



Arpana's Programs of Service in Haryana, Delhi and Himachal Pradesh

ANNUAL REPORT -2014

MISSION: Community wellbeing and empowerment of the underprivileged through high quality medical, educational and livelihood services;
- all with commitment, compassion and selflessness.



Service Activities of Arpana Trust & Arpana Research & Charities Trust

Headquarters in Madhuban, Karnal, Haryana

Himachal Pradesh Centres in Chamba District in Upper Bakrota, Dalhousie, & Gajnoi Village

New Delhi Centres in Molar Bund Slum Resettlement Colonies & in Vasant Vihar

(Approved under section 80G of the Income Tax Act, 1961, giving 50% tax deduction to donors)



Arpana ~ A Commitment to Care

Param Pujya Ma - the Spirit of Arpana

*She embodied in Her life
perfect love, compassion, humility and
identification with all*

*In Her, seekers from all faiths
find strength and inspiration
in their quest for the Truth.*

Param Pujya Ma propagated the essential Unity of all beings, irrespective of caste, creed or religion. She clarifies that knowledge, love and selfless deeds can transmute our egoistic tendencies into humane qualities resulting in loving identification with all. Arpana's programs today touch the lives of over 330,000 underprivileged in Haryana, Himachal Pradesh and in Delhi.

The Arpana Family

The Arpana Family consists of volunteers from diverse lands and backgrounds (medicine, law, computer technology, finance, education, engineering, etc.) who gathered around Param Pujya Ma to discover the joy and peace inherent in the practice of eternal values through a lifelong commitment of selfless service.

Disseminating Eternal Values

Arpana is committed to disseminate the eternal values which are promulgated by all religions. Studying these leads to introspection and to "giving of oneself" in selfless service. This is the basis of Arpana's programs for health, education, skills and livelihoods for the vulnerable and the underprivileged.

Letter from the Executive Director -

Dear Friends,

We are delighted to bring you the annual report of our service activities for the year 2014. This was a year of expansion especially for Self Help Groups (SHGs) and underprivileged children in our education classes:

- 172 new SHGs for women, famers and differently abled persons, for a total of 980 groups*
- Membership in SHGs increased from 11,708 in 2013 to 13,199 in 2014*
- Arpana Hospital's OPD increased by about 1,000 patients, for a total of 79, 226*
- Number of children in Arpana's Educational Programs increased from 1,587 to 1,711*

Not merely a matter of numbers, the direction of our development program is leading to self sufficiency and independence for thousands of women, farmers and differently abled persons. In 2014, there were 4,745 business loans, twice the number taken in 2013. Income is increasing. Also, 1400 women are being trained to conduct the monthly SHG meetings. 50 are being trained as motivational leaders to make them entirely independent of us.

Students from slum resettlement colonies are doing well. 50% Class 12 students obtained First Division results in 2013, and 67.7% in 2014! In 2014, all 34 students decided to pursue higher education, 14 on regular college campuses and 20 through distance learning. 16 college students are receiving partial scholarships from Arpana and another 11 scholarships are being given to children in Arpana's Education Centre in Molar Bund.

97 students completed the Computer Certificate Course for Beginners given by the NIIT Foundation which is valuable in obtaining jobs. Tailoring certificates were given to 50 students and Beauty Culture classes trained 49 girls for their dream jobs. Nursery Teachers Training was provided for 14 underprivileged young women who yearned to become teachers.

Health needs are being met as rural patients from 1000 villages and towns come to Arpana Hospital in Haryana and patients from many remote villages attend the Arpana Health & Diagnostic Centre in Dalhousie, Himachal Pradesh. Free camps at which rural folk can consult Specialists they would otherwise not be able to meet, are held in Karnal District, Haryana and in Chamba District, Himachal Pradesh.

With our deep gratitude for your interest, encouragement and support during the past year and looking forward to working with you again in 2015, we extend our warmest regards,

Harishwar Dayal
Executive Director

ARPANA'S EDUCATIONAL SUPPORT PROGRAMS - 2014

Slum children usually drop out and take to the streets after 4th standard – still illiterate. Arpana's programs are a lifeline for over 1700 children in Molar Bund for tuition support, pre-school care and education and vocational training.

Tuition Support for 945 students, classes 1-12

We are proud that all our 34 students who took the 12th CBSE Board Exams in 2014, are pursuing higher education:

- 14 on campuses (6 in Delhi University)
- 20 by distance learning
(2 of these 20 are also taking vocational training courses & 13 have jobs.)

