



ARPANA SERVICES ANNUAL REPORT 2021

(April 2020 to March 2021)



**Arpana's Mission: To Improve Health, Provide Education
and Enable Communities to Secure Their
Rights and Livelihoods**

Headquarters: Madhuban, Karnal Haryana, INDIA



PARAM PUJYA MA

Arpana Grew & Flourished With Param Pujya Ma's Loving Nurturing...

- ✚ Promoting Humane Qualities through Her Words & Life
- ✚ Inspiring the Arpana Family for Selfless Service as a Way to Imbibe Spiritual Values
- ✚ Fostering Services to Fulfil Needs of the Less Fortunate

Arpana's Purpose: to Disseminate Humane Qualities:

- ✚ Spreading 'Urvashi' – Ma's Elucidations of Scriptures
 - Through Devotional Presentations of Lives of Saints
 - Through Books, Magazines, Digital Media
- ✚ Imbibing Humane Values Oneself by:
 - Reaching Out to Everyone in Need
 - Study of Scriptures and Practicing Their Injunctions

*"The Lord comes to us in the form of the hungry, the sick, the poor and the downtrodden.
To serve them, to share their burdens and to relieve their pain,
is the practical shape of surrender to Him."*

Param Pujya Ma

From the Desk of the Executive Director...

Dear Family and Friends,

Arpana, in all humility, salutes the generosity of spirit and compassion that flows from all of you, our partners and donors, who embrace those in need. This steady support and encouragement, enables Arpana's health and development services to reach out to over a million underprivileged rural folk in Haryana and Himachal Pradesh, as well as to those in slum resettlement colonies in New Delhi.

As we report on these service activities during April 2020 to March 2021, we need to acknowledge the impact the COVID-19 pandemic has had. Arpana Hospital has been, perhaps, the hardest hit, contending with a sharp decline in the number of patients and unprecedented upheaval of staff.

In Haryana, Arpana Hospital provides modern health facilities to rural folk. However, due to lockdown restrictions and suspension of elective surgeries by the civil administration, the patient footfall has been significantly less this year.

Government Covid-19 guidelines prohibited outreach camps, so Arpana organized free Surgical, Orthopaedic and Endoscopy camps at Arpana Hospital. Also, as per government policy, Arpana gave vaccinations for COVID-19 to medical staff and then to seniors and others.

Rural development programs are being carried out in 166 villages of Haryana & Himachal Pradesh, including 994 women's self help groups with 13,633 women members who are reaching economic security through micro credit loans, setting up their own small businesses, participation in village councils and acting for gender equity and justice.

Arpana's Differently-abled Persons Organizations (DPOs) enabled 1,275 differently abled persons to improve their lives through enabling them to obtain certification, set up small businesses, experience greater social inclusion, etc.

In Himachal Pradesh, two Farmers Producers Organizations are collectively marketing the produce of 309 farmer members for greater profits. The FPOs also started purchasing and marketing milk from their members, thus further increasing their income. To the delight of farmers in six isolated hamlets, irrigation tanks were completed, thus helping secure their vegetable crops and improve their earnings.

In Arpana's Education Centres in Molarbund and Vasant Vihar, New Delhi, when children could no longer attend school, tuition support classes were provided through whatsapp and zoom classes. With the support of generous donors, smartphones were gifted to students who had no access to one. The children enthusiastically embraced this new way of learning, determined not to let the pandemic destroy their future success.

We gratefully acknowledge your part in making these programs possible.

May God Bless you and your families,

Executive Director

Arpana Hospital – Lighthouse of Hope & Healing

Arpana Hospital was started in 1980 for the rural folk of Haryana who had virtually no access to modern health care. The original 13-bed cottage hospital has gradually become a 100-bed modern health facility with 4 operation theatres, a well-equipped 12-bedded ICU, a Dialysis Unit, specialized clinics and daily outpatient clinics.

It provides affordable modern medical facilities to a population of over a million persons in 500 villages and towns. No patient is turned away for not being able to pay.

Arpana Hospital Departments (April 2020 to March 2021)

Due to the COVID-19 Pandemic, including months of Lockdown and restricted movement, the number of patients at Arpana Hospital decreased substantially. However, commitment and care to all patients remained a priority.

