

# Annual Report 2016

## Arpana - A Commitment to Care



## Arpana Services in Haryana, Delhi & Himachal Pradesh

Service Activities of Arpana Trust and Arpana Research & Charities Trust

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## *Our Founder & Inspiration*

*Param Pujya Ma*

*told us time and again,*

*"All people, whoever they may be and of whichever faith, belong to one universal family."*

*In this small oasis of Arpana, the spirit of Universal Unity is being revitalized in the hearts of many and being made relevant to daily life.*

### **ARPANA FAMILY**

(from the Archives)

August 2001

Gathered around

Param Pujya Ma in the  
Mandir of the Trust House,  
Madhuban, Karnal.



Dear Arpana Family & Friends,

It is a joy to report to you the strides that have been made in 2016 for increased empowerment and income for thousands of women and subsistence farmers as well as hundreds of the differently abled who are starting small businesses. New collective enterprises are forming. Women are also accessing their rights under the law such as finding support in the new Police Station set up with only women officers as they struggle to deal with domestic violence, inheritance rights and access to Government program benefits. Skills training courses were conducted for young people in tourism and crafts in Himachal Pradesh.

Training played a central role as village women stepped up to become leaders in their self help groups (SHGs) and their Federations. Their self-confidence and self-esteem have increased as they emerged from their home courtyards and were able to hold their own with local officials. Thousands of women are learning to conduct their own monthly SHG meetings. 100 young, enthusiastic women are learning to become trainers themselves and are growing into effective peer educators for village women.

The new Dialysis Unit in Arpana Hospital is proving a boon for patients in this rural area. There have been over 300 treatments for those requiring this life saving blood purification process.

Students in Arpana's Centre in Molar Bund, New Delhi, are achieving scholarships and awards, from both private and government sources. 90% of Class 12 students achieved First Division marks in CBSE exams. Vocational training enables young people to obtain jobs or become self-employed. Nursery children are cared for and taught a preschool curriculum. Cultural activities enable children from varied ethnicities to understand and appreciate each other.

Arpana's Community Welfare Centre in Vasant Vihar, now called 'Rejoice', is bringing tuition support to the underprivileged as well as a platform for inspiring talks, music and health information.

We can never adequately express our sincere gratitude for your encouragement, guidance, support and love,

Harishwar Dayal  
Executive Director



# Making a Difference in 2016

## Role of Underprivileged Women in Arpana's Haryana & Himachal Pradesh Programs

...to 12,538 underprivileged women

**Entrepreneurs** – 6,181 business loans

- Increased Income
- Better Food, Health, Education
- Increased Confidence & Respect

**Federations of Self Help Groups (SHGs)** – a Voice for Women



Women Leaders

Women Leaders being Trained

- 4,000 trained to lead self-help group meetings
- 100 are Trainers for their SHGs peers!
- Successful Local Governance

Requests by Self Help Groups granted by Panchayats

## Role of Medical Care in Arpana's Haryana & Himachal Pradesh Programs

...to 105,340 health beneficiaries



Shankar

Saving babies at risk

- Health Care & Treatment-105,340
- Outreach Camps – 13,477 patients
- New Dialysis Unit – 300 treatments
- Ultrasound – 473 procedures
- Diagnostic Tests – 91,377
- Operations – 3,131



New Dialysis Unit

## Role of Differently Abled Persons in Arpana's Haryana Program

... to 1,065 differently abled persons

- 48 differently abled persons organizations (DPOs)
- 109 business loans for the differently abled
- Training the differently abled as DPO leaders
- 11 Differently Abled Health Camps
- Mobility – through public transportation



Sunil

- Village Medical Centre treated the differently abled throughout the year
- Mobility through tricycles, assistive devices
- Entitlements – 75% have their certificates for government programs
- Children learn to deal with their disabilities in government and private special schools

## Role of Education in Arpana's Delhi & Himachal Pradesh Programs

... to 2,709 schoolchildren



Computers

- Tuition Support – 933 children
- Preschool Education & Care – 648 kids
- Vocational Training – 229
- Scholarships – 74
- Government School Awards – 63
- Health Education in Himachal – 879
- Training young people as tourist guides



Training guides

## *A Few of the Many Touched by Arpana ...*

### Shankar

Shankar is 1 ½ yrs.old and lives with his family in Kalram village. Both his labourer parents work for subsistence wages.

Shankar started running a fever along with loose motions. Through ignorance and lack of money his parents did not take him to a doctor. He started becoming very weak and did not eat. His parents did not know what to do. A friend told Shankar's parents about Arpana Hospital and, with hope in their hearts, they took Shankar there. The doctor examined Shankar, put him on medication and IV fluids and his condition improved.

When he was discharged, Shankar's parents said, "We are grateful for all the care and free treatment Arpana Hospital gave. If it was not for this we could never have afforded the care that saved our baby's life. The doctors and nurses have been so kind to us poor people who are usually treated harshly. Thank you for everything."