First Division Marks in CBSE Boards:

85.3% in Class12 and 92.8% in Class 10!

10th and 12th classes were felicitated for their excellent results in CBSE Board Exams.



Engineering Course: After class 10, 3 boys are in a 3 year Engineering course in Computer Science at Damla, Haryana.

Scholarship Program: 37 bright students are receiving part scholarships – 26 for college and 11 students in our Centre.



Online English Program – MaxxEnglish: This online interactive English learning program, has methodology driven by British Council UK, technology powered by Stanford Research Institute, USA, with funding from AVIVA Pvt. Ltd. for a 10 month pilot project with 30 girls and 27 boys.

New Computer Laboratory: Our old computer lab was remodeled with 15 N computing devices, 18 new LED screens, 3 new desktop PCs, etc.

Remedial Classes: 75 students from grades 2-5, having difficulties with their studies, were identified. Intensive remedial classes, held for 3 months, enabled them to return to regular classes.

Focus on Values, Life Skills and Foundations of Happiness

Workshop on Life Skills Sessions: Teachers conducted life skills sessions on self identity, values, communication with family members, nutrition, personal hygiene and goal setting.

Happiness Sessions: Sessions on creating gender awareness as well as understanding the importance of personality attributes, appearance and grooming and their relation to self esteem and happiness were held for the older students.

Play for Peace: Mr. Ajat Shatru and Mrs. Preeti conducted this session to inculcate values; develop team building spirit and overall physical development through play activities.

Career Counselling: Professional counsellors, Mrs. Asha Nayar and Mrs. Aparna Goenka, provide career counselling to all students from classes 9-12 as well as sessions for students with difficulties.

Arpana's 'Children's Garden' Nurtures Preschool Kids

To protect and care for preschool children, Arpana's child centre provided nursery education and a daily meal for 345 children, ages 3 to 5. The 4-5 year olds learned all Hindi and English alphabets and numbers from 1-50, fruits, colours, seasons, etc. They all learned through songs, games, toys, poems and other fun methods.

Community Crèches & Pre-school Centres, run by young women trained by Arpana, cared for 211 precious tiny tots.

Annual Library Day: 107 Arpana students celebrated Library Day on April 22 with skits, yoga, songs and dances.

The Association of Writers & Illustrators for Children awarded "Best Reader of the Year" to 3 Arpana students and excellence in Art to Arpana's Mr. Ranjit.



Vocational Courses

1. **Tailoring & Craft Classes:** A one year course for 50 students who find jobs or work from home.
2. **NIIT - CCIB (Computer Course for Beginners):** This Certificate helps the 97 students obtain jobs.
3. **Beauty Culture Training Program:** A 6 month course given to 49 students.
4. **Nursery Teachers Training:** A one year course taken by 14 trainees.

Deep gratitude to Essel Foundation, Aviva Pvt. Ltd., & Caring Hand for Children for educational support.

PROGRAMS TOWARDS INDEPENDENCE FOR RURAL WOMEN, SUBSISTENCE FARMERS AND THE DIFFERENTLY ABLED IN 2014

2014 has been a year of great expansion in Arpana's empowerment program for women, farmers and the differently abled, especially through training, capacity building, savings and micro-credit loans in Haryana, Himachal and Delhi.

- **Self Help Groups (SHGs)** increased by 172 groups to 980 in 2014.
- **Membership of SHGs increased by 1,491 members to 13,199 in 2014.**
- **Savings of Women's Self Help Groups:** Rs.87,608,492 in 2013 to Rs.126,973,218 in 2014 – a 45% increase!
- **Micro credit loans** more than doubled during the year from 2,300 in 2013 to 4,745 in 2014.
- **Farmers Groups:** membership increased from 235 in 2013 to 310 in 2014.
- **Young People's Groups:** There are 238 members in 4 clubs, all of which include differently abled children.

Seeing the rising prosperity of SHG women, many village women requested more groups be formed for them to join. The Arpana team worked to restructure group formation such as inducting 3 or 4 literate women into each new group so they can be trained to keep group records, commitment from each member to full participation and responsibilities.

