



# PATHWAYS THROUGH THE YEAR

Working alongside Himalayan communities for health,  
culture, environment, and dignity.

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## 01. Welcome: A Quiet Beginning

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This report is more than a set of updates. It's a glimpse into a year of quiet, intentional work—of walking alongside, not ahead; of listening deeply and responding with care.

From village trails to hospital corridors, from women's groups to classroom circles, this is a story of beginnings.

**A story that asks:**

***What does it mean to build something that truly belongs?***

We hope this report doesn't just inform you—it brings you closer to the people and the place that shape our work.



Early mornings in Upper Himalayas

## 02. Our First Steps, Together

*This past year has been one of quiet but meaningful beginnings — not marked by grand declarations, but by the steady, thoughtful work of showing up, building trust, and learning from the ground up.*

*We didn't begin with a blueprint. We began with questions. With walks through mountain villages, long conversations on porches and in fields, and a willingness to pause and listen.*

*We asked simple but important questions:*

- *What does health mean when the nearest hospital is hours away?*
- *How do we talk about illness when silence surrounds it?*
- *What does support look like when systems are distant and trust is fragile?*

*These weren't rhetorical questions — they were real, and the answers came slowly, in fragments, through the lived experiences of the people we met.*

*Kuflon Charitable Trust began its journey in early 2024, rooted in a simple intent: to contribute meaningfully to the Garhwal Himalayas — a region that has given us so much. We came not to offer solutions, but to understand the deeper rhythms of this place and shape our work in response.*

*Health emerged as the most pressing doorway — particularly around early detection, awareness of non-communicable diseases, and the urgent need for dignity in care. Alongside, we got an insight into the interconnected threads of livelihoods, culture, and environment — and the need to hold space for those as well.*



*What you'll read in this document is not a showcase. It's a reflection — of intent, of action, of learning, and of possibilities still unfolding.*

*We are deeply grateful to every individual and organization who welcomed us, guided us, and walked a part of this journey with us. This is just the beginning. The work will grow, deepen, and evolve — but we will continue to carry it forward with humility, seriousness, and an unwavering commitment to the people and places we serve.*

—  
On behalf of everyone at *Kuflon Charitable Trust*



## 03. The Pillars of Purpose

The challenges of life in the mountains—access to healthcare, sustaining livelihoods, protecting heritage—are deeply interconnected. So, too, is our approach.

Our work flows across three evolving pillars, woven through shared experience, local wisdom, and long-term presence.



### 1. Health & Healing

From silence to awareness. From urgency to presence.

Health isn't just about hospitals and medicines. In the hills, it takes quieter, more complex shapes — influenced by what people know, what they ignore, what they live with silently, and what they can access when something goes wrong.

As we began listening to the communities, the message was clear:  
**We need to start earlier, respond better, and stay present longer.**

## A. Building a Culture of Preventive Health

Too often, illness is spoken about only when it becomes urgent. But what if health didn't begin at the hospital—but in the home? Not in crisis, but in conversation?

“What if care didn't require a journey—but grew within the community itself?”



We began by identifying the real champions of rural health—women, youth, and frontline workers—and supporting them through:

- Dialogues with caregivers, especially women, to break the silence around illness.
- School-based sessions to equip youth as everyday health ambassadors.
- Practical support and training for ASHAs and local staff to enhance early detection.

We're not just sharing information. We're shaping a culture where seeking care becomes courageous, not shameful.

## B. Compassionate Care: Staying Close to the Vulnerable

In many homes, we found quiet suffering—especially among those with chronic or terminal illnesses. Often, they were alone in their pain.

We believe care must stay present, even when a cure isn't possible.

With the support of our partners, we've begun planting seeds for community-based palliative care. This includes:

- Conversations about what end-of-life dignity looks like.
- Supporting both formal and informal caregivers.
- Laying the groundwork for a compassionate care network.





## 2. Culture & Environment

Health also lives in the land.

The Garhwal Himalayas hold centuries of ecological knowledge, spiritual tradition, and cultural rhythm. But all of these are under pressure—from migration, development, and climate shifts.

We've taken early steps to protect and revive this deep connection:

- Intergenerational storytelling between elders and youth.
- Ecological education camps with schools.
- Native tree planting drives with local collectives.

This is not nostalgia—it's resilience. And it's central to holistic well-being.