### Sumitra

Born into extreme poverty, Sumitra was married early, but her in-laws were also poor. They abused her and soon she and her husband were turned out of the house. They lived in a cowshed, she had a daughter and she developed TB. She was treated from the Government Hospital for 1 ½ years. Her husband earned a pittance and she also became a daily labourer when her strength increased. Then she joined Arpana's self help group.

After some years of saving and learning, she took a loan to build a small mudbrick room – at last they had a roof over their heads! She also took loans to buy 3 buffalos and earned from selling milk. Then she took a loan to start her husband in business which went very well, but when her husband's partner ran off with all their money, her husband became depressed. With her group behind her, Sumitra took a loan for him to start a pump repair business which became successful. Her daughter, trained in tailoring, is earning well and her son is going to school. Sumitra says, "Today I am respected and I am able to lift my head high thanks to my group and the sisterhood we share. I know I never have to beg and be dependent again!"



# Flowering of Self Expression, Learning & Achievement

## Arpana's Activities for Underprivileged Children

Arpana Trust is a charitable, non-profit organisation working closely with underprivileged communities in Haryana, Himachal Pradesh and in slum resettlement colonies in New Delhi.

In 2016, Arpana provided holistic development to 1,787 disadvantaged children, specifically educational support (953), preschool day care facilities (648) and vocational training (186) as well as career counseling, life skills classes and the exploration and celebration of cultural diversity through the performing arts.

### Education



953 children attended Arpana's Tuition Support Centre in Molar Bund to fully understand their class work in school. In addition, Arpana focuses on developing their English and computer skills so that they can secure good jobs in the changing job market.

**Class 10th CBSE Board Results:** Out of 38 students, 74% students achieved First Division marks.

**Class 12th CBSE Board results:** Out of 39 students, 90% students achieved First Division marks.

*Mrs. Sushma Agarwal, Chairperson Delhi Services, with the 12th standard girls*

**Class 12 Students go to College!** 17 out of 39 students in class 12, are now pursuing higher education:

1. 7 students are pursuing BCA (Bachelor of Computer Applications)
2. 5 students are pursuing graduation from regular colleges in Delhi University.
3. 3 boys are doing IT Diploma Engineering in Damla
4. 1 girl is doing a Web designing course.
5. 1 boy is pursuing Medical Lab Technician course.

**Class 12 Students Pursue Training/ Obtaining Jobs**

1. 1 boy is in a mobile and computer repairing course.
2. 2 students are doing ITI.
3. 5 students took a Retail Management Course from UNNATI, obtained jobs at Rs.8000-12000 per month
4. 8 students have secured jobs independently.
5. 2 students have gone to their villages
6. 4 girls, whose parents are keeping them at home, are pursuing graduation in a distance learning program.

### The Future Beckons – Sponsoring Scholarships

1. Arpana provided scholarships to 17 students.
2. Mrs. Bani Rajghariya's family provides scholarships to 3 boys for IT Engineering Diploma at Dalma College and 6 girls who are pursuing BCA at Gaziabad campus.
3. The Sonalika Group have awarded scholarships to 21 bright and hardworking girls from Arpana.
4. Aimil (a corporate house) sponsored 5 meritorious students to study in Delhi University.



*Mr. Verma, MD of Aimil, interacted with students*

**Delhi Government awarded 21 Medhavi Scholarships to Arpana Students:** In class 4, 10 boys and 1 girl received Rs.1000/- each as scholarships and in class 5, 8 boys and 3 girls have received Rs.1500/- each as scholarships.

**AVIVA sponsored Maxx. English Program** which is benefiting 100 underprivileged students at Arpana Centre.

### Vocational Training



186 young people took the following vocational training courses. Most were then able to obtain jobs or set up businesses at home.

1. **Tailoring and Crafts:** 40 trainees achieved excellence in tailoring, drafting and cutting.
2. **Nursery Teachers Training:** 15 trainees completed the six months course.
3. **Beauty Culture Training Program:** 49 students completed this 6-month program and are now self-employed.
4. **NIIT- CCIB Computer Classes:** 82 students took this certificate course.

*Income generation – a 'tailor made' option!*



## Life Skills Workshop by Modicare Foundation

Two 5 day workshops on Life Skills were held by Modicare Foundation: one for 10th and 11th students and one a master trainer program for teachers.

The 2 year Life Skills Program is an ongoing program for middle school students which has added value to their outlook and self growth. Dr. Mridula Seth and Archana Kumar, Professor at Lady Irwin College, assessed the program, as children expressed their feelings through cartoons and stories.

*Proactive Modicare trainer becomes paint splattered during workshop*



## Balvatika: Children's 'Garden of Love' & Community Crèches



648 children, ages 3-5 years, played and learned in Arpana's Nursery Care

Preschool children are often left to the care of siblings (many times sisters who are then unable to attend school) or elderly grandparents.