1. **General Medicine:** Treatments included endoscopy & colonoscopy procedures, tuberculosis protocols, thyroid disorders, typhoid, diabetes, heart disease, respiratory infection, etc.
2. **Ophthalmology:** There were 19,199 patients seen and 2,176 surgeries performed. Specialty Clinics were held for diabetic retinopathy, vitreo retina, paediatric ophthalmology & squint and orbit (eyelid, sac surgeries).
3. **Paediatrics:** Paediatric patients were treated for birth asphyxia, acute febrile illness, neo natal jaundice, acute gastroenteritis, anemia, seizure, etc.
4. **Obstetrics & Gynaecology:** Patients came for pregnancy, infertility, miscarriages, menorrhagia and fibroids. Prolapse and endometriosis and were successfully treated. There were 169 operations and 294 babies delivered.
5. **Surgery:** 1,703 patients were examined and 117 surgeries were performed, including Laparotomy, Prostate, Hernia & Hydrocele, Hemorrhoid, Fissure & Fistula, Fibroid Uterus, Breast Lump surgery, Appendix and Laser surgery.
6. **Orthopedics:** 1,034 patients were examined and 32 surgeries were performed including arthroscopic mosaicplasty and arthroscopic anterior ligament reconstruction.
7. **Dental Clinics:** Patients were given treatment for crowns, dentures, extraction, restoration, impactions, scaling and root canal.
8. **Physiotherapy:** Orthopaedic, neurological and paediatric patients were treated as well as those suffering from sports injuries. Postnatal mothers and post-operative cases were also taken care of.



Facilities

- **Dialysis:** 653 patients were provided treatment.
- **Intensive Care Unit (ICU):** 411 patients were treated in the Intensive Care/ High Dependency Unit.
- **Endoscopy & Colonoscopy** facilities were started late in 2020-21. 86 procedures were done.
- **Covid-19 Vaccination Centre:** As per Government guidelines, Arpana Hospital administered the Covid-19 vaccine first to its medical staff members, then to seniors and later, to others.



Arpana Outreach

1. **Surgical Camp:** 35 patients suffering from chronic ailments attended this camp on 20th December 2020. Out of 35 patients, 4 were operated for Hernia, Hemorrhoids, Fissure and Cholelithiasis respectively.
2. **Endoscopy Camp:** On 17th March 2021, an endoscopy camp was held at Arpana Hospital. Of the 40 patients examined in this camp, 14 endoscopy procedures were performed.
3. **Orthopedic Camp:** 51 patients were examined at Arpana Hospital on 21st and 22nd November 2020.
4. **Eye Camps:** Due to Covid-19, no eye camps could be held.

Arpana is deeply grateful to the Tides Foundation (USA) and the Baij Nath Bhandari Public Charitable Trust (New Delhi) for invaluable support for facilities, equipment & patient care

Arpana's Endeavours in Himachal Pradesh for Health & Development Services

Backdrop

Arpana has been working in the remote, underdeveloped hamlet villages of Chamba District in Himachal Pradesh for the health, wellbeing and development of rural communities for nearly 3 decades. Poverty and unemployment are particularly acute there, due to the inaccessible, semi-arid, mountainous, rocky terrain and lack of communication.

Arpana's continuous inputs enable and empower the community through community based organizations that build their own savings and credit resources, create their own opportunities and spread good practices in health.

Arpana Health & Diagnostic Centre, Upper Bakrota, Dalhousie

The Arpana Health Care & Diagnostic Centre is a great boon to the hill folk. A free outpatient clinic is held daily by a qualified doctor. Basic laboratory tests are done and up to 5000 patients are seen annually.

In 2020, Arpana's Health Centre was required to shut down for some months, as per Government orders to deal with COVID-19, and only 2700 patients were able to be seen and treated.

Specialty Camps – a Lifeline for Hill Folk

Arpana usually holds 8 to 10 free Specialty Camps for poor patients every year. However, due to COVID-19, this program was not possible except for the Obstetrics & Gynaecology Camp.



The one special free Gynae camp for BPL (Below Poverty Line) and other very poor patients was held at Satyam Hospital, Sultanpur (Chamba) during the months of April and May, spread out in compliance with government guidelines. These patients were from families belonging to Chamba and Salooni Tehsil of Chamba District

Patients were treated and operated upon at Satyam Hospital by Dr. Hemant Sharma, MD, Obstetrician/ Gynaecologist. This free Gynae camp enabled poor patients to get the operations they required but could not afford.

