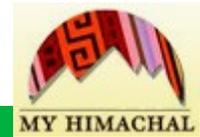




Join us for a better Himachal

My Himachal NGO



My Himachal Update

May 2008

[My Himachal](#) is a charitable, non-profit organization established in 2006 (IRS 501(c)(3) in process). Its mission is to promote education, health care, employment, and preserve and protect Himachali culture, heritage, and environment. Members include Himachalis and non-Himachalis from India as well as abroad. My Himachal does a number of projects, which provide financial and material support along with the technical expertise.

For the **third consecutive year**, [My Himachal](#) continues to strive towards contributing positively to health and education of the people in Himachal Pradesh.

2007 Highlights

Year 2007 was another successful year for My Himachal and we accomplished the following:

Health Mela 2007 For the third consecutive year, we partnered with Jibhi CHAI/Lady Willingdon Hospital Rural Outreach Projects (Drs. Jeph & Kaaren Mathias) to deliver healthcare in 12 villages of Tandi Panchayat in Upper Banjar/Seraj valley, Kullu. 252 children received BCG, MMR, Typhoid and Hepatitis B vaccines and 1000 children were de-wormed in addition to Health Surveys, Dental Checkups, Eye Exams and Nutritional Education and supplements. Kala Jatha/Street Theatre health skits were also presented.



Lady Willingdon Hospital (LWH) working in collaboration with funding from Payson R. Stevens & Kamla Kapur, commenced an Immunisation and Community Health promotion project in 2005. Children were vaccinated for major childhood diseases including BCG, MMR, typhoid, and Hepatitis B in five villages of the Khadagarh panchayat (Jalora, Hirub, Sarthi, Ghiyagi, Jibhi). To continue the program dona-

tions were raised Stevens and friends and the involvement of My Himachal (MHG), a non-profit group of Himachalis across the World.

Women's Healthcare Training The Jibhi CHAI team hosted the graduation for 17 women who have become community health workers at Jibhi Clinic on 17 March 2007. The event was held in the Lady Willingdon Hospital Clinic, Jibhi. Each woman invited two people from their village and it was good to share the graduation with people who will be beneficiaries of the programme. From Lady Willingdon Hospital Manali Dr. Philip Alexander (medical superintendent), Dr. George Verghese, (director rural programmes) and Dr. Anna Alexander came to the event as well as Rajinder Chauhan from the local NGO SAHARA which coordinates the activities of many of the health workers. Dr. Jeph Mathias, Jibhi team leader, welcomed guests and acknowledged financial support which has made this programme possible, notably from My Himachal, the New Zealand High Commission in Delhi and Mr Payson Stevens from Ghyagi. He went on to thank LWH Manali for continuing human resource and logistic support and the entire Jibhi team for their commitment to the programme. Dr George Verghese gave an overview of the history of the Jibhi clinic from the days of walking around hills with bags of medications and clinics on a sheet of plastic run on the roadside. Rajinder talked about a wider vision of health and Dr. Philip Alexander about the relationship of the Jibhi clinic to the Manali hospital and the possibilities for the future. The speeches were interspersed with songs and health role plays by the Jibhi team. Finally Drs Alexander and Verghese presented certificates.



Health Mela 2007

SUPPORT MY HIMACHAL

[Join Us](#)

[Pay 2008 Membership Dues](#)

My Himachal depends on YOU for Annual Membership Dues and Donations to better OUR HIMACHAL.

Message to our women

[My Himachal](#) has always appreciated the role of women in our society as mothers, daughters, sisters, professionals and politicians. We also believe that women hold a key role in building the culture and values for which we stand for today.

As a young budding organization we want to utilize your wisdom and strength to add a new perspective and direction to our mission. Please [Join Us](#) and be a part of [My Himachal](#).

Team 2008

My Himachal announces new team on April 1st 2008.

Executive Committee

Avnish Katoch (President)
Dr. Meena Pathania (Vice-President)
Dr. Des Kashyap (General Secretary)
Sumant Sood (Joint Secretary)
Anil Chandel (Treasurer)

India Chapter

Dr. Sudarshan Vatsayayan
Vice-President

www.myhimachal.com

My Himachal
1303 Magnolia Manor Ct.
St. Charles, MO 63303
USA

2007 Highlights (continued...)

Dental Health and Hygiene Awareness Camp conducted at Govt. High School, Lanoud, Distt. Kangra on 12th February, 2007 and included awareness lecture on maintaining good Oral hygiene and general dental check up of all 120 students. Two other dental surgeons, Dr. Ashish Sadana, and Dr. Ravinder Sadana conducted the camp.

Colgate Palmolive provided material support (tooth pastes and brushes). Dr. Sadana and Dr. Mrs. Ravinder Sadana - private practitioners at Paprola along with Mr. Rahul Saxena of Lok Vigyan Kendra helped in organizing this effort.



Education Assistance Program

We partnered with JAGRITI NGO of Kullu to provide monetary assistance to 4 girl students (1 more than the year 2006) for education expenses/school uniforms. At least one of the girls didn't have even primary education by the age of 14 years.

Memorial Dedicated a memorial for Late Sh. Hitender Thakur, a Himachali NRI murder victim in Harrisburg, PA, USA on the one year anniversary of the incident. He was robbed while working as a convenience store clerk in Harrisburg. Thakur was just 23-years-old and a student at HACC. On Saturday, friends gathered at Susquehanna Township's Veterans Park. That is where Thakur played his favorite sport, Cricket. Attendees dedicated a special bench there to Thakur's memory and also played Cricket in memory of Thakur.



Health Mela 2008 (Starting May 26th 2008)

To be conducted in partnership with and active participation from:

Lady Willingdon Hospital, Jibhi Clinic, New Zealand High Commission - New Delhi

Local schools, Mahila Mandals (women groups), panchayats and healthcare professionals

Approx. 800 children from 22 villages of Khabal & Shikari Ghat Panchayats will be examined by the doctors with the help of volunteers.

Child Healthcare activities include Child Immunization (Hepatitis B, Typhoid, MMR), care for Skin infections (Staph. School sores), Chest infections, Scabies, Anemia and Nutritional Education and Supplements (Vitamin A, De-worming, Zinc), Dental Checkups, Eye Exams etc. Kala Jatha/Street Theater health skits will also be presented with original plays and music/songs.

Helping Outstanding Students' Education (HOPE) Scholarships 2008

Education Assistance Program Education Assistance to students based on their socio-economic status and merit-cum-means basis. This June we will announce our scholarships and Education Assistance Program details for the academic session 2008.

Information Technology Enable Schools in partnership with **MoreThanTomorrow.org**, Provide Computer Systems to schools and support internet access to schools that have IT facilities. This May 2008 we will begin with the first batch of 3 computer systems to be installed at a local NGO in Dharamsala area.

Sponsored Research 2008

Himachal falls behind in computer education

With the Himachal government struggling to impart computer education in schools, a study has pointed out glaring deficiencies in the curriculum and infrastructure at the senior secondary level, with many children shying from taking to the subject. Saptarshi Mukherjee, Kaavya B and Jayaram K, from the [SP Jain Institute of Management Mumbai](#) doing a case study for [My Himachal](#) about computer literacy and IT penetration in Himachal found that 2 computers to a school and 3 to a college were simply insufficient to meet the needs for the subject.

Kullu shawl industry losing sheen

The Kullu shawl weaving industry is on downward slide and perhaps on the path to oblivion. According to information available, the number of weavers has declined by 50 per cent since the last census in 1995. This is an ample indication how the cash starved weavers are either choosing other job avenues to make their both ends meet or leaving the valley for greener pastures.