The validity, relevance and efficacy of the empowerment program stand proven by the test of time:

- Groups formed in 1998 and after, are still functioning effectively.
- As women's sons get married, their brides are inducted into existing groups or new groups are formed.
- As SHG members' daughters get married, and settle in distant villages, they request Arpana to organize their groups.
- As groups multiply in villages, wealth is generated amongst the poorest families. Savings grow and get recycled into small businesses, and *true poverty alleviation occurs!*

Impact Assessment of SHGs in Haryana

An impact assessment, conducted by development consultants, Chaturvedi and Joe, has revealed the profound transformation in the lives of SHG members. 646 women from 131 SHGs were interviewed. 8 focused group discussions and in-depth interviews with the program director and coordinator were held. A few of the findings are below:

Savings & Loans: The women are saving an average of Rs.330 per month.

- 96% women members have taken loans, of which 46% are to start business.
- 75% of women entrepreneurs, previously ignored, are now part of decision making at home.

Improvement in Health status: 99% say that maternal & child health is improved due to information from Arpana.

- 85% utilize this information, counseling women in their neighborhood to use good health practices.
- 96% experienced a decline in seasonal diseases, ascribed to information and training through their SHGs.

Improvement in Income: 91% women who have started enterprises said that their family income increased.

- 94% of increased monthly incomes was over Rs 1000 and 31% said the increase has been more than Rs 6000.

Growth of Federations: There are 2 Federations of women's Self Help Groups and 1 for the differently abled.

The annual general body meeting of Jan Shakti Mahila Unnati Sangathan was planned and implemented in village Baragaon by the 17 SHGs. 600 women attended.

The annual general body meeting of Jan Shakti Vikas Sangathan was planned and implemented by the 24 SHGs in village Araipura. 1000 women attended.

Media attention: The event featured prominently in local news and TV. This public recognition was a general source of pride, along with a sense of achievement.



Women vow to work for community sanitation

Differently Abled Persons Organizations (DPOs)

38 organisations for the differently abled have been formed with **711 members** who have **savings of Rs.1,000,797**. They took 155 loans, 82 for their own businesses. Differently abled persons were mobilized to participate in all village events.

An inclusive workshop for women trainers included 4 differently abled persons. Trainees scripted a play on good sanitation practices and performed it in village Kamalpur. The public recognition they received helped built self esteem.

Assistive devices including crutches, tricycles, wheelchairs, were distributed.

Exposure Visits for the Differently Abled to District offices and NGOs enable them to fulfill their needs independently.

Grateful thanks to CBM for supporting programs for the Differently Abled

Training – Building the Foundations of Informed Rural Communities with Women as Agents of Change, Development & Wellbeing

The continual investment in training of women in health, community well being, sanitation, governance and women’s issues have, over time, enabled women members to improve the quality of life for their families through improved health practices and informed decisions.

Agenda Training: Since May 2013, agenda training has been given to about 1,400 women in 95-100 Haryana villages, building their capacities to conduct their own meetings and be independent of Arpana.

TYPES OF TRAINING SESSIONS & ATTENDANCE		
Type of Training	Sessions	Attendance
Arpana Staff & SHG Leaders	29	790
Agenda Training for SHG women	367	14,000
SHG Monthly Mtgs with Health	10,630	127,030
School Health Meetings (HP)	330	6,870
Health Campaigns		48,868
Villagers Attending Training Sessions		197,558

Health Campaigns – In agenda trainings, women were informed about water borne diseases, diabetes, cervical & breast cancer and maternal and child health. 48,868 women from 620 SHGs in 80 villages took part in health campaigns.

Water Borne Diseases: In July, 700 SHGs worked to lower incidence of malaria and dengue. At 111 stalls, SHG women told of preventive measures to 6,531 participating SHG women.

Diabetes: In Sept.-Oct., diabetes, possibility of disability and diabetic retinopathy was the focus of agenda meetings.

Cervical & Breast Cancer: Women were educated on symptoms of these cancers. Arpana Hospital held free camps.

Reproductive health care and children’s wellbeing: Education provided about maternal child health.

Cleanliness campaign in Sirsee Village



Farmers Clubs

The 310 members of 24 Farmers Clubs have gone from subsistence level to respectable incomes.

1. Launching Farmers Clubs into Government Programs

- All 24 Farmers Clubs were launched, in partnership with NABARD, into the Government program for farmers.
- Workshops were also held in Jatkari, Mankot and Devidhara where members of over 30 SHGs participated.