Arpana provides day care to 336 children in a loving and caring atmosphere of the Balvatika, along with toys, games and nursery education. Montessori methods are used. English and Hindi alphabets, poems and stories are taught.

Community crèches, set up by young women trained by Arpana, provided safe havens and learning environments for 312 more tiny tots.

*Tiny tots learn colors & painting*

## Cultural Activities

The children of Molar Bund come from many parts of the country and many ethnicities. Festivals such as Diwali, Eid, Christmas, etc. are all celebrated together, enabling them to appreciate the wide diversity of our cultural heritage.

They are also given the opportunity to participate in dramas, music and dance programs

### Workshop/drama production by Delhi

Academy: 46 Arpana students presented a play, 'Raspriya', at Pyarelal Bhawan.

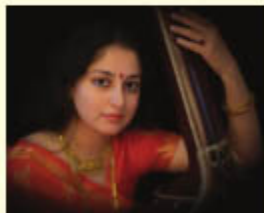
Kalpna Chawla dramatic presentation: This was staged at Chandra Arya Vidya Mandir with 67 students in the cast.



*Arpana is deeply grateful to Essel Foundation, Aviva Pvt. Ltd. and Caring Hand for Children, USA, for support for these programs for underprivileged children.*

## ARPANA'S REJOICE – COMMUNITY ACTIVITIES

Arpana's Community Centre in Vasant Vihar, New Delhi, 'Rejoice', aims to become a Centre of Wholeness by promoting humane values, improving education for the underprivileged and improving health through new knowledge in nutrition sciences.



### Health Horizons – Nutritional Guidance

Dr. Veena Aggarwal, one of our country's foremost Nutritionists, set up a series of interactive sessions on nutrition at 'Rejoice'. A number of interested participants had DNA tests done and learned which specific nutrients were important for them. Many insights to optimize health were shared.

### Divine Moments: Inspiration – Awareness – Growth

1. Research: Discussions on Param Puja Ma's unique elucidations of the Gita.
2. Nithya Shanti spoke on Transcending Stress in Daily Life

### Musical Evenings: The following programs were very well received:

1. Sarod Recital by Shri Malhar Rakshit with tabla.
2. Recital by Dr. Aparajita Brahmachari with table and harmonium
3. Sitar Performance by Shri Adnan Khan, Shri Zuheeb Khan on tabla.
4. Vocal Program by Padmaja Chakraborty with sitar, tabla, harmonium.
5. Vocal Performance by Aasthya Goswami

### 'Gyan Arambh' – Education for the Underprivileged

Tuition Support Classes held for underprivileged children of local government school to give them opportunities to develop their full potential.

NIBT Computer Certificate classes help youngsters obtain jobs.

English Project for Class XII Girls: A 10-day workshop for 25 underprivileged Class XII girls was held, focusing on the future.



# Women's Self Help Groups Face Testing Times

## Tackled & Tempered by Collective Resolve

The past year was full of challenges and learning opportunities for 11,555 women in the 818 Self Help Groups (SHGs) facilitated by Arpana in 100 Haryana villages.

### Challenges in 2016



- Danger of SHG women being unduly attracted to 'easy credit' given by new micro finance companies, increasing their indebtedness, burdening their families and resulting in inability to pay their own SHG loans.
- Demonetization – counseling and knowledge for SHG members, shackled by lack of information and the cash crunch which surprised the nation.
- Training for cashless transactions & online disbursement.

### Making SHGs Efficient to Ensure Financial Security

A Participatory Evaluation was carried out to assess weaknesses and strengths. External microfinance problems were resolved to protect members.

### Domestic Violence – Striving for Social Justice

- Women learnt of laws against domestic violence/dowry.
- SHGs visited the Karnal Women's Only Police Station:
  - The District Protection Officer, and the SHO, explained the laws in detail and answered a spate of questions.
  - Social welfare policies, benefits/entitlements for widows, the aged, the differently abled and the girl child were clarified by the Head of the Social Welfare Department.



### Village Level Training

**A Vibrant Body of Peer Educators is also Maturing:** About 100 young SHG women are being built up as trainers and leaders. Each month they participate as members of Arpana's outreach training teams, conducting village level agenda training sessions in 100 villages. They manage networking meetings and help women plan for village events.

**Agenda Training:** 931 trainings reinforced the skills of 4,000 women in record keeping, conducting their groups' meetings, as well as prevention of malaria & dengue, domestic violence, hygiene and sanitation, gram sabha, etc.

**Training of Trainers:** Special workshops were held for SHG women by highly respected professionals. They learned the qualities and skills required, how to use diverse tools and media while training adults, promoting interactive participatory training and preparing training module on all subjects taken up in villages.