Patient Champa Devi, wife of Vipran Kumar from Village Pajja, after surgery

Women Self Help Groups (SHGs)

There are 81 self help groups with 838 members in 54 hamlet villages of Himachal Pradesh. After Covid Lockdown in April, May and June 2020, all 81 self-help groups held their monthly meetings, with strict Pandemic precautions.

Economic

- In 2020, due to persistent motivation by Arpana's community workers, SHG members in all groups raised their savings from Rs.50 per month to Rs.200 & Rs.500 per month, greatly increasing their potential financial leverage.
- A large number of SHG women took loans as many of their menfolk lost jobs during the lockdown.

Environment

- A collective petition by SHG women to the Forest and the Horticultural Departments resulted in the plantation of 91,247 fruit and fodder trees on village common land. SHGs pledged to protect the plantation for 5-7 years.
- Women now segregate waste for compost or recycle plastic waste. Other recyclable waste is collected and sold.

Health

- All SHGs conducted sanitation drives every fortnight.
- Monthly meetings on health and hygiene were held by Arpana's workers with SHG women for better village health.
- 99.9% women have built toilets which are being fully utilized.

Skilling for Better Living

The 4 craft and tailoring centers in remote hamlets, which had to be closed on account of the strict Lockdown, reopened in July 2020. The eager batches of trainees enthusiastically joined classes and brought craft items they had made at home during the lockdown.



For Marginal Farmers: a Beacon of Hope!

170 marginalized farmers, members of 19 Farmer's Self Help Groups formed by Arpana, have experienced a 10-fold enhancement in their annual incomes. This is due to the continual investment of knowledge and skills related to agricultural and horticultural activity, in farmer groups facilitated by Arpana. Their cumulative savings are Rs.645,818. Arpana has motivated and informed them about supplementary incomes. Now over 100 members have additional earnings from varying livelihood options, e.g. from labour, shops, masons, tailoring etc. which supplement farming income by Rs.50,000 to Rs.150,000 per annum.

Farmers Producers Organizations

Arpana, with NABARD as partner, has formed 2 Farmers Producers Organizations in Arpana's target area of 91 hamlets. Memberships in FPOs increased from 181 to 321 farmers.



The business of collective marketing of farmers produce by the FPOs was impacted by the Covid pandemic.

- There was the loss of the early crop as the Covid Lockdown had kept farmers from getting seeds to plant in April. It was only after the second lockdown was lifted in June- July 2020 that farmers planted their vegetable crops.
- Also there was a crash in demand from restaurants and hotels due to the tourist traffic being cancelled.
- Sale of vegetable produce through the FPO took place only in the 4 months of June, July, August & October 2020

Committee Members of Farmers Producers Organizations

FPO's New Initiative: Selling Milk! The FPO marketed the milk from FPO members and sales of milk increased 50% during the year!

The number of **Soil Health Cards** went from 43 to 146, while **Kisan (Farmer) Credit Cards** increased from 17 KCC holders to 68!

Micro Irrigation Projects

Water tanks and Irrigation systems provide a facility which enables farmers to grow vegetable crops with far better incomes than the previous staple, maize, which does not require irrigation.

Two water tanks and irrigation systems were completed in October 2019 in remote hamlets, Dadar and Naini. The farmers grew vegetables for the first time in May 2020 – with greater earnings!

Arpana Guernsey, through a grant from Guernsey Overseas Aid Commission, supported 4 more water tanks and irrigation systems in another four remote hamlets – Dhanota, Bhankhanda, Chabri and Huded. SHG women and farmers participated actively and diligently in both the planning and the construction of the projects.



Irrigation Tank built in Bhankhanda hamlet



Shri Karam Chand

Shri Karam Chand is a marginal farmer in village Badia Kothi and is also a member of the Local FPO (Farmer Producer Organization) formed by Arpana, with NABARD's sponsorship. Karam Chand has planted flowers and vegetable crops.

He is seen in his Cauliflower field, which the Farmers Producers Organization (FPO) will market in the wholesale markets to fetch the most competitive prices.

Karam Chand now earns Rs.200,000 per annum from his vegetable crops.

