

KAUTHIG 2026 कौथिग

Convention of Uttarākhandis in North America

Baltimore, MD, U.S.A

July 31 - Aug 1, 2026

Uttarakhand Foundation dba UANA 501(c)(3) www.uanauf.org



When Uttarākhand Comes to Baltimore
When Badrināth's hearts unite in Baltimore's embrace,
Ancient mountains find a new and joyful place.
The echoes of the Himālayās fill the evening air,
With songs, traditions, faith, and love beyond compare.
Generations gather, old and young as one,
Keeping timeless heritage shining like the sun.
Across the seas, our roots bloom brighter than before -
For when Badrināth celebrates in Baltimore,
Magic happens.



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Welcome Letter

Dear Delegates and Friends,

Namaskār!

On behalf of the Board of Directors of Uttarakhand Foundation, it is our great pleasure to warmly welcome you to Kauthig Convention 2026, being held on July 31st and August 1st, 2026, in Baltimore, Maryland.

Kauthig 2026 is more than a convention - it is a celebration of our shared heritage, culture, traditions, and the enduring connection that unites the Uttarakhand community across North America and beyond. This gathering provides us an opportunity to reconnect with old friends, build new relationships, celebrate our vibrant culture, and reflect on our collective responsibility toward the progress and well-being of Uttarakhand.

We are deeply grateful for your presence, support, and continued commitment to the mission of Uttarakhand Foundation. Together, through education, healthcare awareness, livelihood initiatives, cultural preservation, and community service programs, we continue to create meaningful and lasting impact for communities in Uttarakhand.

We hope this convention inspires, energizes, and strengthens the bonds that connect us. Thank you for being an integral part of this special gathering, and we look forward to sharing memorable moments with you and your families.

Welcome to Kauthig Convention 2026. We wish you an enjoyable, enriching, and unforgettable experience.

With sincere appreciation,

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दिनांक 22/7/26

सन्देश

यह अत्यन्त हर्ष का विषय है कि 'उत्तराखण्ड फाउण्डेशन' द्वारा 01 अगस्त, 2026 को बाल्टीमोर में "कौथिंग कन्वेंशन-2026" का आयोजन किया जा रहा है, जिसमें अमेरिका के विभिन्न राज्यों एवं कनाडा में रह रहे प्रवासी उत्तराखण्डी परिवार भाग ले रहे हैं।

यह आयोजन इन सभी परिवारों को आपस में मिलने एवं अपनी समृद्ध संस्कृति तथा अपनी मातृभूमि उत्तराखण्ड राज्य की स्मृतियों को पुनः तरोजा करने का अवसर होगा। हमारी नई पीढ़ी के युवाओं को भी अपनी विरासत, परम्पराओं, संस्कृति, बोली-भाषा के साथ-साथ उत्तराखण्ड की अतुलनीय प्राकृतिक सौंदर्य एवं यहाँ हो रहे तेजी से विकास की भी जानकारी मिल सकेगी।

आप सब लोग अपनी मेहनत, प्रतिभा एवं संस्कारों के साथ अपने प्रवास के देशों में एक विशिष्ट स्थान बनाने में सफल रहे हैं। उत्तराखण्ड राज्य में भी तीव्र विकास के साथ-साथ अनेक आर्थिक एवं सामाजिक अवसर प्रस्तुत हो रहे हैं। हमारे प्रवासी इन अवसरों का लाभ लेकर अपनी क्षमताओं एवं विशेषज्ञताओं का लाभ अपने पैतृक राज्य को भी उपलब्ध करा सकते हैं।

मुझे पूर्ण विश्वास है कि इस सम्मेलन में हमारी समृद्ध एवं पुरातन विरासत के साथ-साथ आधुनिक उत्तराखण्ड में उपलब्ध अवसरों पर भी चर्चा होगी।