**Theater Workshops Enable Young Women to Flower!** 12 sessions of Theater workshops were arranged for bright young women, who have, up till now, only been taught the language of silence and submission. Participants learned to sing, make scripts, manage the stage, props and costumes. They created 5 plays on Inclusion for the Differently Abled, Overcoming Poverty and Women's Empowerment. The woman also learned teamwork and leadership.

**Training SHG Women as Village Animators for Cancer Camps:** Dr. Tanu trained 60 SHG women for village awareness campaigns on cervical & breast cancer and to ensure women attended the Arpana Hospital outreach screening camps.

### Training the Audit Team



The audit team conducted monthly updates of financial data on the computerized individual databases of all SHG women and groups.

The team members' skills were upgraded through workshops with Ms. Premlata, a chartered accountant consultant. All 7 MIS members attended the Training of Trainers workshops, strengthening Arpana's outreach team.

*Ms. Premlata, while in USA, held a Skype training session with the team*



## Federations of SHGs - Foundation for the Future

The two Federations of self help groups, Jan Shakti Mahila Vikas Sangathan & Jan Shakti Mahila Unnati Sangathan, were strengthened. They each held monthly meetings. Executive functionaries had refresher trainings on discipline, group dynamics, SHG management, and accounts.

In 2016, the Vikas Federation increased loans by nearly 20% while the Unnati Federation increased loans by 58%. The Federation helped pay for village level training, helped with costs of the general body meetings and gave incentives to SHG leaders, trainers and executive committee members.

### Federations' General Body Meetings

The general body meetings of the Federations were held in September in Taprana and Sangohi villages after meticulous planning by SHGs for 600-700 women participants in each general body meeting. CSSRI (Central Soil Salinity Research Institute) gave valuable information to women farmers on farming methods to alleviate damage caused by climate change.

*Women welcome guests to General Body Meeting*



### Play about Danger of Taking Excess Loans

At Arpana, SHG trainers devised a script on the problems of taking multiple loans from several micro-finance groups. The burden of debt and domestic tensions were growing as the pressure of debt accrual outpaced the ability to repay loans.

The SHG trainers presented the lively play, 'Multiple Debt - a Grave Threat to Happiness and Prosperity'. The audience watched with rapt attention, assimilated the lessons of the play amidst laughter and also realized the truth the play presented

### Rapid Communication Facility

In July Arpana partnered with Eksign Ltd, for a messaging facility through which Arpana can communicate rapidly with SHG members across the 100 villages. The package is of 100,000 messages, of which more than half have been used in 6 months. This has greatly enhanced punctuality, attendance and participation of women in all activities.

### Awareness for Better Sanitation Practices

192 street meetings and sanitation drives were held attended by 9,421 women from 697 groups. 7,350 women segregated garbage before disposal and 117 garbage pits were dug.



*Village sanitation drive*

## Collaborations Promote Collective Enterprise

### Peeli Dori

Peeli Dori, an e-commerce portal, works with crafts people across India, introducing them to customers and giving them access to a global market. Peeli Dori, which designs products and provides training in making products, approached Arpana to work with women in Haryana. 12 women in village Sangohi formed a collective enterprise to work with Peeli Dori. Items are being made and the collective also plans to open a village store and beauty parlour in Sangohi.

### The Two Women's Dairy Collectives

Anmol Dugdh Samiti & Nirmal Dhara Dugdh Damiti in villages Amritpur Kalan & Taprana are stable and the women are working hard to grow their businesses. Both Collectives received modern dairy equipment provided by the Bajj Nath Bhandari Public Charitable Trust. The equipment facilitates making dairy products, e.g. *khoya*, yoghurt and *paneer* (cheese) in a hygienic and efficient manner. Both dairy collectives upgraded their premises, promoting better hygiene.



*Making paneer with new equipment*

National Dairy Research Institute (NDRI), Karnal, Enactus (a student body engaged in service) and Dr. Surinder Phull, a dairy professional and Arpana volunteer, all supported the groups through training sessions, surveys and strategies for marketing. Training sessions were held for the women to learn using the computer and expanding their customer base.

Anmol Dugdh Samiti celebrated its 7 years with partners, suppliers and customers including the Director, senior scientists and students of NDRI as well as students representing Enactus. Arpana's outreach team assisted in preparations and attended the function.

## Partners for Progress & Development

Scientists from the Central Soil Salinity Research Institute, Karnal, approached Arpana to update knowledge for farmers in 6 villages, including monthly training sessions for women farmers. The scientists discussed methods to enhance soil productivity and crop output whilst also combating the damage climate changes are causing to crops.

## Partnership to Promote Participatory Village Governance

Arpana is partnering with the Association for Democratic & Inclusive Governance (ADIG) with the support of India Development & Relief Fund, USA, to promote increased participation and to strengthen village governance in 5 Panchayats.

In 2016, 49 Self Help Group women were elected to local, block and district panchayats.

