



॥ छबीलो गढ़वाल - रंगीलो कुमाँऊं ॥

"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



Uttaranchal Association of North America® - UANA

www.uttaranchal.org | outreach@uttaranchal.org | feedback@uttaranchal.org



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 Bachetti (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. Nalni D. Jayal and Mrs. Indira Ramesh (Himalaya Trust), Mrs. Indu Singh (MKP), Dr. Balbir Rawat
Haldwani and Nainital	Ms. Kiran Pandey, Mr. Bhairab Satyawali
Hyderabad	Ms. Averil Spencer and Ms. Anusha Bharadwaj (VOICE)
Mumbai	Dr. Dilip Nachane
Pauri and Pithoragarh	Mr. Ashish Dabral, Mr. Ashok Ghildiyal, Mr. Dushyant Pangtey
Pune	Mr. N.K. Pandey
Rudraprayag	Mr. Uttamsingh 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 Vidyalaya 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



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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 Prana'** dance on Kumauni romantic song by Somya and Shreya Shesadri
10. **'Thandu Mathu Chaumas'** group dance by Kanti Barthwal, Santosh Negi, Gita Khanduri , Abhilasha Negi ,
Veena Kukreti.
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 | } | • 7 Days Coeducational | |
| • Rishikesh | | Number of Camps | : 40 |
| • Tehri | | Campers | : 1600 |
| • Pauri | | • 15 Days Girls Camps | |
| • Chamoli | | Number of Camps | : 35 |
| • Rudraprayag | | Campers | : 1100 |
| • Haldwani | | • 5 Days Counselors Training | |
| • Nainital | | Number of Camps | : 10 |
| • Almora | | Counselors Trained | : 250 |
| • Pithoragarh | | | |

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.

Phase I

- Site Address : Fetehpur, Rudraprayag
- Total agriculture land used : 1800 sq. meters
- Vegetable seed type : Ladyfinger, Eggplant, Gherkin, Coriander and Radish
- Total farmers engaged : 09 (Nine)
- Cost of seeds etc. : 8,000 (INR)
- Maintenance cost : 4,000 (INR)
- Net Profit : 70,000 (INR)

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

Phase II

- Total agriculture land used : 4,000 sq. meters
- Vegetable seed type : Cabbage (approx. 14,000 seeds)
- Total farmers engaged : 16 (Sixteen)
- Cost of seeds etc. : 10,000 (INR)
- Maintenance cost : 5,000 (INR)
- Net Profit : 125,000 (INR)

Phase III

- Total agriculture land used : 7,000 Sq. Meters
- Vegetable seed type : Ladyfinger, Eggplant, Coriander Cucumber and Tomato
- Total farmers engaged : 35 (Thirty Five)
- Cost of seeds etc. : 20,000 (INR)
- Maintenance cost : 5,000 (INR)
- Net Profit shall be available by September 2015



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. Runjhun Saklani
23. Tanvi & Kumud Sanwal
24. Rochelle & Anup Uniyal



अपने आप को पहचानिये

दूसरो की बुरािान सभी देखते है परन्तु अपनी और देखने का अभ्यास बहुत काम लोगों को होता है। सुप्रसिद्ध विचारक इमर्सन का कहना है की बहुत लोग मृत्यु से पूर्व अपने आप को पहचान पाते है। बहुत काम व्यक्ति अपने जीवन में सभी शक्तियों प्रकट करने की क्षमता रखते है। वास्तव में तथ्य यह है की हमारे अंदर असंख्य गुप्त शक्तिया सोयी पड़ी है परन्तु हमे उन योग्यताओं क्षमताओ का पता ही नहीं और नाही उन्हे जानने का आभास करते है। यह ठीक है की बहार की अनेक वस्तुएं जानकर हम जानवान कहलायें परन्तु येहे भी काम आवश्यक नहीं की हम अपने आप को पहचानना भी सीखीयें। जो अपनी और देखने का अभ्यास करता है वही महान मानता है। ऐसा व्यक्ति कठनाईओं तथा बाधाओ का विजय पाकर सतत उन्नति करता है।

महापुरुषों के जीवन इस बार का साक्षी है की वे सतत आत्म निरक्षण करते रहे। तथा अपनी भूलों से सदैव शिक्षाएँ ग्रहण करते रहे। यदि आप भी महान बनना चाहते हो तोह दूसरों को तुच्छ समझने की उनमें छिद्रआअन्वेषण करने की दृष्टि का परित्याग करदीजिए। दूसरों को तुच्छसमझने वाला मनुष्यता खो देता है। औरों की गलतियां खोजने की अपेक्षा अपनी ही कमियाँ खोजियें। और उन्हे दूर कीजिये। अपनी शक्तियों को पहचानिये और उनका सदुपयोग कीजिये।