2. **Workshop on SHG functioning**, conducted by the Arpana team in Gajnoi, with 110 women from 50 SHGs.



3. Exposure Visits for Farmers from remote Villages

- Agriculture University, Palampur:** a 3 day exposure visit for 20 farmers from 9 villages of Jatkari.
- Krishi Vigyan Kendra, Saru:** 20 farmers, a 2 day exposure visit to learn of plant diseases, off-season vegetables, etc.

4. A **Financial Literacy Workshop** was held for self help groups and farmers’ clubs members.

5. **NABARD Workshop** in Dharamshala, attended by 5 members of Arpana’s farmers clubs.

Farmers Producers Organizations: Benefits include training funds for each group on farming and marketing vegetables and dairy as well as skill development, etc.

Farmer Entrepreneurs: Out of 310 farmers, 52 farmers have 14 business ventures such as cargo vehicles, flooring in tiles and marbles, tailoring, village shops, masonry, mules for cartage, etc.

Increased Annual Income of all Farmers:

From annual incomes below Rs.10,000 a few years ago,

- 210 members have annual incomes of Rs.50,000-100,000.
- 100 members have annual incomes of Rs.100,000-250,000.



Deep gratitude is extended to the Tides Foundation, Give2Asia & India Development & Relief Fund for supporting health/development programs in Haryana and also Tides Foundation in Himachal Pradesh

ARPANA HEALTH CARE FOR THE VULNERABLE & UNDERPRIVILEGED

Arpana Hospital – a Lighthouse of Health for 1000 Villages

Arpana Hospital, a 144-bed medical facility with 8 departments, offered affordable modern health treatment and care to 79,226 patients from over 1000 villages/towns in 2014. Sub-Specialties include Laparoscopy, Gastroenterology, Neurology, Orthopaedics, Psychiatry, Squint and Retina as well as Vascular Surgeries.

A **Help Desk** has been set up in Arpana Hospital so that no patient is sent away due to lack of financial resources.



General Medicine: Dr. R.I. Singh, MD and Gold Medalist, Head of Dept. of Medicine, is a medical specialist of immense repute in the area. Cases treated included dengue, cardiac, typhoid, diabetes, thyroid, tuberculosis, etc.

Intensive Care Unit: Arpana Hospital has excellent critical care treatment at low cost, keeping many from being forced into debt for health care.

X-Ray: A digitalized machine was donated, especially facilitating orthopedic & surgical patients and enabling x-ray reports from specialists far away.

Paediatrics: Dr. Tanu Goel is Head of Paediatrics.

- A neo-natology section was set up including donations of new baby warmers with CPAP ventilation and a newborn transport incubator.
- An 8 bed Paediatric Ward was set up.

Ophthalmology: Dr. Mukul Sharma, M.S (Ophthalmology), Head of Dept, is skilled in both diagnosis and treatment. 3,104 eye surgeries were performed.

Eye Specialty clinics are: Diabetic Retinopathy, Paediatric Ophthalmology, Squint, Vitreo Retina & Orbit

Eye screening camps are organized in Western Uttar Pradesh and Haryana. Patients are taken to Arpana Hospital for surgeries and medical treatment.

CBM has magnanimously contributed vital equipment, i.e. a Green Laser, an Operating Microscope with XY coupling and a Non-contact Tonometer.

Surgery: Dr Vivek Ahuja, MS (General & Cancer Surgery), Head of Department, performed regular operations as well as cancer surgeries. He is also skilled with laparoscopic and endoscopic equipment.

Obstetrics & Gynaecology: Dr. Kavita Rani, MBBS, MS (Gynae), Head of Department, manages pregnancies, infertility, abortions, menorrhagia, fibroids, prolapsed, endometriosis, etc.

Maternal Outreach Clinics were held twice a week at Budhakhera. Serious patients were referred to Arpana Hospital.

Dental Clinic: Dr. Queency Sharma, BDS, Dental Surgeon, is incharge of the dental clinic.

Physiotherapy: The Department works with postnatal mothers and post operative cases as well as orthopaedic, neurological and paediatric cases.

