

UTTARAKHAND DISASTER RELIEF REPORT

2014

INTERNATIONAL ASSOCIATION FOR HUMAN VALUES



UTTARAKHAND DISASTER RELIEF REPORT

The International Association for Human Values (IAHV) offers programs to reduce stress and develop leaders so that human values can flourish in people and communities. The International Association for Human Values was created in Geneva in 1997 by His Holiness Sri Sri Ravi Shankar as a global platform for humanitarian initiatives that solve problems by uplifting human values. IAHV conducts service projects and raises funds for humanitarian and disaster relief initiatives throughout the world.

UTTARAKHAND FLOOD RELIEF

Due to torrential rains in Northern India that took place in the month of June 2013, floods and landslides devastated the Uttarakhand state. Hundreds of deaths were confirmed and many more were feared to be lost.

The International Association for Human Values (IAHV), in partnership with the Art of Living Foundation (AOLF) established a disaster relief fund to provide humanitarian assistance to the victims of the floods in Uttarakhand. Art of Living volunteers were on the ground providing emergency relief including food, medicine and trauma relief to the victims of the disaster and continue to work towards rehabilitation of the victims suffering from the disaster in Uttarakhand.

SCALE OF THE DISASTER

On 16 June 2013, torrential rains in the Uttarakhand state in the North of India affected Uttarakashi, Rudraprayag, Chamoli and Tehri Districts. This triggered massive flooding and landslides, wiping off entire towns, roads, buildings and population in the surrounding areas. The region has a number pilgrimage places visited by millions of pilgrims. The entire area was buried under 6-8 feet of slurry. According to Government of India (GOI), the death toll was 10,000. The State Chief Minister stated that, "We will never know the exact figure." In the absence of roads, it was difficult to reach people who ran to the forest area to save themselves. This resulted in thousands of people dying out of starvation and extreme weather conditions in the days after the rains. Rescue operations were extremely difficult. Stranded were airlifted with a large fleet of choppers. About 100,000 people were rescued after the disaster. The Economic Times mentioned that a total of 3,978 villages lost connectivity. As many as 658 villages were in darkness and at least 744 roads, of the 1,636 damaged, needed to be rebuilt. Among other essential services hit, at least 237 drinking water schemes were damaged.

IAHV – ART OF LIVING INTERVENTION

The below map shows the flood affected locations along with IAHV- Art of Living interventions:



IAHV- Art of Living is involved in long-term rehabilitation work of the flood affected areas. The rehabilitation activities are going on in Agasthmuni, Phata, Kalimath, Sitapur, Triyugarayan, Toshi, Guptkashi, Chamoli and Uttarkashi. Art of Living has been instrumental in spearheading activities such as conducting trauma relief workshops, distribution of relief materials (as requested), construction of bridges and repair of damaged homes. Various Skills Training workshops such as Organic Farming and computer trainings have also been conducted to make the villagers self reliant.

IAHV - ART OF LIVING ACTIVITIES

1. Emergency Response Task Force Training (ERFT)

We have recently conducted an ERFT to create a dedicated task force that has been trained to quickly handle emergency situations during times of disaster. The training covered topics including first aid, how to support various emergency situations such as floods, cyclones, earthquakes and how to conduct rescue operations. Some of the local volunteers from Uttarakhand also attended this training and have become part of this special task force.

Below are some pictures from the training:



Learning to tie a bandage on a head wound



Participants performing CPR on a dummy



Rescue Operations from top of the building



Participants building a bridge

2. Distribution of Kripal sheets in Uttarakashi

The IAHV-Art of Living volunteers provided Kirpal sheets for construction of temporary sheds in villages under 'Kshetra Panchayat Bhatwadi'. Kripal sheets are waterproof sheets made of a special material used to protect the home roofs from the harsh weather conditions.

This activity was initiated on request of the local Panchayat members of Bhatwani, Uttarkashi. The volunteers went to the villages located between Uttarkashi and Gangotri and distributed kripal sheets to more than one thousand families worth Rupees 5.5 lakhs.

3. Construction of Bridges

As a result of IAHV-Art of Living trauma relief/leadership programs the local youths have come forward and taken responsibility for social activity and re-building their communities. Course participants from Triyugi Narayan who went through the Youth Leadership Training (YLTP) were inspired and re-constructed the broken bridges in Toshi and Villirail. This work has restored the means of transportation for many families of Toshi and Villirail villages.

Local Bridge Construction by Volunteers in Toshi Village



Local Bridge Construction by Volunteers in Villrail Village



ON-GOING ACTIVITIES

1. Support for the Primary School in Phata Village (Rudra Prayag)

Phase I: School Renovation in Phata

The primary school in Phata has been re-constructed to support education for children and to provide an atmosphere conducive for learning.

Below are some pictures taken before and after the school renovation work was conducted.

BEFORE



AFTER



Children celebrating in the New school building



Phase II: Support for Education

IAHV-Art of Living continues to support the annual school expenses for education of the children for the next 2 years. This includes tuition fees, books and all other school related expenses.