मैं आप सबको इस कार्यक्रम के लिए हार्दिक शुभकामनाएं प्रेषित करता हूँ।


(पूरन चन्द्र नैलवाल)
22/7/26

Program

07/31 FRIDAY 4-5 PM	Early Registration
07/31 5-6 PM	Informal Meet and Greet
07/31 6-8 PM	Karaoke Open Mic
07/31 8-9 PM	Light Dinner <i>Note: Please plan to arrive early, as Dinner will be served only until 9:00 PM.</i>
08/01 SATURDAY 10 AM-12 PM	Presentations Guest Speakers
08/01 12-2 PM	General Body Meeting 'Q & A' with Working Lunch
08/01 12-1 PM	Networking Session for Youth and Young Professionals

08/01 3-4 PM	Registration Tea and Snack
08/01 4:30-7 PM	Kauthig Cultural Program (A Celebration of Pahāri Culture)
08/01 7-8 PM	Break
08/01 8-9:30 PM	Dinner
08/01 9:30-10:30 PM	DJ (Pop-Folk-Pahāri Music)



Registration

08/01 PRESENTATIONS SATURDAY 10AM - 12PM

Topic: 'Community Impact through Service - Projects in Uttarakhand'
Presenter: Mr. Manoj Bisht

Topic: 'How I Learned to Fly: My Journey to a Private Pilot's License'
Presenter: Ms. Abhilasha Negi

Topic: 'Preventive Health Screening - Guidelines for Adults'
Presenter: Dr. Anshi Thapliyal

Topic: 'AI for Everyone'
Presenter: Mr. Deepak Rana

Topic: 'Avocado Planting Pilot Project in Musmola, Tehri Garhwal'
Presenter: Mr. Sai Bharat Sanyal

Topic: 'Community Events in Tri-State'
Presenters: Ms. Shalini Dumka and Ms. Tanvi Sharma

Topic: 'Wellness - Four Pillars for a Better Life'
Presenter: Mr. Manoj Bisht

Topic: 'Uttarakhand Foundation - Various Initiatives'
Presenters: Mr. Ramesh Patwal, Mr. JP Mishra & Ms. Runjhun Saklani

08/01 YOUTH INTERACTIVE SESSION SATURDAY 12 PM - 1 PM

'Panel Discussion on College Admissions and Career Paths' & 'Social Networking'
Panelists: Ishita Pandey, Shreya Pandey, Mishti Mishra, Nikash Pant, Ashwin Kala,
Siddharth Pant, Sujal Mastwal, Chetan Kala, Dr. Divya Krishna

Cultural Program

August 1st (Saturday) 4:30pm - 7:00pm

MCs (कार्यक्रम संचालक) : Dr. Somya Shesadri and Dr. Ajay Karki

1. Welcome and Introductions (स्वागत एवं परिचय)
2. Lighting the Lamp - Diya Prajwalan (दिया प्रज्वलन) by Ambassador Namgya C. Khampa
3. Bhajan (भजन) by Ghughutees (घुघूतीस)
4. Pahādi Dance Medley (पहाड़ी नृत्य) by Suman Karki, Ruchi Belwal, Priyanka Dhasmana, Parul Negi and Suchita Kandwal
5. Hey Madhu - Mathu Mathu (पहाड़ी नृत्य) by Shreya Shesadri
6. Pahādi Dance (पहाड़ी नृत्य) by Gita Khanduri & Veena Kukreti
7. Pahādi Group Dance 'Folk Dances of Uttarākhand' (पहाड़ी लोकनृत्य) by 'Ghughutees' (Pritam Dimri, Anisha Mishra, Rekha Raturi, Smita Sah, Tanvi Sharma, Shiksha & Asim Burman, Neetu & Tarun Joshi, Rekha & JP Mishra, Nidhi & Abhishek Panthri)
8. Uttrākhandi Songs (समूह गीत) 'DC-Maryland-Virginia (DMV) Singing Group Ka Singing Program'
9. Video Presentation - Uttrakhand Foundation Initiatives
10. Bollywood Mix by Varun Jakhmola, Nikash Pant, Sydarth Pant, Ishita Pandey & Shreya Pandey
11. Pahādi Dance (पहाड़ी नृत्य) (Blast from the Past)
12. ' #हैशटैग से परे यात्रा ' Play by 'Ghughutees' Script Writer & Director Tarun Joshi, Pritam Dimri, Smita Sah, Rekha & Rahul Naithani.
13. Pahādi Dance Medley (पहाड़ी नृत्य) by Suman Karki
14. Pahādi Dance (पहाड़ी नृत्य) by Somya and Shreya Shesadri
15. Closing Statement (समापन शब्द)