Special Clinics

1. **Vascular Surgery:** Dr. Jaisom Chopra, Vascular Surgeon from Apollo Hospital, New Delhi, holds regular clinics every 2 months at Arpana Hospital, and performs surgeries when required.
2. **Psychiatry:** A visiting Psychiatrist, Dr. Vishal Chhabra, MBBS, DPM, DNB (Psychiatry) from VIMHANS, New Delhi, holds sessions twice a month.
3. **Squint? Clinic:** Dr. Sapna Jain, MS (Squint), holds clinics, performs squint operations in Arpana Hospital.
4. **Vitreo Retina Clinic;** Dr. Mukesh Vats, MS, FVRS (Retina), visits every month. He holds Retina clinics and carries out Green Laser treatments, macular hole surgery and angiography at Arpana Hospital.



Arpana Health Care & Diagnostic Centre in Upper Bakrota, Dalhousie, had 5,798 patients in 2014, performed 4,964 laboratory tests, 804 X-rays and 136 ECGs. Treatment and medicines are provided free to the poor.



Free Speciality Camps provided difficult to attain medical services to the deprived:

- A **Cardiology Camp** by Dr. Anil Dhall, MD, DM, Cardiology, with 127 patients.
- A **Dermatology camp** was held by Dr. Anish Rai, Dermatologist, for 64 patients.
- A **Dental Camp** was held by Dr. Shalini Rai, Dental Surgeon, for 28 patients.
- A **Neurology Camp** was held by Dr. G.V. Ramdas, Director, Sarvodaya Hospital & Research Centre, Faridabad. There were 124 patients.
- A **Medical Camp** was held by Dr. R.I. Singh, MBBS (Hons) MD (Gold Medalist), Medical Specialist from Arpana Hospital, Madhuban, for 111 patients.

Training for Midwives: Mr. Frank Armstrong, a paramedic divisional officer from Northern Ireland, taught 40 rural women important points of neonatal resuscitation.



Raman, a 4 year old boy, lives in Gharounda town where his father is a street hawker. When he got fever, vomiting and heavy coughing, his parents, who could not afford a doctor, tried village health practitioners, but with no relief. When they heard about Arpana Hospital, they brought him to be examined by a doctor who had tests performed that showed he had tuberculosis.

Thick pus was removed through a chest tube and medication was started. Within 10 days Raman was discharged. He received free treatment. TB medication will continue for some months.

Camps in Hospital & Villages

Cardiology Camps: Dr. Anil Dhall, (MD, DM, FACC, FESC, FSCAI, FCSI) from Delhi Heart & Lungs Institute, conducted 3 camps at Arpana Hospital with free Specialist Consultation and highly subsidized tests.

Free/Subsidized Orthopaedic Camps by Dr. Lokesh Charaya:

- 5 Orthopaedic camps at Arpana Hospital for 191 patients.
- A camp at Taraori village with 50 patients.
- Ortho Clinic with Meenakshi Hospital in Assandh, for 85 patients.

Gynae Camp: Organized at Arpana Hospital, March 6-11, with 165 patients.

A **Gynaecology camp** was held on May 6, where Arpana doctors discussed diseases, their prevention and management, with 82 Government rural health workers and other village women.



Gynaecology Camp in Kairwali Village found 90% of rural women patients suffered from anaemia, weight loss and menstrual problems. Along with counselling, patients were given supplements and medicines.

A **Neuropathy Camp** was held at Arpana Hospital by Dr. Steve Coates, a visiting consultant from the UK, who examined 12 patients.

3 Employee Health Checkup Camps, one at Arpana Hospital in February and two at Panipat in April, benefitted 95 employees.

A **free 2 Day Bone Densitometry Camp** was held at Arpana Hospital with the help of Subh Laboratory, Ambala, in March for 179 patients, focusing on orthopaedic patients and older women.

Cervical & Breast Cancer Camps in May: Conducted by Dr. Ela Anand, FRCOG, Dr. Kavita Rani, Gynaecologist, and Dr. Vivek Ahuja, Surgeon. This was free to all 162 patients.

Cervical and Breast Cancer Camp on Nov.14 & 15: Dr. Kavita Rani, Gynaecologist, examined women for cervical cancer, while Dr. Vivek Ahuja, Oncologist, screened patients for breast cancer.

Diabetic Camp: Arpana Hospital organized a Diabetes Awareness program with free diabetes screening.

Vitamin D Drop Camp: A free camp on World Breast Feeding Week had 95 patients. Free medicines were given.

Eye Camps: 35 camps were held in Arpana's Nodal Centres in Samalkha, Sanauli and Panipat towns with 4,529 patients seen. Surgery was subsidized or free, while transportation, bed charges, food were free.

