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

ANNUAL REPORT 2015

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 (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 relief to donors)
Our Founder & Inspiration

Param Pujya Ma

Her Elucidations of the Scriptures in spontaneous verse…

Her Life of Exemplary Values …

Her Guidance …

Have Enabled us to …

Open our Lives to humane qualities …

Value selfless service …

Love the other – our own self!

ARPANA FAMILY
(from our Archives)

The Arpana Family in front of the Trust House, Madhuban, with Param Pujya Ma (kneeling right of centre) on 9th March 1991

Dear Arpana Family & Friends,

What a joyful year of seeing and assisting those, who ordinarily would be unable to extract themselves from their difficulties, become empowered, skilled and self confident in new templates of living, new visions and new capabilities!

- When the blind see, the crippled become mobile, the mentally challenged emerge into a world of acceptance and the differently abled become part of their communities’ plans and activities …

- When subjugated women uncover abilities within, when a sense of dignity and self esteem along with a sense of economic security and freedom comes to the fore …

- When underprivileged children, expected to drop out of school and have lives of drudgery and shame, top their classes, attend university and get good jobs …

- When modern medical treatment is provided to the poorest rural folk such as cancer screening camps and dialysis machines, and when a sense of medical security is felt in the villages …

... an indescribable joy seeps into the heart and we are grateful to all the wonderful, magnanimous and beautiful supporters who enable us to carry out these activities for the underprivileged.

Thank you again for your support, encouragement, inspiration and love,

Harishwar Dayal
Executive Director
The Difference that Arpana Makes ... 

...through 937 Self Help Groups in Haryana, Himachal & Delhi

Sukhdevi – Enabled!
Sukhdevi is differently abled and has suffered her whole life, from mockery and jibes about her disabilities. Her husband is a daily wage laborer.
1. Sukhdevi became a member of the self help group in her neighborhood.
2. With great difficulty, she saved small amounts in her savings account.
3. Her first loan was for a buffalo: milk sales increased their family income.
4. A 2nd loan for an auto rickshaw for her husband increased his earnings.
5. Now Sukhdevi has joined a cooperative milk dairy of differently abled persons which her husband supports.
Now she is confident and her hopes for the future are soaring! She smiles and tells us, ‘First I believed that nothing is possible – now I feel nothing is impossible!’

...through Imparting Preventive Health Information to 12,627 women

Saving the Lives of 3 Children!
Devki had learnt about diarrhoea prevention and its management and about rehydration therapy. When she visited family in a small isolated hamlet near village Gagisina, 3 girls of one family, Seema, Salocha and Poonam, were afflicted by violent vomiting and diarrhoea late at night.
Devki at once took charge, had utensils washed and made ORS fluid and stayed up all night giving them ORS. They had not eaten anything. She had light gruel made. By the morning, Seema & Salocha had recovered and Poonam was taken to the hospital where she became well. The families were grateful for Devki’s timely assistance.
Devki said, “The families in the hamlet were very grateful and asked if I was a doctor! We learn all this in our group! I am happy I could help.”

...through Educational Support for 1,550 Children

DIVYA...going places now!
“After studying at Arpana from preschool to class 10, I graduated from PGDAV College (Delhi University) in the BA Program.
“I then joined Arpana as an Assistant Librarian and enhanced my skills. I entered the corporate sector in 2009. For the last few years I have been working at Pure Diets India Ltd. as a Senior Certification Executive at a salary of Rs.33,000 per month. During my work tenure I have visited Germany and Dubai to represent my company at the Organic Fair 2013.
“I thank Arpana from the bottom of my heart. Whatever I have achieved today has only been possible due to the support of my teachers at Arpana.”