**Workshops:** were held for 5 days about laws, panchayat planning processes, conducting PRAs and social mapping. Panchayat members were given an in-depth orientation on Gram Sabhas (village meetings). ADIG and Arpana liaised with state and district officials in the Panchayati Raj Department and local officials are now giving support.

**Survey, Ward Meetings, Working Committees:** Arpana & ADIG created a survey and worked with Panchayats in 5 selected villages. At village meetings, needs were prioritized and posted to the village planning process online.

**Plays Promote Awareness about Gram Sabhas:** Arpana's SHG trainers worked with theatre resource group, Race Rangshala, to create 2 plays on Panchayati Raj which they presented before appreciative Panchayat members and large audiences in five villages. This created an awareness about the importance of the gram sabha before the next meeting.



Visit to a demonstration farm in village Bastara

## Enabling the Differently Aabled - 2016

"On the Path to Succeed and Fulfill Their Potential"

Arpana started to empower differently abled persons in rural areas in 2012 by facilitating the formation of Differently-abled Persons Organizations (DPOs). In their monthly meetings they share problems and learn about issues impacting their lives. In 2016, 143 members got their medical certificates, 44 got pensions and 18 got bus and rail passes.



Arpana promotes livelihood activities such as skills building and small businesses.

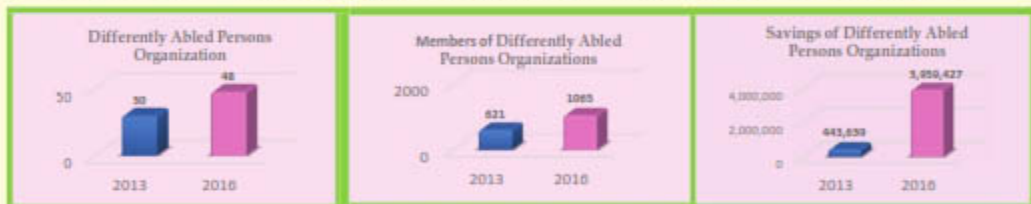
Differently abled entrepreneurs increased from 26 to 169 since 2013. 80% members deposit regular savings. From helpless despair, DPO members now have a positive can-do energy.

**Assistive Devices:** tricycles, wheelchairs, hearing aids, crutches are given in order to increase independence. (See photo on left: Sajida & son on her Tricycle)

**Small Businesses:** 169 loans taken for shops, cycle repair, flour mill, e-rickshaw, DJ, etc.

**Training of DPO Leaders:** in record keeping and accounts, health, right to education act, group strengthening, local governance, SMS technologies.

**Savings increased** from approximately Rs. 400,000 to nearly Rs. 4,000,000 in 3 years!



**DPO Federation:** Sangarsh Federation has 48 member groups, providing them leadership and access to credit. All members participate in capacity building and leadership training sessions. 35% representatives are now women.

**Children - from Seclusion to Inclusion!** Children showed great progress in studies and life skills by attending schools for the disabled - Sarva Siksha Abhiyan Resource Centre, a Government facility, and Tapan and Mata Prakash Kaur.

**International Disability Day:** The Sangarsh Federation celebrated by hosting a Fair, attended by over 300 persons with disabilities from 50 villages. A play was presented, based on real life successes of differently abled men & women.

**Healthcare** was provided through free village outreach medical clinics and from Arpana's medical clinic in Budhakhera village. Persons with disabilities having chronic health problems, availed of free care and medicine throughout the year. Eleven other village clinics were also held with 424 differently abled patients.

**Creating Awareness on Cleanliness:** SHG groups conducted street meetings on the need for good domestic hygiene and community sanitation, to avoid high incidences of water borne diseases.

**Special Gratitude to CBM India and IDRF, USA, the Baij Nath Bhandari Public Charitable Trust, New Delhi, and Friends of Jaydev & Kalpana Desai, USA**



# Self Help Brings Steady, Sustainable Development

Arpana in Chamba District, Himachal Pradesh 2016

In the villages of Chamba District in Himachal Pradesh, Arpana works with 827 rural women in 101 self-help groups. Arpana has also organized marginalized farmers' groups to build their resources, increase productivity and promote their continual development as well as contributing to their families' financial security

## Speak Together, Strive Together, for Effective Governance

The empowerment process has enabled women to actively engage in a spectrum of health and development activities, including care of pregnant women and children and participation in *gram sabhas*, (village meetings).

Up to 90% of SHG women participated in *gram sabhas* by presenting their common petitions. They have had solar street lights installed and built a drain in Randoh village, a cremation ground built, built roads between villages, provided bus services, identified agricultural assets required (which the government is subsidizing), made drinking water pipe lines to their villages as well as check dams to counter soil erosion.

