

HIMALAYAN DISASTER MITIGATION APPEAL !

'RAHAT'

THANK YOU !

We have been raising funds and collecting donations, over 3,000 kgs of food grains, 100 bags of toiletries, medicines & clothes have been donated by well wishers. **Thank You!** With roads disrupted at many places, walking path washed away, it was difficult to reach relief to the needy. We have however reached & are working with a long term strategy to sustain this effort but **we need your continued support.**



HELP! for Haruli Devi & others is still urgently required, living in improvised leaky tents in the monsoon rains, long walks for food relief, life is a struggle ...



Destruction: we heard this house crash into the Gori river in the night

'RAHAT' PROGRAM IN PITTHORAGARH

'RAHAT' literally meaning relief, is Chintan International Trust's disaster mitigation program, acronym for Relief Access & Habilitation with Appropriate Training, working towards a regular sustainable long term program.

Over 1000 kms of difficult driving, over 100 kms of walking challenging terrain, devastated roads & paths, visiting cut off villages, hearing stories of terror, sharing shattered lives, helping boost morales & rebuild lives...

OUR 'ROAD' TO UMARGADA VILLAGE from difficult to dangerous..

It is still difficult to get an overall picture of the recent Himalayan disaster, with over 5,000 people still missing ... We have been in touch with the situation in Pitthoragarh district of the Kumaon region, with reports of 'more than 50 thousand people affected by the disaster, Chiplakedar - 20 dead, 19 missing'

But it was not until we actually got there, could we appreciate the extent of devastation of life and property in the cutoff & unreachable areas of the Munsiyari block. We had already

been fundraising for tents, putting together hygiene kits, collecting donations in food grain & medicines & getting to the needy :
Phase 1: Food, Shelter, Clothing - identify needy & vulnerable, ensure access, health & sanitation, mitigation & MNREGA training
Phase 2: health & nutrition, education, agriculture, livestock, livelihood, wintering
Phase 3: rehabilitation - land & livelihood, helping build for a living fit for the future...



COMMUNITY 'RAHAT' CENTRE at UMARGADA
a community effort, moving rocks, leveling land, everyone 'pitching' in...



'RAHAT' CAMP for BHYUONLA DHAMI GAON

'RAHAT' COMMUNITY CENTRE & CAMPS
We are addressing the needs of the isolated & needy villages in the Bangapani area. We camp at most needy Umargada - all families affected, displaced, 50% agricultural land gone, food stock depleted. Mankot, most isolated, trolley & bridge gone, is another of the dozen or so suffering villages that we are helping through 'RAHAT' camps.

HOW WE ARE WORKING

Since the big rains of mid June, news of the developing Himalayan Disaster had been coming in with mounting concern for Uttarakhand and we have been working on helping relief efforts in a **sustainable** way through a regular program from our Himalayan Base in Mukteshwar, Nainital.

Our approach is of working with people participation, **enhancing self sufficiency** & empowering through capacity building, training & local knowledge based community plans. We are working through **volunteers who lead teams with mixed strengths** - medical, social, survival skills & development practitioners with gender, local & traditional knowledge expertise.

In the first phase we have been collecting **relief material**, identifying the needy, helping **access & distribution** directly & through local organizations like MAATI federation in conjunction with the government agencies. Our main work, however, is working with the people and helping them through their own strengths.



We have been working with this approach, as seen above in the first 'RAHAT' meeting at Umargada village where all the people are affected with houses threatened, agricultural land & food stocks gone. After discussions, plans were made, 'RAHAT' Community Centre was started entirely with the efforts of the people, to develop into a nodal point for health & sanitation, food & nutrition, energy & housing sustainability, with appropriate technology. Remote villages are reached through 'RAHAT' mobile Camps, extending our area as resources permit.

To sustain this effort we need support of organizations, funders & people like you !
Thanks for your help

Dr Satyendra Singh M.S, FRCS

Dr Reetu Sogani MBA, PhD

Disaster Mitigation & Preparedness

Food, shelter, clothing was the first requirement, collection, transport & getting to the needy, with roads & paths disrupted was a challenge!

We collected over 3,000 kgs of donated food grain items (Haldwani Vyapar Mandal), arranged transport through truck, smaller pic up truck, mules & porters, identified the needy after long



walks, meetings, documentation & then started distribution through 'RAHAT' camps as seen above in Dhama gaon for affected Bhyonla village. The process continues with more camps including trainings in MNREGA, disaster mitigation & preparedness, in the affected areas we have visited, increasing our work beyond the dozen or so villages, as and when our resources will permit.

Health & Hygiene

Prevention of course, is the best cure & we have a mixed bag of preventive & promotive health including traditional knowledge where appropriate & modern curative health treatment. First Aid with training on recognizing & acting on serious illness.

We have collected a stock of donated medicines (Uttarakhand Pharmaceutical Association), prepared 100 bags of hygiene products, material & medicines for first aid kits & helped medical requirements of affected cutoff people from trauma to toothache. We are working on sanitation & planning our 'tented' village with the principles of public health, preventing disease, while also



promoting appropriate local traditional remedies. More medical 'RAHAT' camps are planned for this area, which will include first aid & health training for selected responsibility takers in each of the

Food & Nutrition Security

Currently food reaching in relief is mostly rice, some wheat flour & little dal. Mostly carbohydrate, little protein & other essential nutritional requirement. We are addressing nutritional quality needs by actively sourcing & promoting local grain like Mandua (finger millets & Ramdana (Amaranthus) in traditional recipes. With much agricultural land gone, food & traditional seeds for the future are real concerns.



Our initial collection was of course, the same rice based relief, but now we are actively sourcing through our supporters (Beej Bachao Andolan), regionally & locally, traditional nutritious food grain & seeds. Promotional activities on health & nutrition through traditional food will continue for the second & third phases of our program.