Arpana is deeply grateful for support for Himachal Programs from Tides Foundation (USA), the Baij Nath Bhandari Public Charitable Trust, Mrs. Sushma Lall (New Delhi), Guernsey Overseas Aid Commission and Arpana Guernsey (UK)

Empowering Women in Rural Haryana

Arpana is enabling the marginalized and deprived rural women of 106 villages in Karnal District to become financially independent, energized and strong. The 12,851 women members of 913 Self Help Groups (SHGs) work to eliminate poverty and reduce illnesses in their villages. They raise their voices against social evils and work for better governance.

Arpana's COVID Activities

The Arpana Team taught self help group women about prevention methods and the various government schemes, e.g. the online relief scheme for migrant labor & poor families: Rs.1000/week or Rs.4000/month.

Arpana worked with Headmen (*sarpanches*) and Panchayats, providing guidance and a flow of new information, helping to ensure that the distribution of rations, cash stipends and cooking gas reaches the needy village families.

Women's Self Help Groups' COVID Activities



Arpana's Self Help Group women helped fill the needs of the communities during Lockdown:

- Voluntarily collecting funds, distributing rations and cooking meals for jobless migrant labour families.
- Informing villagers about Covid-19, easing their fears.
- Advocating handwashing, wearing masks and social distancing.
- Counselling those who lost jobs, unable to repay loans.

SHG women with rations they collected and distributed



Building Capacities and Skills

- LEVEL ONE – Training of Arpana's Core Team
- LEVEL TWO – Core Team trains 50 selected SHG women (Peer Educators) to train 1500 SHG representatives for specific development issues.
- LEVEL THREE – Peer Educators give 1-day training to 1,700 SHG women representatives.
- LEVEL FOUR – SHG representatives give health and socio-economic information to all 12,851 SHG women.

SHG Women: Peer Educators & Mobilizers

After imbibing the requisite skills and proficiency over the past 3 years, 150 enthusiastic village women:

- ❖ mobilized & educated women to participate in gram sabhas.
- ❖ presented collective petitions to the Gram Sabhas.
- ❖ inculcated correct procedures for SHG women to deal with their bank accounts (deposits, cheques, statements, etc.)
- ❖ discussed prerequisites for having a loan sanctioned.
- ❖ Informed women about preventing water borne diseases.

Federations of Women's Self Help Groups

The two Federations, Vikas and Unnati, with 429 and 448 self help groups respectively, have a total of 877 SHG members. These platforms enable women's voices to be heard in local and district venues.

The Federation endeavours to strengthen all SHGs through regular monthly information and training about:

- | | | |
|----------------------|---------------------|----------------------------|
| • Government Schemes | • Health Principles | • Record Keeping |
| • Women's Laws | • Local Governance | • Banking & Digital Access |

The Federation also accrues Savings, makes Loans, pays Dividends, conducts Audit Checks, etc.

Owing to restrictions of the Covid Pandemic, the regular monthly Federation meetings were not held in May and June 2020. But the Federation met with any SHG needing loans: after sanction, the loans were sent by bank transfer.

In August 2020, the Federations deposited dividends of Rs.21,00,000 amongst 819 member groups. Both Federations are working hard so that SHG members learn to complete cashless transactions online at the earliest.



Alcohol and Drug Abuse

Training for Arpana Team at Social Welfare Department: an intensive training session on substance abuse and rehabilitation initiatives was held for the 8 member Arpana outreach team on 30th December 2020.

National Campaign: Arpana joined the National Campaign for awareness about substance abuse. SHG women learnt about how alcohol and drug abuse damage families' health, happiness and security.

Rally against Addiction: 250 SHG members participated in a rally, flagged off by the DC, with all women pledging support through a signature campaign.

Alcoholics Anonymous held sessions with Arpana trainers, impressing them with the effectiveness of AA counselling. Women, whose menfolk are victims of alcoholism, were especially counselled about recovery and relief centers run by government and private agencies.



Women from all 8 self help groups of Sirsse learn about the evils of substance abuse

Liaising with Government Offices



Mr. Ish Bhatnagar with Shri Shabad Dayal

Mr. Ish Bhatnagar, HoD Arpana Rural Development, visited local Government Offices to share the development work Arpana is doing in 106 villages and to explore ways to further benefit rural folk.

The Disaster Management Department HOD, Mr. Shabad Dayal, was interested in Arpana's proposal of creating awareness and building teams of first responders in villages where Arpana works, who would collaborate and liaison with the Disaster Management Team.