## Swach Bharat: Clean India

- 800 SHG women held 1,182 sanitation drives in their villages in 2016.
- 817 out of 827 SHG women have built toilets and are using them.
- They have also had drainage built in their villages.
- 90% of SHG members sell recyclable waste, use compost pits and have stopped or minimized the use of plastic bags.

## Promoting Efficacious Bank Loans

NABARD and Arpana have encouraged 118 farmers and women to take bank loans in 2016 for milk animals, small shops, sheep, goats, mules for cartage, threshers and mini tractors. These activities supplement the family budget with monthly earnings from Rs.2000 to 10,000. 611 farmers and women took loans over the past few years to set up small businesses and emerge from poverty.

## Crafting New Options for Income



Training in tailoring, knitting, crochet & patchwork was requested by 3 SHGs. 2 training camps of 15 days each were organized. 2 skilled local women instructed 40 women in tailoring and knitting socks with traditional folk patterns and designs.

An NIFT design graduate trained 15 women to make tote bags, cushion covers and laptop bags in classes held for 2 weeks. These were marketed at the 5 day fair, *Mingher Mela*, in Chamba.

## Warmth & Comfort in Winter

32 of the poorest families, who had urgent need of woollens and beddings, were given quilts and blankets at village Chilla.

## Farmers' Happy Landings!

Arpana has facilitated 24 farmers clubs where Arpana's outreach agricultural workers update the 189 members on farming issues. 15 mini irrigation projects were supported by Arpana over recent years. Arpana also organized frequent training sessions and linkages with government agricultural officials so that farmers are now earning higher incomes.

The income of the farmers has increased from about Rs.10,000 a decade ago to an average of about Rs.50,000 annually, with many making Rs.100,000 or more. Farmers purchased vegetables from other farmers to sell in distant markets after checking prices on their cell phones. About 50 farmers have also started their own businesses.

Capacity Building & Training for Farmers: 2 workshops were held for keeping records and financial book keeping. A one day training session for farmers was held at the Arpana Centre by Dr. Deepa. Visits were made to progressive farmers in village Lagga and to the Green Gold Farmers Society in Salooni for exposure to practical farming methods.

Farmers Cooperative Producers Societies: 2 Societies were formed with 156 members. They elected officials and set up collective purchasing of high quality seeds and equipment as well as collective marketing of produce.

## Development Tourism as a Livelihood Option

Development Tourism was presented to self help groups, farmers groups and youth groups as a way to increase local jobs and to raise eco-awareness.

Three American student volunteers spent 6 weeks at Gajnoi, initiating 16 boys and girls, who Arpana is training as tourist guides, with English speaking skills on mountain treks and tours of historical Chamba town. 25 young boys and girls participated in a 5 day training organized by Arpana with Himcon.

7 trainees got jobs and 18 registered to get their licenses as tourist guides.

*USA student volunteers teach English while touring Chamba with trainee guides*



*Special Gratitude to Tom Sargent and the Tides Foundation, USA, and Give2Asia*

# Arpana's Medical Care & Treatment in Himachal

Many inhabitants of poverty stricken Chamba District do not have access to affordable medical treatment. Too often their lives slip away or they are forced to suffer pain and great discomfort for years. Poverty and unemployment are heightened due to the mountainous terrain, difficulty of communication and the scarcity of water.

## Arpana's Health Services for the Hill Folk

1. The Arpana Health Care & Diagnostic Centre in Upper Bakrota, Dalhousie held daily outpatient clinics for 4,949 patients from over 250 villages. 73 were surgical cases, 127 were gynecology cases and 135 had tuberculosis. 9,903 diagnostic tests were done.
2. Arpana health and development workers visit 130 hamlet-villages to impart health principles, including mother child health needs, nutrition, hygiene and sanitation, while encouraging them to use Government health facilities. They also follow up with young mothers to ensure full immunization of children under 1 year.
3. Arpana has been holding medical and specialty camps, for which poor patients have a great need, with specialist doctors from Haryana and Delhi. These are anxiously awaited for relief from pain and suffering.



*Dr. Hemant examines patient in camp*

## Free Health Specialty Camps

**1-4. Four Gynaecology Camps** were held in 2016. Dr. Hemant Sharma, MD, Obstetrician Gynecologist, Satyam Hospital, Sultanpur, Chamba, examined 377 patients, 45 of whom needed operations. Free medicines were issued to the patients. Arpana arranged for all patients to have free operations, performed by Dr. Hemant Sharma at Satyam Hospital.



*Endoscopy procedure in camp*

**5. Endoscopy Camp;** Endoscopy Camp sponsored by the Baij Nath Bhandari Public Charitable Trust, New Delhi, was held at Arpana Health Care & Diagnostic Centre, Bakrota, Dalhousie, on 20th & 21st May 2016. The total OPD in this camp was 105. Since Endoscopy is not available in this area, this was greatly appreciated by both the patients and the District Administration.