2. Re-construction of homes at Toshi village, Triyuginarayana

IAHV – Art of Living volunteers have helped with the repair and re-construction of homes at the Toshi village and the beneficiaries also participated in the construction process. These homes have now been handed over to the beneficiaries.

BEFORE



AFTER



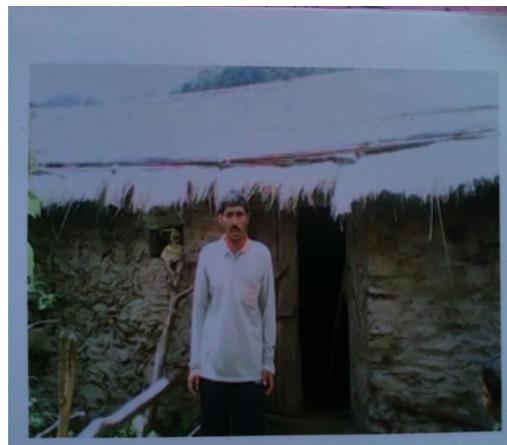
2. Cow shed requirement in Triyuginarayana

As part of the rehabilitation plan, a team of IAHV- Art of Living volunteers visited people in Triyuginarayana to meet the affected families and short-listed farmers who needed cowsheds. The volunteers have distributed 233 tins to 18 families towards cowsheds as listed below.

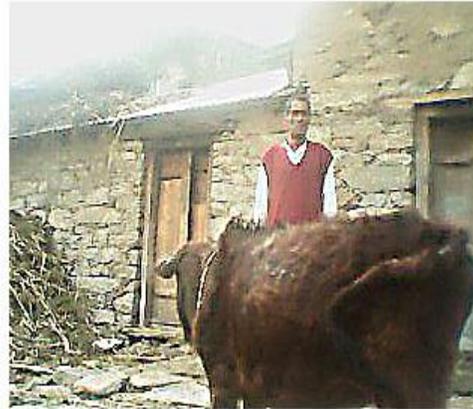
| SI No | Name | Number of Tins |
|-------|-----------------------------|----------------|
| 1 | Madan Mohan Gairola | 15 |
| 2 | Ramchandra Nagpuri | 15 |
| 3 | Shashidhar Semwal | 10 |
| 4 | Aatmaram Bhatt | 12 |
| 5 | Trilochal Lal Moria | 12 |
| 6 | Deerghayu Prasad Semwal | 12 |
| 7 | Narendra Prasad Kurmanchali | 15 |
| 8 | Deepnarayan Sharma | 16 |
| 9 | Mukesh Gairola | 12 |

| | | |
|----|-------------------------|------------|
| 10 | Sudarshan Gairola | 12 |
| 11 | Buddhi Vallabh Semwal | 12 |
| 12 | Parmeshanand Semwal | 15 |
| 13 | Akhilesh Gairola | 12 |
| 14 | Yogendra Prasad Gairola | 12 |
| 15 | Mahadev Prasad Gairola | 12 |
| 16 | Dayadhar Prasad Semwal | 15 |
| 17 | Kishori Lal Gairola | 12 |
| 18 | Kishan shingh bartwal | 12 |
| | Total | 233 |

Some of the damaged cow sheds at a glance:



Distribution of Tins for the cowsheds.



4. Installation of Solar Geysers and Lights in health centers in Chamoli

On request of the District Magistrate of Chamoli, we have successfully installed solar geysers in 10 locations and solar lights in 21 locations in Chamoli. These installations will facilitate medical services for the community in Chamoli. During the execution phase, we faced several challenges in obtaining adequate water supply and ensuring proper storage of water. Thus we had to chose different locations for our delivery centers and instead of choosing all ANM centers we used hospitals in some locations as these more in use.

List of Health centers for Installation Of Solar Gysers:

| S.N | BLOCK | SUB CENTER NAME |
|-----|-------------|-----------------|
| 1 | DASOLI | MAJOTHI |
| 2 | KARANPRAYAG | SIMILI |
| 3 | JOSHIMATH | LATA |
| 4 | GHAT | RAMINI |
| 5 | GHAT | PAGANA |
| 6 | GAIRSAIN | CHORDA |
| 7 | POKHARI | TRISHULA |
| 8 | THARALI | DUNGRI |
| 9 | NARAINBAGAR | ASED SIMLI |
| 10 | NARAINBAGAR | HARMANI |