## 3. Livelihoods

In every conversation, one theme echoed: opportunity.

We're currently exploring income pathways tied to dignity and place. These include:

- Mapping skills and training needs.
- Studying local potential in agriculture, crafts, and eco-tourism.
- Connecting communities with existing government schemes.

STILL IN ITS EARLY DAYS, THIS WORK IS  
BEING SHAPED BY THOSE IT'S MEANT FOR.



## 04. Reflecting on the Year: Milestones, Lessons, and Impact

### From Camps to Conversations: A Year of Grounding and Growing

We made a conscious choice—to move with intent, not urgency, to prioritize depth over scale. This year was not about solving everything. It was about showing up. About listening. About taking small, steady steps.

A single woman deciding to get screened after a community meeting meant more to us than a large turnout. Because for change to last, it must start with trust — and trust takes time.

📍 12 VILLAGES

⊕ 06 HEALTH AND AWARENESS CAMPS

👂 700+ SCREENINGS & CONSULTATIONS

But what mattered most were the stories. The quiet moments that taught us what data couldn't.



“We live close to the gods,  
but far from hospitals.”  
— An elder in Bhatwari block

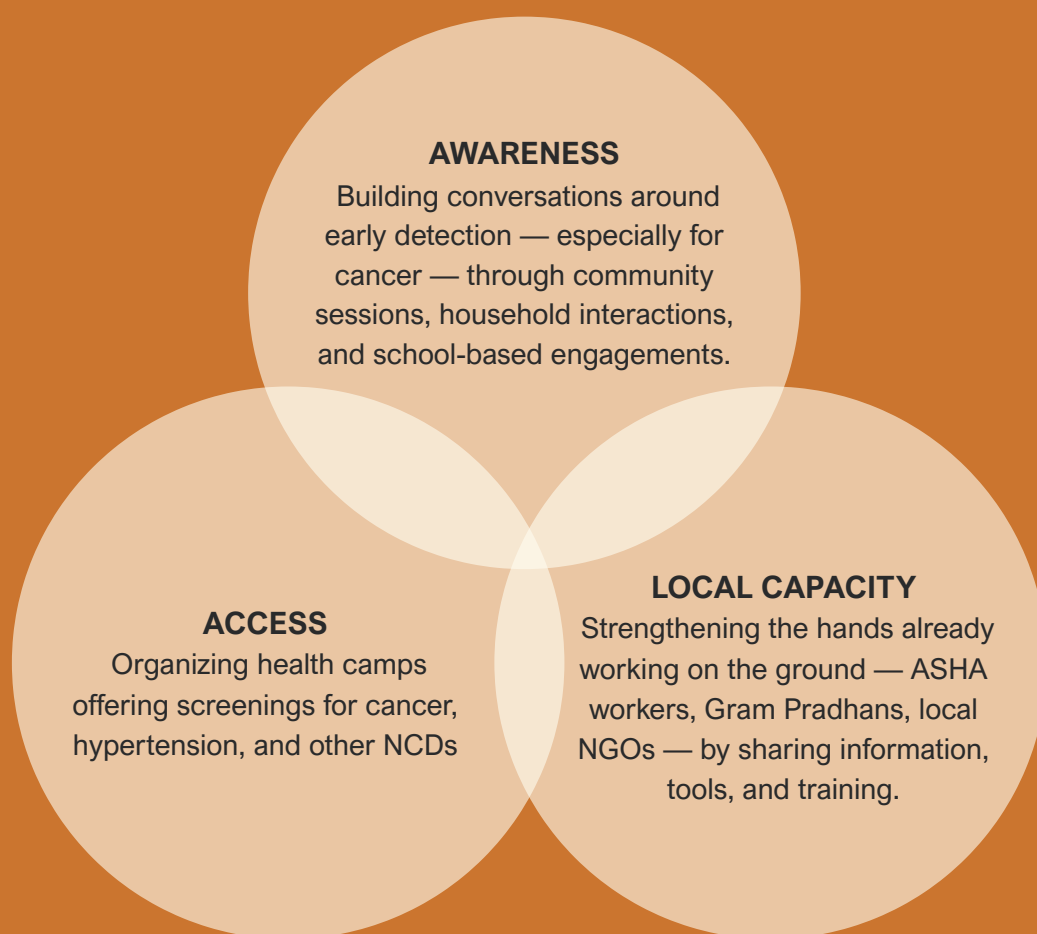
**That truth shaped how and why we showed up.**

## 05. Beyond the Camps: A Quiet Network in the Making

The health camps allowed us to begin conversations, but the deeper work unfolded in the spaces in between — in small community meetings, shared meals, local festivals, and everyday exchanges that didn't look like formal interventions, but quietly shaped the work.