**6. ENT Camp:** A free 3-day ENT Camp was held at Arpana Health Care & Diagnostic Centre, Bakrota, on 1st, 2nd & 3rd May 2016. There were 151 patients in this camp. Dr. B.M. Abrol was the Senior Surgeon from Delhi.

**7. Medical Camp:** A three day medical camp at Arpana Centre, Bakrota, was conducted by Dr. R.I. Singh MBBS (Hons.), M.D. (Gold Medalist), FIMSA, from Madhuban on June 9-11, with 150 patients.

## Emergency Care Workshop

Emergency care training sessions for 3 days was conducted by Mr. Frank Armstrong, Divisional Training Officer, and Mr. Mark, professional medical ambulance personnel from Ireland. These were attended by Arpana's health workers, self help groups and the tourist guide trainees.



*Arpana is deeply grateful to Give2Asia, the Tides Foundation, the Baij Nath Bhandari Public Charitable Trust, NABARD and all our magnanimous friends for support & encouragement*

## *Touched by Arpana...*

### Kavita

Kavita and her laborer husband live with her parents in Kunjpura village. When Kavita was one-year-old, she had polio in both her legs and she became unable to walk. After Arpana set up a Differently Abled Persons Organisation in her village, Kavita became a member of and was given a tricycle for better mobility.



After 7 years of marriage Kavita became pregnant. She came for regular check-ups to Arpana Hospital and the gynaecologist said that a caesarian section would be required due to her disability.

When Kavita's labour pain started, she reached Arpana Hospital but she and her husband were afraid since they could not afford this operation. However, Arpana had ascertained their economic plight and assured them that the cost of the treatment would be borne by Arpana.

Kavita was admitted to the Hospital and had a healthy baby boy, weighing 2.41 kgs. After the birth, Arpana gave her Rs.10,000 for nutritional requirements and other necessities.

At the time of discharge, Kavita said, "After 7 years of marriage I had no hope that I would have a baby. It is only the wonderful treatment from the doctors and the care I received at Arpana Hospital that has restored my health and let me have this child." She and her husband are grateful to Arpana and all its supporters for the life of her child.



# Arpana Hospital – Sanctuary for Rural Patients

Arpana Hospital, a 141 bed medical facility with 8 departments, offered affordable modern health treatment and care to 88,915 patients from over 1000 villages in 2016. NO PATIENT WAS TURNED AWAY FOR NOT BEING ABLE TO PAY.



**1.General Medicine:** Dr. R.I. Singh, MD and Gold Medalist, formerly at AIIMS, examined 36,249 patients.

**Intensive Care Unit:** Arpana's ICU treated 817 patients.

**2.Ophthalmology:** Dr.Mukul Sharma, MS (Ophthalmology), saw 26,781 patients. 2,561 operations were performed.

**3.Gynaecology & Obstetrics:** Dr. Kavita Rani, MBBS, MS (Gynae), saw 10,617 patients and did 338 operations.

**4.Paediatrics:** Dr. Tanu Goel treated 7,624 children and also counselled illiterate mothers on child care.

**The Nursery:** 108 new born babies were treated here.

**5.Surgery:** Dr. Vivek Ahuja MS, saw 3,927 patients and performed 186 surgeries.

**6.Orthopaedics:** Dr. Lokesh Charya, MS Ortho, saw 1,579 patients and carried out 46 operations.

**7.Community Medicine:** Dr. Girohtra

**8.Dental Unit:** Dr. Queency, BDS, treated 413 patients.

**9.Dialysis:** 300 patients were treated in the new Dialysis Unit which now has 3 dialysis machines.

**OPD Patients: 88,915**

**Operations: 3,131**

**Diagnostics tests: 83,358**

**Sub-Specialties** include Laparoscopy, Gastroenterology, Neurology, Orthopaedics, Psychiatry, Squint, Retina and Vascular Surgeries. There is also a Physiotherapy Unit.

**Emergency Care Workshop:** This important workshop was organized by a team of Divisional Training Officers of the Northern Ireland Ambulance Services who imparted lifesaving information and First Aid training to the hospital staff. Dr. Kapur and the team also brought study materials, demonstration items and valuable equipment and material.

**The Purpose** of the workshop was to:

- provide clinical skills to nursing / paramedical staff
- create awareness about proper usage of ambulances

This workshop exposure was given to:

- 5 medical officers, 16 nurses, 6 paramedics
- associated organizations and institutions
- 70 women leaders from self help groups.

This team was under the leadership of **Dr. Davinder Kapur** (right, seated), General Practitioner & Senior Police Surgeon, UK, and **Mr. Frank Armstrong**, Divisional Training Officer of Northern Ireland Ambulance Services.



*Representatives of SHGs are trained in emergency care*

## Outreach Programs



*11,185 patients seen in village outreach camps*

**1. Budhakhera Clinic:** 845 patients from villages.

**2. Cervical & Breast Cancer Camps** at Chundipur & Rasoolpur

Screening camps were held on 4 days with 240 patients.