...through Arpana Hospital which saw 89,624 patients in 2015

Shabana – Dengue & TB
Shabana, a tuberculosis patient, suffered from fever, vomiting and headache for ten days. Her husband brought her to Arpana Hospital and it was found that her lungs were seriously infected. Tests showed she had dengue fever. Her platelet count was a dangerous 21,000 whereas a healthy person required at least a count of 150,000. There were swellings on her fingers and feet due to blockage in the veins.
She was given excellent hospital care from doctors, staff and paramedics. Even so, it was a month before she was discharged with strict instructions to continue her medications for TB.
Her husband and her children were full of happiness as well as deeply relieved and grateful for the life saving treatment she received at Arpana.
Arpana Hospital – Safe Haven for Rural Folk

Arpana Hospital cares for patients from over 1000 villages, providing modern health facilities, treating them with dignity and without discriminating by caste or religion. Medical treatment is provided through seven departments, excellent doctors, specialty clinics and very good equipment. NO PATIENT IS TURNED AWAY FOR NOT BEING ABLE TO PAY.

**Arpana Hospital** was set up for rural patients who had no other affordable, accessible modern medical care.

**Facilities:** Arpana’s infrastructure and facilities include a 135 bed capacity, 3 operation theaters, a well equipped ICU as well as important equipment such as Ultra Sound, Color Doppler, TMT, ECG, X-ray, Operating Microscope, Laparascopy and Endoscopy equipment. Arpana’s fully equipped critical care Ambulance, first in the area, is now joined by a Paediatric Ambulance.

**RSBY:** Arpana Hospital has also been empanelled to provide cashless indoor medical services to card holders for people below the poverty line.

**Diagnostic Facilities:** 4,052 Ultra Sound tests and 6,459 X-Rays done

**Ophthalmology:** 48,687 patients were seen (25,991 patients in the Hospital and 22,696 patients in eye screening camps). 2,940 operations were performed. Speciality clinics for cataracts, corneas, glaucoma, strabismus, vitreo, orbit and squint.

**General Medicine:** 37,254 patients attended the General Medicine OPD Clinics during the year for cardiac disease, diabetes, etc. A new Medical OPD was set up in April 2015 to augment the 100+ daily clinic held by Dr. R.I. Singh. Soon the new OPD had 65 patients daily.

**Dengue:** Patients with dengue-like symptoms (high fever and low platelet count) inundated Arpana Hospital from end August to November 2015. In July only 13% patients had high fever. In September, 91% of patients admitted into the hospital had high fever and low platelet count. Crowded with dengue patients

**Intensive Care Unit** treated 807 patients in the year. Improvements in the ICU include insulin infusions, octaotide in alcoholic liver disease and arterial block gas for ventilator assessment.

**Gynaecology & Obstetrics:** Dr. Kavita Rani, MBBS, MS (Gynae), Head of Department, saw 9,676 patients and 309 operations were performed.

**Paediatrics:** Dr Tanu Goel treated 7,327 child patients and also counseled illiterate mothers about newborn care, growth monitoring and immunizations.

**Surgery:** Dr Vivek Ahuja MS, saw 4,323 patients and performed 185 surgeries.

**Orthopaedics:** Dr Lokesh Charya, MS Ortho, saw 2,874 patients and carried out 79 operations.

**Dental Surgeon:** Dr. Quneency, (BDS), Dental Surgeon, treated 569 patients.

**A Dialysis machine**, donated by the Baij Nath Bhandari Public Charitable Trust, added urgently needed services.

**The Nursery** cares for premature babies. 89 newborns were treated in 2015.

**Special Clinics**

**Psychiatric**: Dr. Vishal Chhabra, MBBS, PM, DNB (Psychiatry) of VIMHANS, New Delhi, treated 382 patients.

**Vascular Surgery**: Dr. Jaisom Chopra, MS, FRCS (London), came from Batra Hospital, New Delhi, to hold monthly clinics.

**Cervical & Breast Cancer Camps at Arpana Hospital**, held for 131 patients, with pap smears, mammographies, FNACs, etc.