Energy, Housing & Livelihood Sustainability

In the Himalaya these are important concerns at the best of times, the current disaster with destruction of agricultural land, houses, access to markets, has put all the more pressure on existing resources. We are exploring the most judicious use of these natural resources & laterally thinking mixing traditional wisdom & use of appropriate modern technology.

Living with the displaced community in tents, start of the Community Centre Camp, trying



innovation in local & modern technology Community Kitchen to try solar cooker, smokeless chulha. Temporary housing, water purification, sanitation, paths & agriculture in livelihood plans.





Displaced people still living in improvised shelters in Umargada village

SPONSOR A TENT IN UMARGADA !

URGENTLY REQUIRED: tents, tarpaulins, solar lanterns & cookers, water purifiers, hygiene & sanitation items. Funds also required for transportation (vehicle, mules, porters) & building a sustainable long term program.



HELP US TO HELP THEM !



HELP! is still urgently required, sheets improvise as tents, long walks for food, health, hygiene, life is a struggle ...



In Appreciation

Thanks for your support ! We need help of all sorts, from tents to solar gear, 4x4 vehicles to horses & mules, logistics & fund raising. We are working to provide sustainable long term help for the affected communities, so raising funds for the 'RAHAT' Himalayan Disaster Mitigation Appeal also needs to be sustained.

YOUR DONATION MAKES A DIFFERENCE as a guide -

Rs 500 pays a 'RAHAT' community support worker's honorarium for one day
 Rs 5000 pays mule & portering costs for a remote 'RAHAT' camp or solar lamp & cooker
 Rs 15000 pays passenger vehicle transport for one trip or pays for one quality tent
 Rs 50,000 runs 'RAHAT' program for a month or pays truck transport costs for two trips
 Rs 5,00,000 Runs 'RAHAT' camp clinics for a year or buys one general sturdy team vehicle
 Rs 50,00,000 Builds a purpose designed sustainable 'RAHAT' Program, training & ready to respond from our Himalayan Base.
Thank You For Your Kind Support

'RAHAT' needs regular donations in the form of thought, effort and money. We have started with personal volunteer efforts and have set up a regular structured program. We hope to continue this effort with your support.

DONATE : with 80G & 12A TAX BENEFIT in India

• **By Bank Transfer** CANARA BANK, Munirka, New Delhi 110067

Name: Chintan International Trust (PAN - AABTC0708N)

Account: 1305101031636 **IFSC Code:** CNRB0001305

• **By Post** (Please complete the info below and post it to Treasurer

Here is my donation of Rs _____. I enclose my cheque payable to Chintan International Trust

Signature _____ **Date:** _____

Name: _____

Address: _____

_____ **Postcode:** _____

Telephone: _____

E-mail: _____ **PAN No** _____

I would like to be a regular donor & receive regular updates (tick)

Please Contact & donate : Phone +91 9560464407

Treasurer: Mrs Shashi Singh, shashisingh13@gmail.com

Address: A-13, Pushpanjali, Vikas Marg Extn, DELHI - 92

Foreign Currency Donations from outside India (via SEDEM)

Bank Transfer :

INDIAN BANK, Hauz Khas
 106-107 Aurobindo Place, DDA
 Commercial Complex, NEW
 DELHI 110016

Name : Society for Economic
 Development & Environmental
 Management

Account No: 408290469

SWIFT/ BIC#: IDIBINBBMAS

Contact : Phone +91 9899955021

Prof Arun Shrivastav, SEDEM

arun1951@gmail.com

Address: A4286, B5&6, Vasant Kunj
 NEW DELHI 110070

Please clearly mark all donations as 'RAHAT' - Himalayan Disaster Appeal.

Chintan & Friends of 'RAHAT'

Chintan International Trust is an organization with a humanitarian mission. It is a non-profit, non-religious & non-political body, registered in Delhi, helping the rural underprivileged in Himalaya. Our main program is **Deodar Himalayan Program** where our 'eco-health' philosophy explores holistic links between eco-systems and

human health. program is integrating health, education and environmental concerns working across the Mukteshwar region in Nainital district.

'RAHAT'(Relief Access & Habilitation with Appropriate Training)



'RAHAT' literally meaning relief, is Chintan International Trust's disaster mitigation program. We operate from our base in Kumaon Himalaya & are currently focusing on a most needy village Umargada & also helping in 13 'toks' & villages in the Bangapani area of Munsiyari block in the Pitthoragarh district. We hope to help in other areas of Dharchula block & certain projects in Garhwal, if funds can be raised & resources permit. We focusing on disaster mitigation through an integrated training including survival & security, health & hygiene, MNREGA & people's rights, rope bridges & path building as required. This program is to develop into a regular ongoing activity including 'Mukteshwar Mountain Rescue' training, teaching, always prepared to respond quickly to any mountain challenge.

Friends of 'RAHAT'

A wonderful group of friends fundraising & supporting us in all ways, currently in Delhi, Gurgaon, Patna & Nainital, US & UK, coordinated by Prof Arun Shrivastav. Thanks all !

How can you help ?

- **Donate** for the cause
- **Volunteer** your skills
- **Contribute** your thoughts
- **Fundraise** for 'RAHAT'

Contact:

chintanhimalya@googlemail.com

Co-ordinator: Prof Arun Shrivastav
arun1951@gmail.com 9899955021

Program Lead : Dr Reetu Sogani
reetusogani@yahoo.com 9811222495

Himalayan Lead : Dr Satyendra Singh satyendreams@mac.com Ph:
 + 91 (0) 9012081684/ 9650927239

Chintan International Trust
Chimchimpani, p.o Surmane, via Mukteshwar
Nainital 263138 UTTARAKHAND