The ADC, Mr. Bansal, and Mr. Parveen Girdhar, of the Solar Energy Department discussed introducing advantages of solar energy to rural families through the self-help group platform.

E-Shakti Project

With Arpana's guidance, the Vikas Federation of 429 Arpana SHGs, is implementing the E-Shakti project in partnership with NABARD. This project digitalizes the correct financial data of all SHGs. The software is continually upgraded. A monthly workshop upgrades the skills of the SHG operators, updates their information and clears doubts.

Mushroom Farming Initiatives: Four women who had raised mushrooms the previous year, cultivated them on their own in 2020, earning precious income during the pandemic.

Neelam Devi a member of an Arpana facilitated self help group in Kairwali, participated with her husband in mushroom farming training, organized by Arpana in the past 3 years. She earned well so in 2020, on their own, they purchased 300 bags of special soil for mushroom farming. Her 3 month seasons' earning was Rs.48,000!

Neelam Devi washes mushrooms before packing



A Drive to Succeed



The Nirmal Dhara Dugdh Samiti, a milk cooperative, was formed by Arpana and the National Dairy Institute, Karnal, over 6 years ago.

Its women members collectively strengthened their business and set a new precedent in the area when 2 members learnt to drive. A vehicle was purchased with BNB Trust's kind support. They were the first village women driving their van for marketing into Karnal!

They were praised for their collective venture and covered by Voice of America and local TV Networks.

In Covid times the women personally got a pass from the District Commissioner, Karnal, to continually deliver milk to their customers.

Expansion plans include stocking cattle feed and better equipment..

They are inspiring women in nearby villages with their success!

United We Stand - Growing in Strength, Solidarity & Stature!

Differently Abled Persons Organizations (DPOs)

Arpana's program for persons with disabilities (PwDs) began in 2012. Identifying PwDs required persistence, as their families hid them due to the social stigma of being disabled. By constant dialogue, motivation and meetings, Arpana organized PwDs into village-based collectives.

PwDs were burdened not only by poverty, social stigma and marginalization, but also by negative attitudes such as passive acceptance, hopelessness and low self-worth.

Bringing Joy into Life

Arpana's constant practical support and counselling, while ensuring financial security, has transformed their outlook, giving them a hope for the future and a joy in life that they had previously thought impossible. There are 48 DPOs in Karnal District with 1,242 members.

DPO Meetings

The monthly DPO meetings foster a spirit of brotherhood, while disseminating new information and training members on health issues and matters related to government laws and policy which affect differently-abled persons. DPO members built up savings and took loans to meet domestic needs and to start income generation activities. Other Issues addressed in monthly meetings include:

- COVID-19: Awareness, Prevention, Management
- Gram Sabhas (village meetings): preparing petitions
- Assistive Devices: Camps, PwD benefits
- Medical Certification for government benefits
- Celebrations of Festivals and Memorial Days
- MANREGA: Jobs for all
- Annual Savings of DPOs
- Loan applications
- Voting in local elections
- Substance Abuse and its ill effects

Sahayaks: A Vital Support for DPOs

Arpana formed and trained a cadre of volunteers, called the *Viklang Vikas Sahayaks*, dedicated to strengthening the 48 DPOs facilitated by Arpana. Workshops trained them to lead DPO meetings, to make home visits, to help all PwDs obtain certification, Ayushman Insurance, ration cards, etc.



Results of Home Visits by Sahayaks

17 Sahayaks visited 892 PwDs during home visits, resulting in:

- 97 PwDs enrolling as new members in DPOs.
- 9 PwDs resuming active participation in DPOs
- A list of PwDs requiring different assistive devices
- All PwDs being informed about Assistive Devices Camp.
- PwDs applying to get medical certificates and pensions.

Training Sahayaks about DPO Agenda at Arpana

Rekha

Rekha, who lives in village Sangoha, is 90% disabled in both legs and has two daughters. Her husband used to beat her and his daughters. He died 3 years ago due to illness and the whole burden of the family fell on Rekha's shoulders.

Rekha joined a DPO formed by Arpana and found a new way to live. She got a pension, a tricycle for mobility and made envelopes and papads for extra income.

Simultaneously, Rekha bought a sewing machine by taking a loan from the DPO. She started sewing and earning and also taught sewing to girls of the village.

Today Rekha is able to feed herself and her children. She says, "I used to live life in fear, but today I am confident with Arpana's ray of hope for us handicapped."