**Outreach Programs**

1. **Budhakhera Clinic**: 946 patients and 1049 tests performed.
2. **School Screening Camps** for 17,593 schoolchildren in 19 villages of Karnal District.
3. **Diabetic Retinopathy Camps**: in 23 villages for 2,787 patients.
4. **Glaucoma Camps**: 22 village camps with 2,316 patients.
5. **Orthopaedic camps**: Arpana held orthopaedic camps in January for 107 patients and, in May, for 96 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.
Nurturing Underprivileged Children in Slum Resettlement Colonies, New Delhi

India’s youthful population is exemplified in Arpana’s Educational Support Centre in the slum resettlement colonies of Molar Bund, New Delhi. Eager to learn, find their place in society and experience the marvels of life, 1850 children are empowered by opportunities given by Arpana – 980 in tuition support classes, 640 in preschool care and 230 taking vocational classes. Along with the chance to learn, they are developing values and self esteem.

EDUCATION PROGRAMS

Tuition Support Classes are held for underprivileged children from standards 1-12 as they have no one to turn to when they do not understand their studies. Instead of dropping out of school by 5th class – the children blossom!

- **Online English Program by Maxx English:** 57 Arpana students (30 girls and 27 boys) have been sponsored for this online interactive English course, an effective learning method with reports of each unit sent to their teachers.

- **Life Skills Sessions** were held on: (1) communication with parents and family (2) the importance of personal hygiene (3) anaemia – it’s cause, symptoms, remedies and precautions and (4) how to do well in exams by identifying weaknesses.

- **‘Garden of Love’ – Arpana’s PreSchool Centre**
  
  340 children, 3-5 years of age, played and learned in Arpana’s ‘Garden of Love’. Arpana provides two years preschool care including a nutritious meal every day.

  The junior children did oral counting 1-50 and written 1-10. They learned English Capital recognition and writing A to O. In Hindi they have done ‘Mool Shabdh.’

  Senior children learned counting 1-100 as well as single digit addition. In Hindi they recognize ‘Ka’ to ‘Gya’. In English they learned all 26 alphabets, both small and capital, in oral and written form.

- **Red Fort, Railway Museum & Qutub Minar**
  
  48 students were shown Delhi’s historical sites:
  - The Red Fort: they heard its tempestuous history
  - India Gate, Parliament House, Raj Ghat
  - Rail Museum: they rode the toy train and saw the evolution of different engines and carriages.
  - The exciting trip concluded at the Qutub Minar.

- **Diwali** was celebrated at Arpana Trust with enthusiasm as each child decorated their classrooms with beautiful ‘Rangolis’.

VOCATIONAL COURSES

- **NIIT- CCIB (Computer Certificate Course in IT):** 67 students took the CCIB Computer course. Most are still students.19 have obtained jobs.

- **Craft and Tailoring Classes** were held for 41 students, 22 of whom obtained jobs and the rest are self employed.

- **Nursery Teachers Training:** 15 trainees were taught to teach nursery kids. Two found jobs and four started their own centres.

- **Beauty Culture Training Program** for 25 students. 4 have jobs in beauty parlours, 11 are earning from their homes and 5 are students.

  - **Certificate distribution by Mrs. Sushma Seth**

Arpana is deeply grateful to Essel Foundation, Aviva Pvt. Ltd. and Caring Hand for Children, USA, for support for these programs for underprivileged children.
The Differently Abled Flourish in Arpana’s Community based Rehabilitation Programs – 2015

Arpana added 10 new villages to the program in 2015. The base line survey undertaken identified 265 more persons with disabilities (PWDs). There are now 1,879 beneficiaries in 48 self help groups.

SPECIAL OUTREACH CAMPS FOR PWDs

42 special camps in 30 villages were organized for the differently abled or those who required special treatment. 891 patients attended, comprised of 416 with physical handicaps, 358 patients with other disabilities (hearing, sight, multiple disabilities, etc.) and 117 with mental impairment.

49 mentally ill children were taken to a free clinic held at Arpana Hospital by a psychiatrist from VIMHANS. Physiotherapists made 356 visits to 108 physically handicapped patients. Special exercise regimens were devised for individual patients and taught to them, their family members and designated caregivers from their village. 75 showed marked improvement.