List of ANM centers where solar lights have been placed:

| S.N | BLOCK | SUB CENTER NAME | TYPE OF CENTER |
|-----|----------------|--------------------|----------------------|
| 1 | KARANPRAYAG | SIMLI | ANM |
| 2 | GHAT | NANDPRAYAG | ANM |
| 3 | DASOLI | KAJAU MAIKOT | ANM |
| 4 | DASOLI | MAJOTHI | ANM |
| 5 | KARANPRAYAG | UMMTA | ANM |
| 6 | KARANPRAYAG | NANI SAIN | ANM |
| 7 | NARAYAN BAGGAR | HARMANI | ANM |
| 8 | THARALI | DUGARI | ANM |
| 9 | THARALI | SERA VIJAPUR | ANM |
| 10 | NARAYAN BAGGAR | ALKOT | ANM |
| 11 | THARALI | TALWARI | Hospital & ANM |
| 12 | NARAYAN BAGGAR | ASERSIMLI | ANM |
| 13 | KARANPRAYAG | BIDOLI (KHANKHUL) | ANM |
| 14 | KARANPRAYAG | DHARKOT | ANM |
| 15 | GHATI | HARKOTI | HIMAD TANNING CENTER |
| 16 | JOSHIMATH | JOSHIMATH HOSPITAL | CHC |
| 17 | JOSHIMATH | PIPLKOTI | CHC |
| 18 | DASOLI | GOPINATH MANDIR | MANDIR |
| 19 | DASOLI | GOPESWAR HOSPITAL | CAMP |
| 20 | DASOLI | AWAS GOPESWAR | CMO |
| 21 | THARALI | TALWARI | ASD HOSPITAL |

Some pictures of our ANM centers with Solar Lights Installations by IAHV- Art of Living:



ANM CENTER ASED SIMALI

ANM CENTER MAJOTHI



ANM Center Dungri



ANM Center Alkot



ANM Center Kunjousekot



ANM Center Harmani



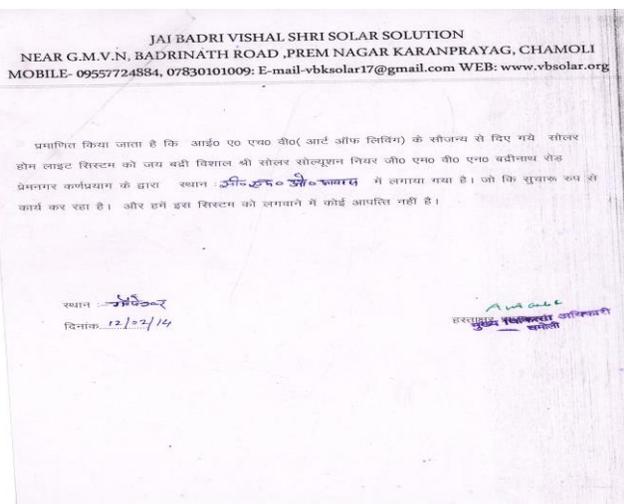
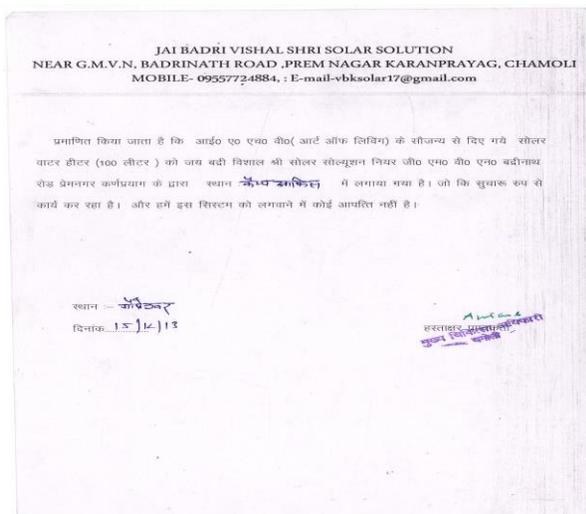
Installation of Solar Geysers by IAHV Art of Living at health centers:



ANM Nandprayag



Camp Office Gopeswar



SKILLS TRAINING

1. Cooking and Driving Workshops

We conducted cooking and driving workshops in Hapur(U.P) for 17 individuals. Of the 17 individuals who have undergone this training, 8 are working as full time yuvacharyas and 4 have been placed in full time jobs.

| Name | Father's Name | Age | Education | Address |
|------------------------|---------------------|-----|-----------|---|
| NIRMAL SINGH | SHISHUPAL SINGH | 24 | 10+2 | VILL: SINGHATA, P.O.: PATHALIDHAR, DISTT: RUDRAPRAYAG, UTTRAKHAND |
| SHIV PRATAP SINGH NEGI | C.S. NEGI | 30 | | VILL: SINGHATA, P.O.: PATHALIDHAR, DISTT: RUDRAPRAYAG, UTTRAKHAND |
| LAKHPAT SINGH | NARAYAN SINGH | 27 | B.A | VILL: PAHI BHATURI, UTTARKASHI, UTTRAKHAND |
| VIKESH RAWAT | MANOHAR SINGH RAWAT | 20 | 10+2 | VILL: BARSU BHATURI, UTTARKASHI RUDRAPRAYAG, UTTRAKHAND |
| BHUPENDRA SINGH | DHEERDA SINGH | 23 | 10th | VILL: ADULI, P.O. KIMANA, DISTT: RUDRAPRAYAG, UTTRAKHAND |
| MANOJ SINGH | UMED SINGH | 25 | 10+2 | VILL: TRIYUGINARAYAN, DISTT: RUDRAPRAYAG, PIN: 246421, UTTRAKHAND |