We at Arpana are deeply grateful for the invaluable support for Rural Development from the Tides Foundation (USA), the Baij Nath Bhandari Public Charitable Trust (New Delhi), India Development & Relief Fund (USA), Safera Foundation (UK), Mrs. Sushma Lall (New Delhi) & Mr. Ravindra Bahl (New Delhi)



Differently abled children dance in celebration!

Actualizing the Potential of Disadvantaged Children

Programs at 'Rejoice,' Arpana's Community Centre in Vasant Vihar, New Delhi

Arpana set up Gyan Aarambh in Rejoice, Vasant Vihar, with a mission to provide effective educational support to underprivileged children. Identifying the gaps in learning that these students grapple with at their regular schools, this program offers tools and resources to address their most urgent learning needs. Our goal is to help them develop into wholesome adults and responsible citizens.

Due to the COVID-19 crisis, Gyan Aarambh adopted online teaching. Teachers designed lessons in an audio-visual format, and distributed printed worksheets to the students. Lack of universal access to online classes, especially for students returning to villages, were challenges. Through the persistent efforts of our director, Mrs. Meenakshi Mathur, our highly motivated and diligent volunteers, as well as all the teachers and staff, we achieved our target of supporting students through online classes.

Digital Learning

The academic session started on 1st of July 2020, using digital learning, for classes 1-9.

1. **Teachers formed WhatsApp groups for their classes** including audio aids.
2. **Teachers supported and motivated the students** to complete assignments on time.
3. **Online Teaching** was modified to 2 days per subject, per class, since students had to complete their school work.
4. **Weekly Zoom meetings for teachers** were held for planning and evaluation.
5. **Personalized tutoring for weak students** was implemented from October.
6. **50 -60% students attended classes** despite lockdowns & inaccessibility to digital tools.
7. **Teachers enhanced their skills** with CBSE & NCERT webinars and English courses.
8. **Online classes requested by class 10 students in English and Science** for our previous students who are studying for their Class 10 CBSE Board Exams.



Physical classes resumed from 15th January, 2021, until 30th March 2021.



Other Provisions

- Arpana provided hygiene and nutrition kits to children which were distributed on 13th and 14th of April.
- A scholarship program function was organized to acknowledge the meritorious students in January, 2021.
- On Diwali, cash prizes were given to students, along with story books and gifts. This was based on their performance in the online classes and also to motivate them for further hard work.
- The Gyan Aarambh teachers and volunteers enthusiastically and whole heartedly raised Rs.25,000 for the families of the children.

Help from our Patrons

1. Masks and socks were donated.
2. Our director provided several sumptuous and nutritious meals for the children.
3. Rajma and chana dal for the student's families.
4. Rs.10,000 for reference books, notebooks, whiteboard etc.
5. Rs.10,000 for scholarships.

Many of our donors came forward to facilitate the recharge of data and provide several mobile phones from July to September 2020, enabling students in their digital learning process.

New Frontiers: Resilience and Learning

The pandemic taught all of us the values of resilience and responsibility, and the importance of keeping our morale high with optimism, self-reflection, and gratitude. Our efforts have instilled a routine and discipline for the children as well as for ourselves, all of which has opened up new frontiers of learning and has proved vital for surviving these unprecedented times.



Rations distributed to students' families

Arpana's Education Centre – a Path to a Better Life

In Gautampuri, Molarbund, New Delhi

Arpana Trust, a charitable non-profit organisation, has been working for underprivileged children in the slum resettlement colonies of Gautampuri in Molarbund, New Delhi, since 2002. These children are first time learners – bursting with energy, charged with untapped potential and talents.

Arpana Trust provides education support to children from underserved, poor families who have migrated from the darkest parts of India's poorest states and families who live in the slum resettlement colonies of Gautampuri Phase I & II, in Molarbund.

Tuition Support

From March 25, 2020, the Nation was under complete lockdown. At this crucial time, an alternative plan was developed to continue providing tuition support to our students.

We created 'WhatsApp' groups for each class wherein videos are made by the teachers (recording their live teaching) and worksheets prepared. Several students whose parents didn't have a smart phone used the smart phone of their relatives as most of them live in a joint family set up.



Online Class



Smartphone Distribution

19 students in senior classes could not attend these classes as they did not have access to a smartphone. This was of great concern as these students were lagging behind.

