



*Param Pujya Ma*

# Arpana

## Newsletter

ARPANA TRUST, Madhuban,  
Karnal, Haryana, India  
August 2014

### Arpana – Unfolding Vistas

#### Urvashi Lalit Kala Academy

Arpana's Urvashi Lalit Kala Academy held its Summer Finale in Karnal on 28th June – a blend of classical and modern dance and music, showcasing students' talents honed during the month of June.

This function was, in the words of Mr. S.P. Chauhan, Chairman NEFCO and chief guest, "The most professional program of its kind that I have seen." The energy, talent, enthusiasm and skill of the students were a great testimonial to their dedicated teachers, especially Mr. Krishan Arora, Director, Ms. Kripanjali Dayal and Mr. Mandeep Singh, both of whom organize the dance and music aspects of the Academy respectively.



#### Remembering Elizabeth Liddell



The Arpana Family remembers Elizabeth Liddell, who passed away on May 28, with respect, affection and gratitude. She was Chief Executive of Arpana Charitable Trust UK since its inception in 1994 and spent years raising funds for Arpana India's service activities.

She worked together with Dr Raghu Gaiind, Chairman of Arpana UK, for the poorest of the poor in North India, bringing to Arpana's work her infectious enthusiasm, shrewd judgement and formidable tenacity. She secured HRH Prince of Wales, Prince Charles as the Royal Patron of the Charity and recruited a distinguished Board of Trustees and Patrons from disparate backgrounds representing many religions and ethnicities. She was awarded the OBE for her charitable work in India, reflecting the value of her lifetime service for charity.

## DELHI

### CBSE class 10<sup>th</sup> Board and class 12<sup>th</sup> Board Results

The achievements of Arpana students in slum resettlement colonies were celebrated on 20<sup>th</sup> June. Dedicated teachers and volunteers were also honoured.

- ♦ All 42 children passed their 10<sup>th</sup> Board Exams, 93% achieving 1<sup>st</sup> division marks.
- ♦ 100% of the 34 students passed their 12<sup>th</sup> Board Exams, with 68% students achieving first division marks.
- ♦ Pawan obtained 95% marks in both English and Business Studies. Soman obtained 94 marks in her Political Science exam and 90 in History.



Mr. Amit Malik, Head of HR, and Mr. Jayaram Ramanathan, Vice President Corporate Communication, for Aviva Life Insurance India, were Chief and Honoured Guests respectively. Aviva Life Insurance has significantly contributed to Arpana's pre-school classes since 2005, enabling a facility, limited to 50 children, to expand to 350 children of the poorest of the poor, where they are cared for, nurtured and exposed to learning through games and stories.

### Patriotic Performance at Shri Ram Centre

40 students from Arpana, directed by Mr. Rakesh Sharma and Ms. Meenakshi, who held summer workshops from the Government's Sahitya Kala Parishad, performed a play on the patriot, Netaji Subhas Chandra Bose, on June 10.

## HARYANA

### Creating Awareness About the Differently Abled

Differently abled persons are shadowed by pervasive social stigma and bias. They suffer this exclusion in silence. To sensitize the community to disability issues, a fair was held in village Nagla Mehga in Haryana. Differently abled children performed on stage along with their peers. Women with disabilities participated in games and quizzes, and also put up stalls. The Arpana team put up a sensitive play dealing with gender disability. 500 village folk became aware of the challenges and aspirations of their differently abled peers.



Training Differently Abled Children

**Arpana is grateful to CBM India, India Development & Relief Fund, the Tides Foundation, Tom & Barbara Sargent of the USA, and the Baij Nath Bhandari Public Charitable Trust, India, for generous support to carry out these health/development programs in Haryana.**

# ARPANA HOSPITAL

## Medical Camps

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.

**Orthopaedic Camp** – In conjunction with Meenakshi Hospital, Arpana's Dr. Lokesh Charaya conducted an Ortho Clinic in Assandh on May 7 with 85 patients. These clinics will now be held on a weekly basis.

A **Cervical & Breast Cancer Camp** was organized at Arpana Hospital on May 23-24, with the support of 'Asia Initiatives'. It was conducted by Dr. Ela Anand, FRCOG, Dr. Kavita Rani, Gynaecologist, and Dr. Vivek Ahuja, Surgeon, to provide affordable health care. Doctor consultation, registration, FNAC and pap smears were free to all 162 patients. 18 women had Mammography tests, 8 had FNAC, 37 had ultrasound and 46 had pap smears.