And in those moments, something subtle but powerful began to take root — a network grounded not in hierarchy, but in shared intent, trust, and possibility.

This is what we carry forward — the early threads of what we hope will become a **community-owned ecosystem of health and care**, built on relationships, not just responses.



## 06. Partners In Our Journey

### Rajiv Gandhi Cancer Institute & Research Centre

For clinical insights and guidance on palliative pathways.



### Rajiv Gandhi Cancer Institute and Research Centre

A Unit of Indraprastha Cancer Society  
Registered under "Societies Registration Act 1860"



### Ganga Prem Hospice

For their expertise in cancer care and compassion-driven outreach.

### Mangala Kshema Trust

For grassroot and operational support in helping us lay the foundation for a sustained, community-rooted health movement.



**These weren't transactions. They are shared missions.**

## 07. Voices from the Community

These aren't testimonials.



*"When people come not just to give medicine, but to talk and explain—that's when we feel seen."*

— Local ASHA Worker

And we're listening.



*"No one told me I have to take it regularly or check my BP often. I thought once it gets better, the medicine can stop."*

— 55-Year-Old Farmer

These are silent voices.



*"They aren't here for one-time events—they're building something with the community."*

— Ganga Prem Hospice Representative.



## 08. The Road Ahead

We are now formalizing our engagement into a long-term health education and care model, focused on:



**Students and Youth**  
School-based curriculum and interactive health modules



**Household Caregivers**  
Structured Engagement with mothers, elders



**Frontline Workers**  
Capacity building and on-ground

Our program will offer a minimum of 100 hours of meaningful, year-round engagement for each of our key community groups — delivered through hands-on training, peer learning, reflective sessions, and supportive supervision, all thoughtfully co-designed to reflect the rhythms and realities of the region.

*We aim to make health literacy a living part of life, not an occasional event.*

### Strengthening the Continuum: Palliative Care

We will deepen our presence in palliative support by:

- Training community caregivers
- Building hospital-to-home referral pathways
- Creating shared care models

### A Pilot for Replicable Models

To deepen and amplify this work, we are in early discussions with state actors to formalize our engagement through a pilot program. This would allow us to test, document, and refine the model — with the potential for scale without compromising on integrity.

*This is not expansion. It's unfolding.  
One relationship, one system, one village at a time.*

## 09. Those Who Walked With Us

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This first year was not built by a team or an organization alone. It was shaped by conversations at village chaupals, by volunteers who stayed long after the sessions ended, by institutions who offered their expertise generously, and by individuals who simply said, “How can we help?” — and meant it!



### We're deeply grateful to:

- The community members of Bhatwari and beyond
- Our frontline health workers and local leaders
- Ganga Prem Hospice, RGCIRC & Mangala Kshema Trust
- Every donor who believed small beginnings matter

## 10. The Changemakers Club

The Changemakers Club isn't just about giving. It's about growing something together — with openness, shared reflection, and long-term vision.

*A quiet circle. A powerful beginning.*

Towards the close of this year, we quietly launched something close to our hearts — the Changemakers Club. It wasn't announced with campaigns or banners. It began, like most things at **Kuflon Charitable Trust**, through conversations and shared convictions.

The idea was simple: to bring together a small, committed circle of individuals who believe in slow, rooted, long-term change — and are willing to walk with us as we build it.

We are deeply grateful to the early members of this circle — friends, well-wishers, and supporters who chose to believe in the work not just for what it is, but for what it can become. Their support, encouragement, and quiet generosity have helped lay the emotional and financial foundation for the year ahead.

If this speaks to you, we'd love to stay in touch.

We thank and welcome the first four Changemakers who believed in our vision early and chose to walk with us at the very beginning of this journey.

**Sheetal Joshi**

Director, KraftPowercon India Ltd.