| | | | | |
|---------------------|---------------------|----|------|--|
| MANGALDEEP | BRIJMOHAN | 19 | 10+2 | , VILL: SILLA, UTTARKASHI, POST OFFICE: MALLA, PIN: 246471, UTTRAKHAND |
| LOKVENDRA PANWAR | JAMAN SINGH | 29 | 10th | VILL: KUNJAN, P.O. BHATURI, DISTT: UTTARKASHI, UTTRAKHAND |
| ANOOP SINGH | JAY SINGH | 22 | 10th | VILL: JALMALLA, P.O. JAL TALLA, DISTT: RUDRAPRAYAG, UTTRAKHAND |
| RAY SINGH RAWAT | DHOOM SINGH | 24 | 10+2 | VILL: JAL, P.O.: JAL TALLA MALLA, DISTT: RUDRAPRAYAG, UTTRAKHAND |
| PRAMOD | JAGUAT SINGH | 25 | 8th | VILL: RAYRI, P.O.: PATHLIDHAR, DISTT: RUDRAPRAYAG, UTTRAKHAND |
| RAJESH KUMAR | JAYLAL | 23 | 10+2 | VILL: UKHIMATH, P.O.: UKHIMATH, DISTT RUDRAPRAYAG, UTTRAKHAND |
| RAY SINGH | AVTAR SINGH | 20 | 10+2 | VILL: JALMALLA, P.O. JAL TALLA, DISTT: RUDRAPRAYAG, UTTRAKHAND |
| SUNIL SINGH | GAJE SINGH | 24 | 10+2 | VILL: RAYRI, P.O.: PATHLIDHAR, DISTT: RUDRAPRAYAG, UTTRAKHAND |
| GOPAL SINGH NEGI | RAGHUBIR SINGH NEGI | 21 | 10+2 | VILL: SINGHATA, P.O.: PATHALIDHAR, DISTT: RUDRAPRAYAG, UTTRAKHAND |
| PARVEEN PANWAR | SURENDAR PANWAR | 24 | 9th | VILL: UTTARKASHI, P.O. JOSYADA, DISTT: UTTARKASHI, UTTRAKHAND |
| RAJEEV SINGH PANWAR | DEEWAN SINGH | 25 | 10+2 | VILL: PATEU, P.O.: BADETH, DISTT: RUDRAPRAYAG, UTTRAKHAND |
| ANOOP PRASAD SEMWAL | SURYA PRASAD SEMWAL | 22 | 10+2 | VILL: TRIYUGINARAYAN, DISTT: RUDRAPRAYAG, PIN: 246471, UTTRAKHAND |

2. Organic Farming Workshops

To make the local communities self reliant, we are encouraging villagers to start farming and revive agricultural activity by offering them organic farming workshops and teaching them new techniques of ZERO budget farming. These techniques of natural farming reduce the usage of fertilizers and growth of farm weeds, which in turn increases the crop yields and reduces farming costs. We provide apple, apricot and almond farming trainings in these workshops. These workshops are being held at Phata, Triyuginarayana, Tulanga and Rampur. We have received excellent feedback on the trainings from the farmers.

Below is a brief summary of training workshops conducted so far:

| SI No | Location of Workshop | No of Farmers attending Training |
|-------|----------------------|----------------------------------|
| 1. | Andrawadi | 52 |
| 2. | Khadiya | 30 |
| 3. | Triyuginarayan | 70 |

There are also future plans under way to set up a farming club to facilitate regular discussion and dissemination of information on farming and marketing of agricultural products among the farmers from the government bodies. We plan to set up an association with the NABARD, which will make registration of organic farming easy and open up avenues for receiving financial aid in the form of subsidies from the

government.

ORGANIC FARMING TRAINING



3. Computer Training

We are midst of starting a Computer Education Center for providing youth exposure to basic computer knowledge under a skills training program. We have identified a few locations that would be appropriate to set up the center with all the required facilities but are facing challenges in obtaining electricity. This training will open up new avenues of learning and personal development for the village women, local youth and students, from 10 villages in the surrounding areas; provide an opportunity to upgrade their skills and open up new employment opportunities for them.

The course curriculum will include modules covering topics from basic computer operations, Microsoft office package covering Word, Excel and Power point and Internet browsing over a 45 days time period. The center will be in operation 7 days a week running from 9 AM in the morning to 4.30 PM in the afternoon with a 30 minutes break for lunch. To begin with there will be 3 batches comprising of 12 students.

There are youths from the Villages (e.g Toshi, Triyuginarayan, Badasu, Rail, Tulanga, Jaaltalla, Sailya , Kongarh), school children who have done that can be accommodated in the training. They have undergone our Youth Leadership Training Programs and are interested in this training. Due to the unavoidable conditions, the work has slowed down to some extent.

IAHV-ART OF LIVING TRAUMA RELIEF WORKSHOPS

Along with the physical property damage, the disaster had impacted the confidence and mental well being of the inhabitants of the affected areas. As part of the trauma relief activities, different programs are being conducted for all age groups to help them overcome this trauma and regain their lost confidence for rebuilding themselves and their communities.