ईश्वर ने अनेको दिव्या शक्तियां देकर आपको संसार में भेजा है। उनका सदुपयोग ना कीजिये। पेट और प्रजनन जैसे शूद्र कारियों में उन्हे बर्बाद न होने दीजिये। आप जो भी कार्य कर रहे है। उससे हजारों गुना अधिक कार्य करने की समर्थियन आपनके अंदर है। आवश्यकता केवल इस बात की है की अपना महत्व समझे। शक्तियों को पहचानिये तथा समाये का सदुपयोग करे। जीवन का एक एक शन्न अमुलिये है। उससे व्यरत न जाननेदे। जो भी करिये करने की इच्छा रखते हो उससे आज से ही प्रारम्भ कर दीजिये।

अपनी समस्त शक्तियां उसमें एककरकर कर दीजिये। वह शन्न आपके जीवन का अत्यंत महत्वपूर्ण शन्न होगा। जब आपको येहे अनुभव होगा की संसार को आपकी आवश्यकता है। आपके अंदर एक और व्यक्ति समाहित है जो आपके भरारी व्यक्तित्व से कही अधिक महान है। जिस शन्न व्यक्ति अपनी महानता की झलक पालता है वह मानव से महामानव की और अग्रसर होजाता है।

हो सकता है की किन्ही कठनाइयों अथवा बढाओ के कारण आपका व्यक्तित्व पूरी तरह विकसित न हो सका को परन्तु अपपतियां आने पर घबराएं मत। जिस प्रकार से अग्नि में तपकर सोना नई खर जाता है और भी अधिक चमकने लगता है। उसी प्रकार बाधाये और कठनाइयां मनुष्य को खराबकुंदन के सामान बनना देती है। कई पादक होते है जब तक उन्हे मसला नजाये सुगन्धि नहीं देते। उसी प्रकार कुछ व्यक्ति ऐसे होते है जब तक वे विपतियों से आक्रांत न किया जाए उनकी योग्यताओ की सुगन्धि विकसित ही नहीं हो पाती। अतैव और निरक्षण के द्वारा अपने योग्यताओ को पहचानिये। किसी भी प्रतिभा का अंकुर आपको दिखाइए पड़े उसको पुष्पित पळवित होने का अवसर दीजियें। कौन जाने एक दिन आप संसार के महान व्यक्ति या कलाकार बन्न जाये। विश्वप्रसिद्ध लेखक: बन जाये। दार्शनिक या राजनीतिज्ञ बन्न जाये। आवश्यकता केवल इस बार की है की अपनी शक्तियों को पहचानिये। और हमेशा आगे बढने का क्रम जारी रखियें।

जो स्वयं को जानलेता है वही शाक्षाक परमेश्वर को जान सकता है। वही व्यक्ति इश्वरिये प्रयोजनो को पूरा कर सकता है। तथा उसके संदेशो को जनन साधारण तक पहुचासकता है।