**Diabetic Camp** – On 15<sup>th</sup> June, Arpana Hospital organized a Diabetes Awareness program with a free Diabetes Screening camp in association with Imperia Health Pvt. Ltd. and supervised by Dr. R. I. Singh & Dr. Dinesh Kumar Dhiman. Tests were done for blood sugar levels and 9 patients out of the 40 who attended were detected with diabetes.

**Gynaecology Camp on World Population Day** – Arpana Hospital organized a Gynaecological Camp on July 19 in Kairwali Village. Dr. Kavita examined 51 rural women, 90% of whom were suffering from anaemia, weight loss and menstrual problems. Along with counselling, patients were given free folic acid, calcium tablets, antacid syrup and rehydration sachets.

## Eye Camps

Arpana Hospital held 6 eye camps in the towns of Samalkha and Sanouli during May to July, 2014. 766 patients were seen, with 44 requiring operations.

## Affordable Hip and Knee Replacements for BPL Patients



Sanjay, a 32 year old farmer of Kalram Village, came to Arpana Hospital with badly damaged hip bones. On 18<sup>th</sup> May 2014, Dr. Lokesh Charaya, Orthopaedic Surgeon, operated and replaced his right hip, enabling him to live a normal pain-free life. *This was the first time such an operation has been performed in this area.*

On 30<sup>th</sup> May, Dr. Lokesh Charya successfully performed a Knee Replacement operation, after which the patient was relieved of pain and able to continue her daily life.

**Arpana is grateful to CBM India and the Baij Nath Bhandari Public Charitable Trust, India, for supporting eye programs and subsidizing poor patients in Arpana Hospital.**



## HIMACHAL

### Free Camps at Arpana Health Care & Diagnostic Centre, Dalhousie

A **Medical Check-Up Camp** was held on June 5-6 where 111 patients were examined by Dr. R.I. Singh from Arpana Hospital, Madhuban.

A **Cardiology Camp** was held on July 3-4 by Dr. Anil Dhall from Delhi where 127 patients were examined and 31 were diagnosed with cardiac problems. Sh. Sandeep Kadam, DC, Chamba, was the Chief Guest. Dr. (Brig.) Ajay Choudhary, MS, Arpana Hospital, Dr. Sajal Sen of Imperia and Dr. C.B.P. Singh, Head of Arpana's Bakrota Centre, also graced the occasion.

**Dermatology & Dental Camps** were also held on July 25 & 26. Dermatology facilities are not available in Chamba District and Dr. Anish Rai, Dermatologist, examined 64 patients. Dr. Shalini Rai, Dental Surgeon, treated 28 patients.

### Farmers Clubs Become Eligible for Low Interest Rates

Eleven new Kisan (Farmers) Clubs in the Jatkari area were launched into a program by Government (NABARD) and local banks for low interest rate loans for improved Dairy Farming on 22<sup>nd</sup> May. 50 men and women members participated. Another 13 Kisan Clubs of Arpana's original target area were launched into this program on 10<sup>th</sup> June at the Arpana Centre in Gajnoi.

### Animal Health & Awareness Camp

To enable better care of animals used for livelihoods, Arpana organized a camp at Balka Village, Chamba, on 8th July. Officers of Animal Husbandry, Chamba, & Veterinary Hospital, Khajjiar, spoke on dairy farming issues. Free medicines for dairy animals were distributed.



***Our deep gratitude to the Baij Nath Bhandari Public Charitable Trust, New Delhi, Tides Foundation and Tom and Barbara Sargent, USA, who enable us to carry out these health and development programmes in Himachal Pradesh***

**Arpana Trust and Arpana Research & Charities Trust are both approved under Section 80G of the Income Tax Act, 1961, giving 50% tax relief for donors in India.**

**FCRA Registration No. for Arpana Trust is 172310001**

**FCRA Registration No. for Arpana Research & Charities Trust is 172310002**

Send your contribution for dissemination of humane values & medical and community welfare services in Delhi to: **Arpana Trust, Madhuban, Karnal, Haryana 132 037**

Send your contributions for health & development services in Haryana & Himachal to:

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Please let us know by email or telephone, whenever you transfer funds to Arpana.

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