We are offering the Trauma relief workshops for the rural adult villagers, Art Excel and Bal Chetna Shivar workshops for children between ages of 8 to 13 years of age, YES and Nav Chetna Shivar workshops for teen-agers between ages of 14 to 18 years of age and Youth Leadership Training Program (YLTP) for the youth above 18 years of age. 6 YLTPs have been conducted to bring leadership among the local youths to take responsibility for re-building their communities and 15 local youths turned *Yuvacharyas* have been working full-time along with our teacher volunteers to conduct Bal Chetna and Nav Chetna Shivirs. These workshops are being conducted in villages falling under districts of Rudra Prayag and Chamoli.

Based on the available data, since the disaster took place, we have conducted Trauma Relief workshops for various age groups and reached out to approximately 70 villages. We have conducted 28 Trauma relief programs for rural adults, 7 Art Excel workshops and 4 Bal Chetna workshops for ages 8-13 years of age, 55 Nav Chetna workshops for ages 16 and above and 6 YLTPs for youths. These workshops have brought solace and relief to the lives of 1394 children, 3484 youth in their teens, 1079 rural adults and 138 youths. Additionally, we have conducted 26 other Trauma Relief workshops and programs that have impacted the lives of 4732 rural villagers. The other workshops include meditative chanting sessions based on sound, counseling sessions, one-day breathing and

meditation workshops, village cleaning camps, relief distributions and follow-ups respectively. In total our workshops have touched the lives of 10,827 approximately.

Trauma Relief Workshops conducted for the Uttarkhand Disaster Victims from the start of disaster to present:

| Name of Village | Number of Beneficiaries | | | | | |
|----------------------|-------------------------|---------------------|----------------|----------------------|----------------------|-----------------------|
| | Part 1 Workshops | Art Excel Workshops | YLTP Workshops | Bal Chetna Workshops | Nav Chetna Workshops | Other Relief Programs |
| Agastyamuni | 50 | 25 | 19 | | | |
| Arkhand, Agastyamuni | 36 | | | | | |
| Badasu | 169 | | | 450 | 79 | 1450 |
| Barsal | | | | | 40 | |
| Bhinoli | 27 | | | | 20 | 140 |
| Chanderpuri | 20 | | | | | |
| Dani | 43 | 30 | | | | 82 |
| Dhar | 25 | | | | | |
| Giriya (Mansuna) | | | | | 27 | |
| Givala | 31 | | | | | |
| Jakhani | | | | | 18 | |
| Jakhpalgaon | | | | | 62 | |
| Jamu | 50 | | | | 28 | 550 |
| Khaidya | 60 | | | | | 120 |
| Khandara | 52 | | | | | |
| Kharadi | | | | | | |
| Khat | 29 | 45 | | | | 166 |
| Kholi | 59 | | | | | 50 |
| Khumera | | 23 | | | 250 | 160 |
| Lamgondi | 40 | | | | | |
| Lamgondi(Upper) | 40 | | | | | |
| Maikhanda | | | | | | 450 |
| Malasipuram | 18 | | | | | |
| Pali | | | | | 66 | |
| Pathali | | | | | 86 | |
| Pathalidhar | | | | | 14 | |
| Phata | 11 | 48 | | | | |
| Prem Nagar | | | | | 19 | |
| Rampur | 34 | | 18 | | | |
| Raulake | | | | | 39 | |
| Ravigaon | 42 | | | | | 100 |
| Rudraprayag | 9 | 65 | | | | |
| Shersi | | | | | 27 | |
| Silli | | | | 165 | | |
| Sodi | 47 | | | | | |
| Sodi Bazaar | 29 | | | | | |

| | | | | | | |
|-----------------------------|-------------|------------|------------|-------------|-------------|-------------|
| Timali | | | | | 263 | |
| Tosi | 16 | 65 | | | | |
| Triyugi Narayan | 25 | | | | | |
| Tulanga | | | | | 54 | 65 |
| Ukhimath | 61 | | 101 | 441 | 144 | 220 |
| Ukimath | | | | | 117 | |
| Various | | | | | 83 | 1179 |
| Mansuna | | | | | 964 | |
| Semala | | | | | 22 | |
| Lwara | | | | | 37 | |
| Gopeshwar (Chamoli) | 42 | | | | | |
| Joshimath (Chamoli) | | 14 | | 37 | | |
| Mandal (Chamoli) | | | | | | 18 |
| Makhanda | | | | | | 25 |
| Phali, Agastyamuni | | | | | | 26 |
| Chmrada, Agastyamuni | | | | | | 28 |
| ShayalKhat, Agastyamuni | | | | | | 34 |
| Chandripuri, Ukhimath | | | | | | 35 |
| Phali, Ukhimath | | | | | | 67 |
| ShayalKhat, Ukhimath | | | | | | 28 |
| Jalmala, Ukhimath | | | | | | 285 |
| Chilond, Ukhimath | | | | | | 20 |
| Toshi, Ukhimath | | | | | | 34 |
| Triyuginarayan, Ukhimath | | | | | | 46 |
| Joshi, Ukhimath | | | | | | 69 |
| Majoshi, Ukhimath | | | | | | 30 |
| Arkhandra, Ukhimath | | | | | | 65 |
| Arkhandra | | | | | | 34 |
| Giwala | | | | | | 38 |
| Shersi, Ukhimath | | | | | | 31 |
| Bharwarai, Ukhimath | | | | | | 56 |
| Bniyarai, Agastyamuni | | | | | | 56 |
| Total (s) | 1079 | 301 | 138 | 1093 | 3484 | 4732 |