श्रीमती वीणा कुकरेती।



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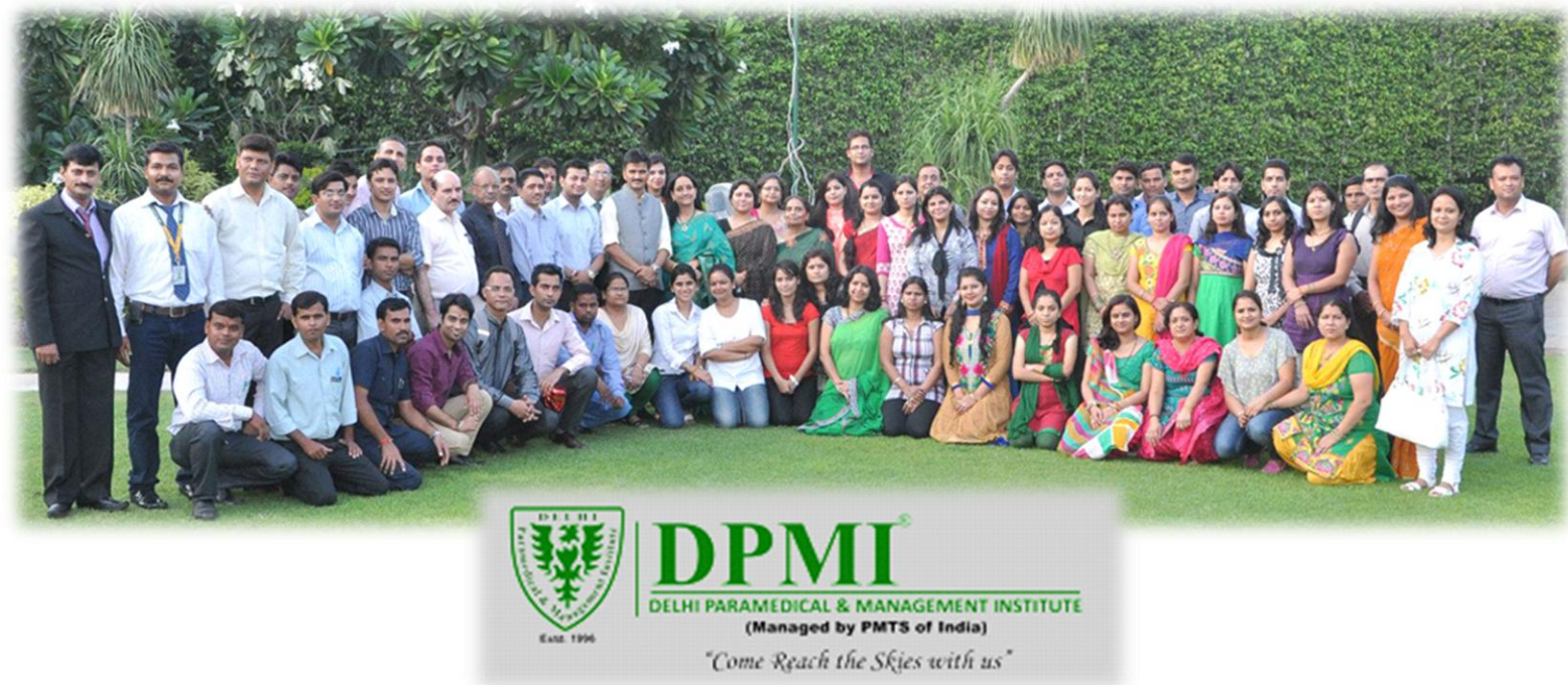
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A Nath is a big nose ring supported with a beaded extension in the hair and it is made of gold using intricate designs. Bulakh is another form of elongated gold nose ring work in the center, covering the lips



Aipan art and crafts

Aipan or Aeipan 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.

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**Congratulations to UANA
On 16th Annual Convention**

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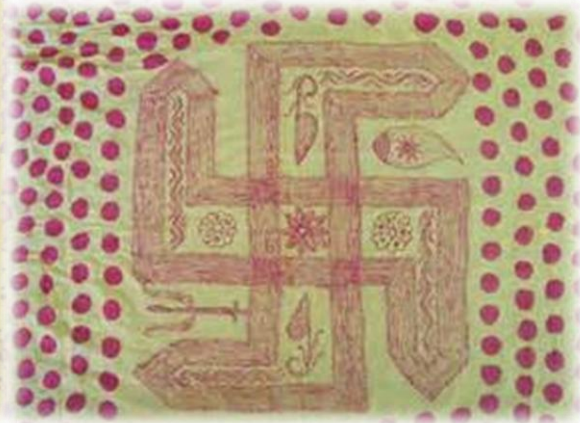
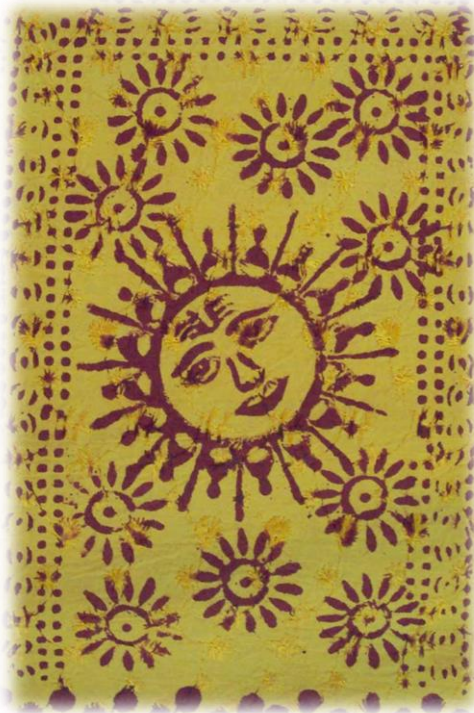
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Rangwali Pichhaura is a garment worn at ceremonial occasions in Uttarakhand. From bride to great grandmother, every women in the family wear it on occasions be it namkarna or marriage, upanayan or mundan.





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