Note: The word 'Pahādi' above pertains to Garhwali and Kumaoni languages spoken in Uttarākhand)

Uttarakhand Foundation's Initiatives



Educational - Readership Programs “पढ़ेगा उत्तराखंड तभी तो बढ़ेगा उत्तराखंड”



Health Awareness Camps “स्वस्थ उत्तराखंड अभियान”

Uttarakhand Foundation's Initiatives



Agri- Livelihood Initiatives “कृषि आजीविका गतिविधियां”



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'KAUTHIG' 2027 PATRIKA

A Patrikā of Uttarākhandis from around the world

An Initiative of UANA-UF www.uanauf.org

'कौथिग' 2027 पत्रिका

Submission Guidelines

Submission Deadline
15th September,
2026

Language:

Language: Hindi, Garhwāli, Kumāuni, Jaunsāri, Sanskrit, and English

Content Guidelines & Limit:

Short stories (up to 1500 words each)

Poems (up to 200 words each)

Travelogues (up to 1500 words each)

Garhwāli, Kumāuni, Jaunsāri and Sanskrit articles (up to 700 words each)

English articles (up to 800 words each)

Book reviews (on contemporary writing from or about Uttarākhand)

Interview (up to 700 words)

Recipes (up to 200 words each)

A limited number of high quality original photos or illustrations in support of the content with due permission from the creator or source for inclusion

Suggested Article Categories

1. Reports of events, projects and activities from Uttarākhandi communities
2. Reports of projects conducted in Uttarākhand
3. Stories and Anecdotes from the Mountains
4. Poems and Songs (with fragrance from the hills)
5. Recipes, Foods and Festivals of Uttarākhand
6. Language lessons (Garhwāli, Kumāuni, Jaunsāri and Sanskrit)
7. Quiz on Uttarākhand's History, Heritage and Culture
8. Current issues and challenges (Climate change, Healthcare, Emigration etc.)
9. Articles from youth and young professionals sharing their personal experiences, volunteering, achievements and travel diaries from around the world (age 15 years - 35 years)
10. Essays, Art and Stories (age 14 years or younger)
11. Advertisements - opportunity to promote your business (contact patrika@uanauf.org for pricing)

Submission Requirements:

- Note 'Kauthig Patrikā 2027' in the email subject line.
 - Sign off the submission as follows:
"I declare that this submission is my original creation and it does not infringe anybody's copyright and / or other intellectual property."
 - Include contact information (name, city, state, country, phone, email, age), your recent passport size headshot (jpeg)
 - Attach the article or poem as an editable Word document.
 - Note: Do not send any PDF or image attachments of the article. Only editable Word documents will be accepted.
- Acceptance/Rejection: If your submission is not selected for publication in the 2027 issue of the Patrika by its Editorial Board, we may suggest changes or improvements and consider including it in one of the future issues.

Submission Email
patrika@uanauf.org

Editorial Team

Ruchi Dabral (Chicago), Ashutosh Joshi (Chicago), Tarun Joshi (New Jersey),
Ajay Jugraan (New Delhi), Veena Kedla (Los Angeles), Runjhun Saklani (Los Angeles)
(Youth Team): Shivani Patil (Los Angeles), Avani Joshi (Chicago), Pragati Pant (Boston)