With the help of the above workshops, IAHV in coordination with Art of Living volunteers continues to work towards rehabilitation of people impacted by the disaster. We have reached out to additional approximately 1,000 more beneficiaries. **So the total number of beneficiaries reached out through our Trauma Relief and other workshops is equal 12,000 approximately.**

We continue to work in the area towards the relief and rehabilitation.

Below are some pictures taken during the Nav Chetna Shivir workshops:



Below are some pictures taken during the Art Excel and Bal Chetna Shivir workshops:



Below are some pictures taken during the YLTP workshops:





IAHV distributed relief material worth Rs. 1.5 Cr. So far IAHV has spent approximately 20-25 lakhs for trauma relief and other workshops and continues to conduct workshops. Approximately 25 lakhs have been utilized on various one time and setting up ongoing projects.

Future Plan of Action

Trauma Relief Workshops:

We will continue to continue reaching people and conducting NCS and rural workshops for the community in Uttarakhand.

Youth Leadership Training Program (YLTP) Trainings:

We are focused on creating youth leaders so the local youth can take responsibility in bringing up the self confidence and self esteem and take forward the development activities. We plan to conduct YLTP trainings regularly once a month for the next one year.

IAHV- Art of Living volunteers plan to support the Skills Training Programs to bring self-reliance in the community.

Skills Training Centre:

We are also looking at a possibility to set up a Skills Training Centre to bring in sustainable development in the area and make the youth in the community more self-reliant.

ACKNOWLEDGEMENTS

IAHV – Art of Living would like to acknowledge its volunteers and teachers for their support and assistance in the relief efforts.

ANNEXURE 1:

BRIEF OF THE IMMEDIATE RELIEF INTERVENTION BY ART OF LIVING-IAHV

As part of the immediate response to the disaster, IAHV in partnership with Art of Living sent its volunteers to the Jolly Grant Airport at 4 am early morning. The volunteers worked in coordination with the District Magistrate (DM), military and the Government of Uttarakhand to send relief materials to the pilgrims who were stuck in different areas.

A team of 300 volunteers including doctors provided trauma relief, medical aid, and food, assisting in rescue operations and clearing the debris. 110 truckloads of relief material, which came in from various parts of the country, were distributed in areas that had not seen food for several days. The rescue work was performed by the Indian armed forces and NDRF and ITBP supported by Art of living volunteers.

As the heavy floods had lashed the area and resulted in heavy loss of lives, volunteers helped set up relief-camps in Guptkashi, Dharasu, Harsil, Rudraprayag, Gauchar Rishikesh and Jolly Grant airport. Volunteers trekked and reached out to the remotest of villages including Chandrapuri, Sili, Agastyamuni, Ukhimath, Kund and Arkhund to provide relief material, food, medical-aid and trauma relief to the inhabitants in distress. Door to door relief material was distributed in homes that lost an earning member.

The below table shows the places where IAHV-AOL established its base camps, relief camps, medical camps and trauma relief workshops:

| ACTIVITY | ART OF LIVING INTERVENTION | DETAILS |
|----------------------|---|--|
| AOL Base Camp | Risikesh, Rudraprayag, Dharasu, Saigul (Tehri), Chinyali. | Coordination and distribution to various affected areas. |
| Relief Camp | Guptaakashi, Srinagar, Rudraprayag, Sili Village, Dharasu, Harsil, Jolly Grant Airport, Dehradun, Rishikesh, Kharabi, Gauchar, Saigul (Tehri), Chinyali, Chandrapuri, Hanumanchetti, Uttarkashi, Ranachetti, Saigul (Tehri), Srikot, Agastyamuni, Ukhimath, Kund and Arkhund, Kotma, Sonprayag, Triugi Village, Athali, Tilwara, Mathali. | Distributed food packets (dry food, packaged biscuits, raw materials including flour, rice, dal, oil, salt, spices, and tea leaves), water bottles, utensils, baby food, torches, blankets, raincoats, sleeping bags, tents, transit-shelters, langar (serving cooked food). Approximately 110 truckloads of food material were distributed to the affected areas. Clearing of silt and debris had taken place in Srinagar. |

