शक्तियों को पहचानिये। और हमेशा आगे बढ़ने का क्रम जारी रखिये।

जो स्त्री को जानलेता है वहीं शक्तिक परमेश्वर को जान सकता है। वहीं व्यक्ति इथरियों प्रयोजनों को पूरा कर सकता है। तथा उसके संदेशों को जानने साधारण तक पहुंचासकता है।

श्रीमती वीणा कुकरेती।
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PRIME LOCATION IN DEHRADUN AT
4/4 TEG BAHADUR ROAD,
DALANWALA, DEHRADUN – 248001

FOR MORE INFORMATION PLEASE CONTACT

+91 901 234 4477
krsinfrastructures@gmail.com
rajataswal2010@gmail.com
A Nath is a big nose ring supported with a beaded extension in the hair and it is made of gold using intricate designs. Bulakh is another form of elongated gold nose ring work in the center, covering the lips.

Aipan art and crafts
Aipan or Aepan is a famous art form in the Kumaon Region. The walls, pieces and papers of the cloth are meticulously decorated by various geometric and other figures belonging to gods, goddesses and other objects of nature.
Delhi Paramedical & Management Institute, popularly known as DPMI in the Education sector is equipped with Advanced Studies Courses and was established in Delhi with the objective of providing quality Paramedical and Technical Management education for under 10th, 10+2, graduate and post graduate levels.

Head Office: B-20, New Ashok Nagar, Delhi -110096 (India)
Phone: 011-22715390, 22710006,22710795, 011-22710797
Website: www.dpmiindia.com, E-mail: dpmidelhi@yahoo.in
Rangwali Pichhaura is a garment worn at ceremonial occasions in Uttarakhand. From bride to great grandmother, every woman in the family wear it on occasions be it namkarna or marriage, upanayan or mundan.
For further information please contact us:

Membership info@uttaranchal.org
Web updates webmaster@uttaranchal.org
Feedback feedback@uttaranchal.org
Outreach outreach@uttaranchal.org

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Uttaranchal Association of North America®

10560 Main Street, Suite LL-1, Fairfax, VA 22030
Phone: (845) 926-5651  (732) 438-6993

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Ms. Kiran Badola (U.S.A)
Mr. Ashish Dabral (India)