Advertisement



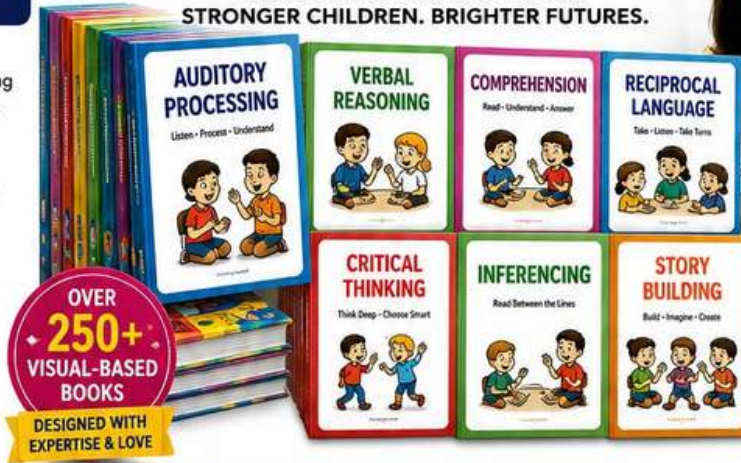
BUILDING BRIGHTER MINDS. BUILDING A STRONGER INDIA. LAUNCHING SOON

FROM
UTTARAKHAND
TO EVERY STATE.
EVERY CHILD.
EVERY SCHOOL.
ONE MISSION. ❤️

A REVOLUTION IN SPECIAL NEEDS EDUCATION

Shine Avi Books bring evidence-based, visual learning resources to support children with developmental delays, learning gaps, language disorders & autism spectrum.

- ✓ Developmental Delays
- ✓ Learning Gaps
- ✓ Language Disorders
- ✓ Autism Spectrum
- ✓ Attention & Processing Challenges



OVER
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VISUAL-BASED
BOOKS
DESIGNED WITH
EXPERTISE & LOVE

The change is quiet,
but the impact is
LIFE-CHANGING. ❤️

20+ KEY LEARNING AREAS WE COVER

- | | | | |
|-----------------------|------------------------|----------------------------|--------------------------|
| Auditory Processing | Logical Thinking | Following Directions | Memory & Recall |
| Verbal Reasoning | Inferencing | Sequencing & Ordering | Attention & Focus |
| Reading Comprehension | Story Building | Problem Solving | Categorization & Sorting |
| Reciprocal Language | Vocabulary Development | Social Skills & Pragmatics | Predicting Outcomes |
| Critical Thinking | WH Questions | Visual Perception | Compare & Contrast |

WHY OUR BOOKS WORK

- ✓ Real-life visuals for better understanding
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RESOURCE ROOMS THAT CREATE REAL CHANGE

- Individualized support within schools
- Inclusive learning environment
- Early intervention for better outcomes
- Bridges gaps. Builds skills. Builds future.



A PAN INDIA PROJECT

Every State.
Every District.
Every School.
Every Child.

BRINGING CHANGE ACROSS INDIA

- Empowering Teachers
- Strengthening Schools
- Supporting Communities
- Building an Inclusive India

TOGETHER,
WE LEAVE NO CHILD BEHIND.

THE IMPACT IS REAL



DESIGNED IN ALIGNMENT WITH THE
NATIONAL EDUCATION POLICY (NEP) 2020,
GOVERNMENT OF INDIA
Promoting Inclusive, Equitable & Holistic Education
for Every Child.

Improved
Learning
Outcomes

Better
Communication
& Social Skills

More
Confidence &
Independence

Stronger
Academic
Performance

Inclusive
Classrooms

A Brighter,
Inclusive
Future



Anita Sharma

Founder, Shine Avi Learning (USA)
Autism Educator | Curriculum Developer
Special Needs Advocate
(20+ Years of Experience in
Developmental Delays)

SHINE AVI LEARNING PULL-OUT RESOURCE ROOMS

A Model for India | Designed in Alignment with
the National Education Policy (NEP) 2020,
Government of India

- Structured Model
- Early Intervention
- Trained Educators
- Data-Driven Progress
- Sustainable Impact

BE A PART OF
A MOVEMENT
THAT MATTERS! ❤️

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