| | | |
|---|--|---|
| Medical Camp and Distribution of Medicines | Guptakashi, Srinagar, Rudraprayag, Sili Village, Dharasu, Harsil, Jolly Grant Airport, Dehradun, Rishikesh, Kharabi, Gauchar, Saigul (Tehri), Chinyali, Chandrapuri, Hanumanchetti, Uttarkashi, Ranachetti, Saigul (Tehri), Srikot, Agastyamuni, Ukhimath, Kund and Arkhund, Kotma, Sonprayag, Triugi Village, Athali, Tilwara, Mathali. | Provided free medical assistance and distributed medicines. Rescue operations were conducted at Chinyali base. Our team had setup medical and relief camp covering about 4000 tourists who had evacuated from the Harshil and Gangotri regions. |
| Assisting the Rescue Operation | Jolly Grant Airport, Dehradun. | Art of Living volunteers worked with the Indian armed forces in the rescue operation and managed all the loading and distribution of relief materials to the trauma- struck people. |
| Trauma Relief workshop | Dharasu, Harsil, Mathali, Valmiky Colony in Uttarakashi, Chinyali, Athali Village. | More than 1500 people benefited from the trauma relief camp of the Art of Living held at Harsil, Dharasu, Mathali, Chinyali. Our volunteers also organized short sessions of meditations, breathing techniques and other trauma relief workshops to help the survivors shake off the trauma at several other places. About 50 personnel from the BRO (Border Road Organization), 250 personnel from ITBP and 100 personnel from Indian army underwent trauma relief sessions in different locations like Guptkashi, Harshil, Chinyali base and Mathali. |

BHANDARA OR LANGAR SEVA

Apart from providing relief materials like dry food, packaged biscuits and raw materials, IAHV-Art of Living organized Bhandara or Langar Seva at different flood affected areas. Fresh cooked food was served to the evacuees. In places like Srinagar, the IAHV-Art of Living volunteers started langar seva in the night – from 7 pm to 11 pm. Everyday 3-4 Buses from Various Dhams like Bardinath and Hemkund Sahib (where the evacuations were taking place by foot) were served the langar. When the affected people could not reach the langar seva, due to roads being severely damaged, the volunteers walked to Sirobgarh to distribute tea and biscuits. Full day langar seva was also organized for several days to reach out to as many people as possible.

DEBRIS CLEARANCE

IAHV-Art of Living team along with the District Management helped with the debris clearance in the flood-affected areas. In Srinagar a meeting was organized by IAHV-Art of Living team between the Nagar Palika Adyakash, SDM Srinagar and various NGO's working towards the relief work for facilitating better coordination between the Government authorities and the NGO'S. The purpose of the meeting was to volunteer for adoption of 1-2 homes by all NGO's to speed up the relief work. IAHV-Art of Living team adopted three homes, of which two have been cleared of debris and the work on clearing the third home is in progress.

MEDICAL CAMPS

Medical camps were organized for people who needed medical attention and were suffering from the disaster. AOL doctors and their teams from different states of India facilitated and administered treatments in the camps. Camps were conducted in areas of Kharadi, Toshi, Rampur, Sitapur, Shersi, Khadiya, Dani, Ravigaon, Khat, Khariya, Barasu, Triyugi narayan, Kalimath, Chandrapuri, Uttarkashi, Rudrapur. Over all 1133 peoples were treated & consulted during medical camps. Thereafter, medical camps were conducted on an as needed basis in different areas.

VISIT TO VILLAGES

Apart from helping the tourists who had been evacuated, IAHV-Art of Living team also helped the local villages that had been affected by the tragedy. The following villages were visited to facilitate the rehabilitation work: Silli, near Agastyamuni, Chandrapuri, Vijayanagar, Agastyamuni, Ukimath and adjoining Villages of Pauri and adjoining Villages Guptkashi, Kharabi, Saigul (Tehri), Chinyali, Hanumanchetti, Ranachetti, Srikot, Kund and Arkhund Kotma, Sonprayag Triugi Village, Athali, Tilwara and Mathali.

These villages had been severely affected by the flood and had been almost entirely been cut off from the rest of the places as the road network that leads to these villages had been damaged. The IAHV - Art of Living team was brave enough to find an alternate route to the villages, which took three times the normal journey to reach few of the villages that included trekking also. The team helped set up a medical camp and the relief distribution camp and distributed medicines and relief material to the villagers. A team of volunteers from Mumbai reached Guptkashi area (approx 50km from Kedarnath) and provided food in Guptkashi, Sonprayag (20km from Kedarnath), Triyugi

Narayan areas (25km from Kedarnath) that are very close to Kedarnath.

