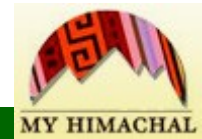




Join us for a better Himachal

My Himachal NGO



## My Himachal Update

January 2009

**My Himachal** is an award winning, tax exempt (501(c)(3)), Charitable, Non-profit, Non-political, Non-religious and Non-governmental organization of people of Himachali origin and friends of Himachal Pradesh worldwide.

Our primary goal is to help the poorer and deprived residents of the state of Himachal Pradesh, India by assisting in rebuilding their material lives and/or improving their health, living and educational conditions without any distinction of, race, religion, sex, and opinion. Our mission is also to preserve Himachal culture, promote, support and expand social and economic interests of Himachal Pradesh and its people worldwide.

For the **fourth consecutive year**, **My Himachal** continues to strive towards contributing positively to health and education of the people in Himachal Pradesh.

### 2008 Highlights

Year 2008 was extremely successful for My Himachal and we accomplished the following:

#### Child Healthcare Program (Health Mela) 2008

For the fourth consecutive year, we partnered with Jibhi CHAI/Lady Willingdon Hospital Rural Outreach Projects (Drs. Jeph & Kaaren Mathias) to deliver healthcare in 14 villages of Shikari Ghat and Khabal Panchayats in Upper Banjar/Seraj valley, Kullu.



432 children received free health checkups, Immunizations (HiB/Meningitis and MMR) in addition to Health Surveys, Dental Checkups, Eye Exams and Nutritional Education and supplements.



#### **NGO SAHARA Kala Jatha** (Street Theatre)

presented health awareness themed acts & games and awarded prizes to encourage their audiences.

In the **Kaza area of Lahaul and Spiti Valley**, we were able to immunize 656 children with MMR (ages 15 months to 6 yrs) and 245 children with the Hib/Meningitis vaccine, under able direction of Dr. George Verghese.

#### Helping Outstanding Pupil's Education (HOPE) Scholarships 2008



In June 2008, we launched the My Himachal HOPE Scholarship program for the students of all classes and streams up to class 12th.

We awarded this scholarship to 81 students on merit-cum-means basis. The methodology to grant these scholarships and the parameters thereof, were developed by a team of My Himachal members.



Health Mela 2008

SUPPORT MY HIMACHAL

### Join Us

#### Pay 2009 Membership Dues

My Himachal depends on **YOU** for **Annual Membership Dues and Donations** to better OUR HIMACHAL.

#### Message to women

**My Himachal** has always appreciated the role of women in our society as mothers, daughters, sisters, professionals and politicians. We also believe that women hold a key role in building the culture and values for which we stand for today.

As a young budding organization we want to utilize your wisdom and strength to add a new perspective and direction to our mission. Please Join Us and be a part of **My Himachal**.

#### Executive Committee

##### United States

Avnish Katoch	President
Dr. Meena Pathania	Vice-President
Dr. Des Kashyap	Gen. Secretary
Sumant Sood	Joint Secretary
Anil Chandel	Treasurer

##### India Chapter

Dr. Sudarshan Vatsayayan	Vice-President
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[www.myhimachal.com](http://www.myhimachal.com)

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USA

### Sponsored Research Projects 2008

#### Himachal falls behind in computer education

With the Himachal government struggling to impart computer education in schools, a study has pointed out glaring deficiencies in the curriculum and infrastructure at the senior secondary level, with many children shying from taking to the subject. Saptarshi Mukherjee, Kaavya B and Jayaram K, from the [SP Jain Institute of Management Mumbai](#) doing a case study for [My Himachal](#) about computer literacy and IT penetration in Himachal found that 2 computers to a school and 3 to a college were simply insufficient to meet the needs for the subject.

#### Kullu shawl industry losing sheen

The Kullu shawl weaving industry is on downward slide and perhaps on the path to oblivion. According to information available, the number of weavers has declined by 50 per cent since the last census in 1995. This is an ample indication how the cash starved weavers are either choosing other job avenues to make their both ends meet or leaving the valley for greener pastures.



### India Day Parade 2008

For the first time in the US, a Himachal contingent was asked to participate in Independence Day parade organized by the Indian Business Association of New Jersey... and YES WE DID !!!

We look forward to even larger Himachali presence in 2009.



### Project Concern International (PCI) honored My Himachal

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.

### Look forward to the following initiatives in the year 2009 and much more...

- Child Healthcare Program (Health Mela) 2009
- My Himachal HOPE Scholarships (Schools) 2009
- Sponsored Research Projects 2009 (of the likes of "Save the Weaver" project)
- New Projects (to be introduced in the year 2009)