**Harsh Gahlaut**

Founder & CEO - FinEdge



**Naushad Bhagwagar**

Founder - The Central India Mining & Marketing Corporation



And a generous donor who wished to remain anonymous.

## 11. Our Core Team

The Core Team at Kuflon Charitable Trust is a small, hands-on group that holds the day-to-day work — planning, building partnerships, engaging communities, and shaping the Trust’s direction on the ground. With diverse backgrounds and a shared commitment to meaningful, community-led change, they are the ones who turn intent into action.



### Shree Singh

A lawyer and management professional, Shree has spent the last 15 years living and working in Uttarkashi, with a focus on grassroots education and community development in the Assi Ganga Valley. She leads our partnerships and outreach efforts with deep commitment and clarity.

### Rohitash Thapliyal

With over a decade of experience in the development sector, and a background in academia, Rohitash leads the thinking, design, and execution of the Trust’s programs. His work bridges field realities with long-term vision and systems thinking.

### Ruma Dubey

A seasoned financial analyst and economist with over 30 years of experience, Ruma supports the Trust’s approach to resource mobilization and long-term financial planning, helping align our goals with the wider funding ecosystem.

### Krishna Yoganarasimha

Krishna brings nearly 20 years of experience in digital strategy and process design across healthcare, BFSI, and life sciences. He supports the Trust in building tech-enabled systems for better delivery, efficiency, and impact.

*Note: Both Shree Singh and Rohitash Thapliyal also serve on the Trust Board, ensuring strong continuity between program leadership and organizational governance.*



## 12. Our Trustees



### **Anil Kuriyal**

A Doon School alumnus and Delhi University graduate, Anil left the corporate sector more than two decades ago to return to the Assi Ganga Valley, where he pioneered homestays and sustainable tourism.



### **Rishabh Kuriyal**

A law graduate with nearly a decade of experience in the pharmaceutical and healthcare sectors, Rishabh has a deep connection with mountain communities and a strong systems perspective.



### **Madhu Thapliyal**

An educator and trainer with close to 20 years of experience, Madhu has worked extensively in youth development and teacher training across India and abroad.



### **Dr. Pooja Sharma**

An academic and wellness practitioner, Pooja holds a PhD in English Literature and brings together education, yoga, and holistic healing in her work with communities.

We are deeply grateful to have the guidance of individuals whose work and wisdom have inspired people across geographies. Their belief in our vision, and in the quiet strength of community-led work, continues to give us courage and clarity.

### **Dr. Robert Svoboda**

*"In a world that often celebrates speed and scale, Kuflon Charitable Trust reminds us of the quiet power of sincerity and presence. Their work in the Himalayas reflects a deep respect for life, for people, and for the rhythms of nature. I am happy to be associated with a vision that blends ancient wisdom with contemporary relevance. I look forward to seeing this work deepen, grow, and touch many more lives — gently, but profoundly."*



### **Dr. Mahesh Kuriyal**

*"Health is not merely the absence of illness — it is about dignity, awareness, and access. The work Kuflon Charitable Trust is doing in remote Himalayan regions is both urgent and admirable. Their commitment to early detection, prevention, and community-driven care models is exactly what this region needs. I am proud to support their journey, and hopeful that many more will join hands in strengthening this movement for well-being."*



## 13. Join Us



*Your support—whether through time, funding, or collaboration—helps build a future where rural care is dignified, local, and lasting.*

**Reach out:** [kufloncharitabletrust@gmail.com](mailto:kufloncharitabletrust@gmail.com)

**Visit us:** [www.kufloncharitabletrust.org](http://www.kufloncharitabletrust.org)

**COLLABORATE WITH US**

We Are 80G Certified

## 14. Epilogue: A Whisper from the Mountains

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In the stillness of these hills, things grow slowly — roots take time, rivers carve their paths quietly, and change moves at the speed of trust. We've tried to follow that rhythm.

We began this journey listening to the land, the people, and the silences between.

*That listening continues.*

We don't know all the answers. But we do know this: Change will not come loudly here. It will come quietly, patiently—like water shaping stone.



*Come, walk with us.*



Slowness is not a lack of action —  
it is a choice to build with care.

From this year, we carry forward key lessons:

- Information without empathy doesn't travel far.
- Systems respond when rooted in trust.
- Presence is power.



What This Year Has Shown Us

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