With the support of Friends of Kalpana and Jaydev Desai from the USA, 19 cell phones were magnanimously gifted to these students. These students are able to attend the online classes and are performing well in their respective classes.

Receiving a smartphone – receiving an education!

Class 12th CBSE Board Results 2020

In the Class 12 CBSE Board Examinations, students of Arpana Trust passed with flying colours. 38 students appeared and all passed the 12th Board Examination, with 95% students scoring above 60%. In Humanities, Vijay Laxmi stood first with 92.4%. In Science, Akash secured 94.8%.

Offline Classes

From January to March 2021, class 9 to 12 students returned to Arpana Centre for classes. Students and teachers were back on track and the academic learning gained momentum.



Senior classes return to school – with precautions!

Career Counselling by the NGO, Joining Hands

Mrs. Malika Nanda, an experienced career counsellor, conducted online and offline sessions with class 12 students:

- In the first session, 2nd March, students were shown videos to understand the concept of how to select a career.
- In the next session, on 9th March, students shared their interests (career options) with the counsellor. The students streamlined their career choices and gathered information regarding their chosen field.

Session on Menstrual Hygiene for all the Teachers: A session on menstrual hygiene was conducted by Ms. Suparnaa Chadha, a media personality. Ms. Suparnaa conducted the virtual session on Periods by covering facts, ancient wisdom, busting myths and sharing information on sustainable feminine hygiene solution.

Activity to Spread Awareness on Corona Pandemic: The children made posters on the various ways to prevent the spread of Corona virus. Special emphasis was given on wearing mask, proper hand sanitization and social distancing.

Arpana Balvatika (Nursery & Pre-School)

Due to the Pandemic, Balvatika was closed from March 2020. It took some time to plan and create a new action plan for this unprecedented event.

After looking through different options, the practical solution of creating 'Whatsapp' groups for each class was adopted. On this platform, teachers sent videos which they made recording their live teaching. They also sent worksheets through these groups, as had been done for the senior classes.

Free Distribution to Students:

- Stationery to all students regularly
- Hygiene kits to all Balvatika children.
- Dry Rations to all Balvatika students
- Blankets/warm clothes to the needy.



Hand Printing Assignment

Online Celebrations included Independence Day, Janmashtmi, Gandhi Jayanti, Children's Day, Diwali, Christmas and Republic Day. Students were excited as they participated in activities like making posters, songs and dances.

Amar



I am Amar and have studied in Arpana Trust from Balvatika through 12th class.

Arpana helps educate children from financially weaker sections by providing tuition classes as well as many resources like a library, computer lab, etc. My base education in all subjects has been good due to the excellent teaching methods used by the dedicated teachers of Arpana Trust.

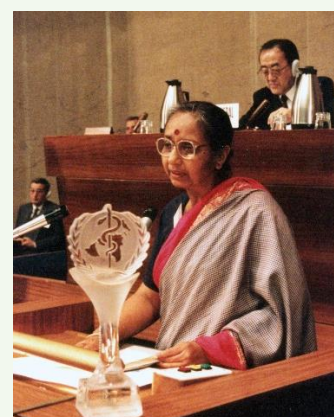
When I was in class 10, I was very disappointed in my low marks in the board exam. Then Arpana's teachers motivated me and, with their inspiration and guidance, I worked hard and achieved 86% marks in class 12 CBSE board exams.

Now, I am pursuing a Bachelor's degree in Mass Communication and Journalism from Ram Lal Anand College of Delhi University as I want to become a successful journalist. Thank you Arpana Trust for giving me a lot of support!

Arpana is deeply grateful to Aviva (UK), Essel Foundation (New Delhi), Technip India, and Arpana Canada for Education Support

ARPANA RECOGNITIONS

- WHO awarded Arpana its prestigious Sasakawa Health Prize for innovative rural health services
- India's National Commission on Women honored Arpana for "empowerment of women, gender equity and justice"
- The Government of India recognized Arpana as a "scientific organization for research in the social sciences"
- The Bhagwan Mahaveer Foundation presented to Arpana its All-India 20th Bhagwan Mahaveer Award for 'Excellence in Human Endeavour in the field of Community & Social Service'
- The State of Haryana has recognized Arpana's Family Planning activities and intensive Eye Program with many awards and certificates
- In two successive years, the Himotkarsh National Integration Award was conferred for Arpana's health and socio-economic programs in the State.
- The Haryana Institute of Fine Arts presented its Premier Award for Social Service to Arpana
- The Women Empowerment Program Award was presented to Arpana under the aegis of the Jai Bharat Yuva Mandal and the Varisth Nagrik Kesari Club
- HRH Prince Charles personally visited Arpana in 2003