SHG women trained to create awareness of value of screening.

**3. Colposcopy Camp** at Arpana Hospital, was conducted by Dr. Achla Batra, Gynecologist VMMC & Safdarjung Hospital.

**4. Eye Camps**

School screening camps: 7,550 children seen in 26 camps.

Diabetic Retinopathy Camps: 775 patients seen in 8 camps.

Glaucoma Camps: 1,179 patients examined in 13 camps.

Cataract Camps: 1,681 patients examined in 12 camps.

**Health Care for the Differently Aabled:** Health care was provided free through outreach medical clinics held in villages as well as from Arpana's medical center in village Budhakhera, where persons with chronic health problems availed of free care and medicine throughout the year. 11 village clinics were held for 424 differently abled patients.

*Arpana is deeply grateful to CBM India, and the Baij Nath Bhandari Public Charitable Trust, for support for these programs for underprivileged rural folk.*

# Preserving Param Pujya Ma's legacy & our Cultural Heritage

## Urvashi Lalit Kala Academy

The Urvashi Lalit Kala Academy, a centre for promoting culture and the performing arts, was started under the auspices of Arpana Trust and Social Workers Home.

It is a dynamic hub for a revival of classical, devotional and enlightening cultural productions, with a focus on 'Urvashi', Param Pujya Ma's spontaneous elucidations and dramatic presentations. It provides a fertile environment where spiritual attitudes and values are nurtured and can blossom in the minds of young students.

The Academy offers vocal and instrumental music, dance, yoga, painting, arts and crafts and dramatics.



Young adults sing 'Urvashi' at Arpana's function

## Empowerment through Handicrafts



Many village women are not allowed to work outside the home. Arpana has trained over 2,500 women and enabled them to raise their children, run their households, pay school fees, get their daughters married, etc.

They craft exquisitely embroidered baby dresses, nightgowns, bedcovers, sheets, table cloths, towels, etc. These are marketed in Arpana's shops and exhibitions to provide them income, especially in Drs. Raj & Inder, Lena & Rahul Gupta's Diwali Sale in New Friends Colony, New Delhi, and in Chandigarh's Annual Spring Sale in Aroma Hotel.

### Arpana Shops - All Proceeds to Charities

1. Devotion, E-22 Defence Colony, New Delhi, Tel: 011 24331136, 09871284847, [arpanadevotion@gmail.com](mailto:arpanadevotion@gmail.com)
2. Arpana Shop, Arpana Trust, Madhuban, Karnal, Haryana, Tel: 0098996303566, [publications@arpana.org](mailto:publications@arpana.org)
3. Arpana Social Workers Home, 7 Model Town, Karnal, Haryana, Tel: 0184-2265412 (contact through website [www.arpanaservices.org](http://www.arpanaservices.org))

## National & International Recognitions

- WHO awarded Arpana its prestigious Sasakawa Health Prize for innovative rural health services
- HRH Prince Charles made a personal visit to Arpana.
- India's National Commission on Women honored Arpana for "empowerment of women, gender equity and justice."
- The Himotkarsh National Integration Award for Arpana's programs in Himachal Pradesh 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 Programs.
- The Haryana Institute of Fine Arts presented its premier award for social service to Arpana.

*With Gratitude to all our friends and donors for their compassion in reaching out, to touch with hope, those who suffered silently, in the shadows of poverty, ignorance and social stigma.*

You are cordially invited to visit our programs in Haryana, Himachal Pradesh and New Delhi

Contact Persons: Mr. Harishwar Dayal, Executive Director, Mobile: 9109818600644  
Mrs. Aruna Dayal, Director Development, Mobile: 91-9034015109

FCRA Registration Number: for Arpana Trust is 172310001: for Arpana Research & Charities Trust is 172310002

Donations to Arpana Trust & Arpana Research & Charities Trust are exempted from Income Tax as follows:

India: 50% tax relief under section 80G of the Income Tax Act 1961. Send to: Arpana, Madhuban, Karnal, Haryana 132037

USA: IRS 501(c) not-for-profit agency, giving 100% tax relief for donations from the USA.

1. Aid for Indian Development, Mr. Jagjit Singh, President, 84 Stuart Ct, Los Altos, CA 94022: [jagsingh@comcast.net](mailto:jagsingh@comcast.net)
2. India Development & Relief Fund, Mr. Vinod Prakash, 5821 Mossrock Dr, N. Bethesda, MD 20852: [jdrihq@yahoo.com](mailto:jdrihq@yahoo.com)

Canada: Arpana Canada, Mrs. Sue Bhanot, 7 Scarlett Dr, Brampton, Ontario L6Y 3S9: [suebhanot@rogers.com](mailto:suebhanot@rogers.com)

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