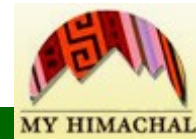




Join us for a better Himachal

My Himachal NGO



My Himachal Newsletter

April 2009 Issue 3

Dear Friends,

It gives us immense pleasure to share with you all the first happening at My Himachal. As you all might know, [My Himachal](#) is a collaboration of people of Himachal Origin and friends of Himachal Pradesh worldwide. We are an [award winning](#), tax exempt (US IRS Section [501\(c\) \(3\)](#)), Charitable, Non-profit, Non-political, Non-religious and Non-governmental organization. Our goal is to help poor and needy people in Himachal Pradesh with their educational and health related needs without any distinction of race, religion, sex, and opinion. We also aim to preserve Himachal culture, promote, support and expand social and economic interests of Himachal Pradesh and its people worldwide.

We are not just “By Himachali for Himachal but by ALL for Himachal,” as we strive for Himachal.

This regular medium of interaction will help us expand and connect with more friends. We are taking you all through our journey in the past and sharing with you our future projects. Your active participation, comments, feedback and support is highly required to make our efforts more meaningful.



My Himachal 2009 Projects

Our current projects highlights and supports some of the most urgent issues like exploring alternate sources of energy generation, helping farmers, remodeling of Kullu Handloom industry, spreading Health awareness, promoting Eco-Tourism and granting educational scholarships to the deserving students. We share with you some of our forthcoming and active projects:



- **HealthCare Program 2009:** My Himachal started its social work journey in 2006 with the [Child Healthcare Program \(Health Mela\)](#). The mission of this health program was to provide healthcare and Nutritional Education in Himachal. We have been successfully doing this as a yearly project since 2006 and got great support from all our Indian and foreign physicians. This year we plan to bring nutritional awareness and education to rural parts of Spiti and Kullu valleys. Nutritional health worker training would be carried forward in its third year.
- **HOPE Scholarships 2009:** Another important event that started with our formation in 2006 is HOPE Scholarships to help the poor and needy students of Himachal Pradesh. As per the availability of funds My Himachal gave the first scholarship of \$600 in 2006 and [ever since, this amount has increased to \\$4,000 in 2008](#). Eighty-one (81) poor students of all classes and streams up to class 12th in Himachal Pradesh were granted HOPE scholarship. Selection of students is made on merit cum need basis. The HOPE Scholarship-2008 was distributed himself by Director Education, Dr. O.P. Sharma in Shimla. This year also, we plan to have it in July/August and we are going to budget it based on member’s kind donations.
- **Pico Hydro:** We are partnering with WWF Himachal to work towards alternate sources of energy in Himachal. Under this we are setting up a project in Jibli area to generate Hydro Electricity up to 5KW that can supply power to 15-20 houses.
- **Solution for Apple farmers:** My Himachal plans to develop mobile based system for apple farmers which will help them track correct market rates and weather related information. This project is in the pipeline with one of the world’s best institution.



My Himachal 2009 Projects (Continued...)

- **Waste Management Project:** My Himachal in collaboration with Jagriti Mahila Mandal conducted an awareness campaign on waste management. We plan to expand this campaign in all the regions of Himachal.
- **Eco Tourism research project in GHN:** My Himachal in collaboration with SP Jain Institute of Management & Research are doing a research project to build initial eco tourism for Great Himalayan National Park in Kullu and rest of Himachal.



- **Save The Weaver:** My Himachal sponsored a campaign called 'Save The Weaver'. My Himachal in association with students of SP Jain Institute of Management & Research (Mumbai) conducted a survey revealing startling facts about the health of the traditional Kullu weaving industry. Based on the analysis, we made recommendations to the local government, which led to a swift rescue effort by the government to save this industry.



This year, second step of the campaign, "Save the Weaver", is taken to research the possibilities of privatization of the weaving industry, which is also the call of the hour as it will open more doors, national as well international, for their handmade products. The focus is on online/internet marketing.

- **Himachal day celebration in the USA:** For the first time in USA, all Himachalis and Friends of Himachal have come together to revive the spirit of Himachal in our adopted homeland. India Community Center located in Milpitas, California has dedicated June 2009 to Himachal Pradesh, with a month long display of colorful and informative displays of paintings, pictures and crafts of Himachal Pradesh. Sunday, June 14 will be celebrated as Himachal Day starting with a snapshot of Himachal's history and accomplishments followed by Himachali cuisine, glimpses of its colorful dresses and live performances of dance and music.
- **My Himachal Blog:** This is one of the largest NEWS channels about Himachal Pradesh, featuring various aspects of Himachal Pradesh with numerous writers contributing their piece of writing around the world.

Message from My Himachal President

Avnish Katoch, President of My Himachal says, "With three fruitful years behind My Himachal, clear understanding of ground realities and deeply committed TEAM, we are now well positioned to take on projects which would help Himachal and its people in long run. As we move further, we value our members and the support we always get from Himachal. Shortly in June we are going to celebrate Himachal State month at Indian Community Centre, Milpitas California. At our end the dream is to see a stronger and better Himachal and for that we need help from every quarter. "

Rewards & Recognition

My Himachal was among the 29 [Non Government Organizations \(NGOs\) that Project Concern International \(PCI\)](#), a San Diego, California based health and humanitarian organization honored at the 18th Annual Hands across Borders event on November 6 to celebrate the tradition and culture of South and Southeast Asia.

Executive Committee & Advisors

<u>United States</u>	<u>India Chapter</u>	<u>Advisors</u>
Avnish Katoch	Dr. Sudarshan Vatsayayan	Payson R. Stevens
Dr. Meena Pathania	Anish Joel	Dr. Jessica Wallack
Dr. Des Kashyap	Shivani Iksha	Dr. Sanjeeva Pandey
Sumant Sood	Ravinder Makhaik	Dr. Bhugol Chandel
Anil Chandel	Ramit Mahajan	Navin Katoch
		Mahesh Nihalani

Contact us

Disha Singh (Shimla)
 Phone: +91-98166-62221
 E-mail: dishasingh@himachal.us

Shivani Iksha (Dharamshala)
 Phone: +91-98052-81334
 E-mail: shivani@myhimachal.com