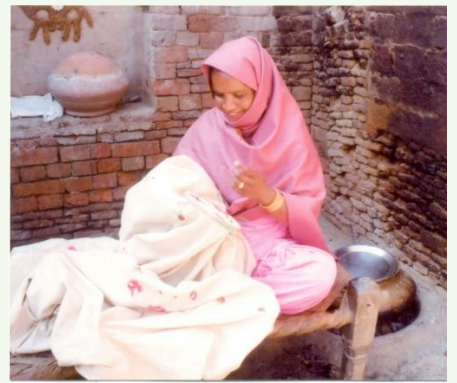


Arpana Handicrafts

Arpana trained underprivileged village women in Haryana to embroider exquisite handcrafted tablecloths, towels, sheets, ladies nightwear, baby dresses, etc. with which they help feed, clothe, house and educate their children.

Instagram: Arpana Handicrafts are now showcased in our new Instagram page, [devotionbyarpana](#). Please follow, like and share – and spread the love!

Orders can be placed by phone to 9871284847 and items can be sent by courier.



ALL Proceeds Go to Charities

Devotion: E-22 Defence Colony, New Delhi, 011 24331136, 9871284847,
✉ arpanadevotion@gmail.com

Arpana Shop: Arpana Madhuban, Karnal, Haryana, 9896303566,
✉ publications@arpana.org

Arpana Social Workers Home: 7 Model Town, Karnal, Haryana, 0184 2265412, 9812239005; ✉ gayatrisachdeva@gmail.com

Our very Deep Gratitude to all our Friends and Supporters ...

... for their compassion to those who suffered silently in the shadows of poverty, ignorance and social stigma.



Arpana Guernsey



MANY
MAGNANIMOUS
INDIVIDUALS &
FRIENDS!



Empower Vulnerable Women and Children as they Reach for Their Dreams!

EMPOWERING WOMEN

- Women's Self Help Groups: informing, connecting, enabling
- Women's Federations of Self Help Groups: providing a voice, fulfilling credit needs, taking community action

EMPOWERING THE DIFFERENTLY ABLED

- Differently Abled Persons' Self Help Groups: inclusion & connection, health clinics, assistive devices, certifications, income generation
- Schooling and Special Needs for Children

PROVIDING HEALTH CARE THROUGH:

- Arpana Hospital, Madhuban, Karnal, for free/affordable modern health care
- Arpana Medical Centre, Himachal Pradesh, for free daily clinics and free Specialist consultations

EDUCATION FOR DISADVANTAGED CHILDREN

- Tuition support for classes 1-12, pre-school classes for toddlers, cultural activities
- Vocational Training classes

HUMANE VALUES FOR AN EQUITABLE SOCIETY

- Disseminating Param Pujya Ma's elucidations

(DONATIONS TO ARPANA ARE TAX EXEMPT AS BELOW)

India Donors

50% Tax Relief - Section 80G, Income Tax Act 1961

I&R Office, Arpana, Madhuban, Karnal, Haryana 132037

✉ arct@arpana.org, ✉ at@arpana.org

Arpana Canada

100% Tax Relief under T3010, Income Tax Act

Mrs. Sue Bhanot, 7 Scarlett Dr, Brampton, Ontario L6Y 359

✉ suebhanot@rogers.com

USA Donors: the NGOs below are IRS 501 (c) not-for-profit agencies, giving 100% tax relief on donations

1. Aid for Indian Development

Mrs. Tejinder Singh, President

84 Stuart Ct, Los Altos, CA 94022

✉ tejinder.singh.1537@comcast.net

2. India Development & Relief Fund (IDRF)

Mr. Vinod Prakash,

5821 Mossrock Dr, N. Bethesda, MD 20852

✉ vinod@idrf.org

FCRA Registration Numbers: Arpana Trust – 172310001, Arpana Research & Charities Trust : 172310002

For Donation please click here: <http://arpanaservices.org/your-support-empowers-arpana%E2%80%99s-programs>

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