Eye Care Project: In a paediatric eye project in partnership with CBM and Shroff Eye Hospital, Arpana is screening 20,000 children from July 2014 in 45 villages. Till end 2014, 8,494 children and 580 adults had their eyes screened in 27 camps organized by Arpana.

ASHA Workers Trained: Arpana Hospital trained Government ASHA workers (village health workers) and 17 teachers to assist Arpana in eye screening of school children.



Emergency Care Workshop: An 8 day Emergency Care Workshop at Arpana Hospital was conducted by 7 experienced paramedics from Northern Ireland, inspired by Dr. Davinder Kapur and organized by Frank Armstrong.

These volunteers also raised Rs. 14 lakhs (£15,000) in Northern Ireland for emergency equipment, i.e. defibrillators, foetal monitors, heart monitors, etc.

Life support methods were demonstrated to nurses, doctors, paramedics. Also, 35 village women leaders were trained in CPR and other basics. 40 highway & traffic police were given demonstrations of First Person on Scene actions.

Deep gratitude is extended to CBM for the District eye screening project and for vital hospital equipment and to the Baij Nath Bhandari Public Charitable Trust for vital support to Arpana Hospital. We also are deeply grateful to the Tides Foundation for support for our Himachal Health programs.

A COMMITMENT TO OUR CULTURAL HERITAGE

Cultural Activities at Molar Bund: To enhance their creativity and to develop respect for all faiths, students participated in cultural programs. Celebrations at Arpana's Centre in Molar Bund included Republic Day, Holi, Independence Day, Janamashtami, Arpana Day, Teachers Day, Diwali, Children's Day and Christmas.



Telling a story through Kathak dancing

'Sitaron Ke paas' – A drama on the life of Kalpana Chawla, India's first woman astronaut, written and directed by Mrs. Sushma Seth, was performed by at Arpana Centre and twice at Shri Ram Centre.

'Neetaji Subhas Chandra Bose' was performed by 40 Arpana students at Shri Ram Centre after workshops by the Sahitya Kala Parishad.

'Suraj ka Intezar,' an incident from the life of Mahatma Gandhi, was performed by 11 junior students and directed by Mrs. Prem Sarin.

The Urvashi Lalit Kala Academy offers classical and folk music and dance as well as drama, on a year round basis.

Professor Kishan Arora, the respected President, has also set to music and to dance Arpana's devotional verse called Urvashi. These dramatic and musical offerings are performed at functions throughout the year.

A COMMITMENT TO OUR VILLAGE SISTERS

Becoming Independent & Self Sufficient... Arpana's Handicraft Activities

Training in hand embroidery for women in disadvantaged situations was started to enable them to feed and clothe their families. Many families in 11 villages are empowered by this income to pay for household necessities, school fees, daughters' weddings, etc.

Beneficiaries include women who are not allowed to work outside their homes, girls who cannot pursue further studies and women who are daily labourers.

They craft exquisitely embroidered baby dresses, nightgowns, bedcovers, sheets, table cloths, towels, etc. – and which is marketed in Arpana's shops & exhibitions.

Arpana Shops - All Proceeds to Charities

1. Devotion, E-22 Defence Col, N. Delhi, Tel:011 24331136, 09871284847, arpanadevotion@gmail.com
2. Arpana Shop, Arpana Trust, Madhuban, Karnal, Haryana, Tel:09896303566, publications@arpana.org
3. Arpana Social Workers Home, 7 Model Town, Karnal, Haryana, Tel:0184-2265412



National & International Recognitions

- The World Health Organization awarded Arpana its prestigious Sasakawa Health Prize for innovative rural health services. This prize is open to all 168 nations of the UN.
- HRH Prince Charles made a personal visit to Arpana.
- The Government of India's National Commission on Women honored Arpana as one of ten organisations in India recognized for "empowerment of women, gender equity and justice".
- The Himotkarsh National Integration Award for Arpana's programs in Himachal in two consecutive years.
- The Government of India has recognized Arpana as a "scientific organization for research in the social sciences."
- The State of Haryana has given many awards for Arpana's Family Planning activities and intensive Eye Program.
- The Haryana Institute of Fine Arts presented its premier award for social service to Arpana.

All of us at Arpana extend our deepest gratitude to friends and supporters who have enabled us to carry out health, education, development and livelihood programs for the underprivileged

You are cordially invited to visit us

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