VOLUNTEERS AT JOLLY GRANT AIRPORT, DEHRADUN

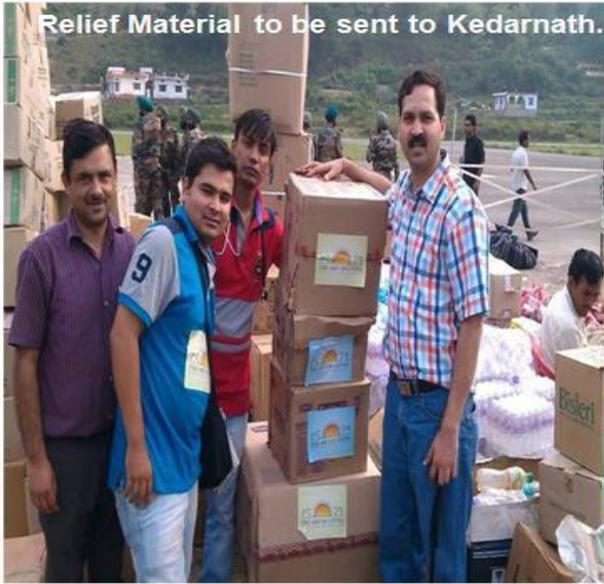


Art of Living Volunteers- IAHV were the first ones to reach the Airport to assist Military, NDRF and District Administration.

RELIEF MATERIAL



110 truck loads of relief material gathered and despatched within 3 days containing food supplies, blankets, tents, and medicines



Relief Material to be sent to Kedarnath.



Night langar at relief camp at Srinagar by our teachers Dr Harish and Dr Monika Pathania and their team.



Distributing food materials in Kedarnath





As too much material is reaching the road ends and not being utilized for the right people, We are going to all villages on the way and asking for houses which have lost the earning members, and providing material and trauma relief.

MEDICAL CAMPS



Art of Living Volunteers distributing Medicine and conducting Medical camps.



Medical Camp at Chandrapuri village cluster

Medical Camp at Srinagar

Art of Living-IAHV team was the first team to reach Chandrapuri village which was totally cut-off by road.



Jawans & AOL Volunteers working together.

8 people (Including 2 Doctors) walking from Rudraprayag to Kalimuth (48 KM). This area is totally cut off since June 16. Ours will be the first doctors reaching there.

TRAUMA RELIEF



Art of Living Volunteers conducting trauma relief programs and meditation sessions.



Rescue operations at Chinyali base AOL team setup medical and relief camp covered about 4000 tourists evacuated from Harshil and Gangotri region.

HELPING DISTRICT ADMINISTRATION IN CLEANING THE DEBRIS





[Speaking Tree](#) • [Spiritual Articles](#) • [Lifestyle](#) • [Healing Touch In Uttarakhand](#)

Healing Touch In Uttarakhand

THE SPEAKING TREE finds that spiritual organisations are doing a commendable job of rehabilitating disaster victims.

After the trail of death and destruction that the flash floods left behind in Uttarakhand last month and the daring rescue operations by the Armed Forces and other agencies, comes the daunting task of rehabilitation — of reconstructing the lives and livelihoods of several thousand local residents and restoring infrastructure.

Says Sangita Gujrati, national coordinator of the Art of Living's International Association for Human Values (IAHV): "Relief work was our immediate concern, but along with that, we are providing trauma relief. IAHV and AOL volunteers conducted meditation and pranayama to the survivors of the flood-hit areas. This lessens the pain, and helps victims build their inner strength as they face loss of relatives and friends."

Bhartendu Sethi, an AOL teacher has been in Uttarakhand since last month. "We have enrolled youth into eight-day youth leadership training programmes to change their mindset from being greedy to giving and sharing. We hope to empower them with our training programmes so that they take responsibility for their environment and can rebuild their own lives in the long-term. The local people need direction here — we are also counting on government support for our programmes. Our plan is to train local volunteers and hope they will take over the rehab work themselves in the future," he says.

वंडीगढ़। सोमवार | 1 जुलाई 2013

आमर उजाला

शिमला

शिमला। आर्ट ऑफ लिविंग की ओर से आयोजित यस प्लस कॉर्स के प्रशिक्षुओं ने रविवार को शाम छह बजे स्मलरोड व रिज मैदान पर उत्तराखंड व किन्नोर में प्राकृतिक आपदा से प्रभावित लोगों की मदद के लिए चंदा जुटाया। इस दौरान आर्ट ऑफ लिविंग की प्रदेश मीडिया समन्वयक तुपला शर्मा, सह समन्वयक जीतराम पण्डर, सीमा शर्मा, घनश्याम चंद, सोनिया मिश्रा, निर्मल चौधर, यमिनी शर्मा, शिल्पा सुंद, धंचल व सौरभ आहूजा उपस्थित रही।

वंडीगढ़। वीरवार | 4 जुलाई 2013

आर्ट ऑफ लिविंग के सदस्य उत्तराखंड में दे रहे संचार

शिमला। आर्ट ऑफ लिविंग संस्था की ओर से उत्तराखंड में आर्ट प्राकृतिक आपदा से प्रभावित क्षेत्रों में संचार देने के लिए 15 स्वयंसेवी सदस्य हुए हैं। संस्था की प्रमुख मीडिया समन्वयक तुपला शर्मा ने बताया कि संस्था क्षेत्रों में घाट भर जाकर राहत सामग्री पहुंचाई जा रही है। गुप्त कर्ता, परत, हर्बिल, लक्ष्मणाग, गोधर, श्रेष्ठिका में संचार संचालन किए में ही सदस्यों की कार्य कर रहे हैं।