DPO MEETINGS: The regular monthly meetings of differently abled persons organisations (DPOs) are platforms for ongoing learning about immunization for children, finances, cleanliness campaigns, hygiene, right to education for children with disabilities (CWDs), gender discrimination, nutrition, common diseases, etc. Several PWDs, armed with information, approached school authorities to enrol 4 CWDs previously denied admission. The children were admitted.

<table>
<thead>
<tr>
<th>Year</th>
<th>Number of DPOs</th>
<th>DPO Membership</th>
<th>DPO Savings (Rs. in Thousands)</th>
<th>DPO Entrepreneurs</th>
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<tbody>
<tr>
<td>2013</td>
<td>30</td>
<td>621</td>
<td>441</td>
<td>56</td>
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<tr>
<td>2014</td>
<td>38</td>
<td>771</td>
<td>1,000</td>
<td>155</td>
</tr>
<tr>
<td>2015</td>
<td>48</td>
<td>1,052</td>
<td>2,422</td>
<td>366</td>
</tr>
</tbody>
</table>

FEDERATION OF SELF HELP GROUPS OF PERSONS WITH DISABILITIES (PWDs)

There are 37 DPOs who are members in the Federation of PWDs. Their leaders are becoming more outgoing and proactive as their capacities and skills to lead and to conduct meetings independently, grew through trainings by NGOs and Arpana workers.

TABLE OF FEDERATION FINANCIAL STATUS

<table>
<thead>
<tr>
<th></th>
<th>2013</th>
<th>2014</th>
<th>2015</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cumulative Savings</td>
<td>194,460/-</td>
<td></td>
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<tr>
<td>Loans outstanding</td>
<td>90,991/-</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Business loans</td>
<td>88</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Loans for toilets</td>
<td>3</td>
<td></td>
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</tr>
</tbody>
</table>

EXPOSURE VISITS FOR PWDs

In February PWDs visited Hartron, a computer center offering free computer education for PWDs, mobile repair training, etc.

They also visited the Chief Minister’s window, an avenue to resolve problems. Budhraj, a PWD leader, registered a complaint on behalf of a child with disabilities (CWDs) who had been refused permission in the local school. He received a reply and later, the child got admission.

Parents of CWDs visited VISHWAS, a school in Gurgaon. They emerged full of enthusiasm about the concept of inclusive schooling.

Parents of children with hearing and speech impairment were taken to visit the NGO, Mata Prakash Kaur (vocational skills training center). For the first time, the PWDs and parents of CWDs got a glimpse of how those affected by speech & hearing impairment could develop their potential and their skills to lead highly productive lives.

REGULAR INTERFACE with Government officials is building capacities in DPO leaders to represent their peers.
EXPOSURE VISITS to Women Police Station

100 women of different self help groups from 14 villages were taken to the Women’s Police Station. SHO Inspector, Counselor and Women Cell Officer, explained domestic violence and the complaint procedure against domestic violence. The women were told about CLD Team, which give a hearing to both sides and settle family disputes.

NEW GROUPS FORMED: Ten new groups were formed. Training was given in norms, regulations and responsibilities and all new members pledged to work for the empowerment of PWDs in their villages. DPO leaders from other villages interacted with new groups. They shared the benefits of being in groups, and were helpful in forming the new DPOs.

CAPACITY BUILDING

Skill Sets Fostered

Tailoring and cutting centers were run in village Kalram & Badagaon.
8 persons attended 6 week vocational courses in NGO Tapan for skills in computer, beautician skills, mobile repair and making achaar, papaar.
22 PWDs enrolled in Hartron Computer center
A 2 day workshop for PWDs making paper bags
A stitching center was opened in Sangohi.
Tapan trained 15 PWDs from villages in beauty skills, basket weaving & computer literacy.

EDUCATION

- Arpana has supported 8 children who have completed over 2 years of special classes in the SSA classes for the disabled in Gharounda.
- They have made remarkable progress and by December 2015 were attending their local government schools regularly.
- 3 have been given tricycles to travel to school.
- 3 children with speech & hearing impairment are attending Mata Prakash Kaur institute and doing very well.
- 8 Children with mental impairment are benefitting greatly from life skills classes in the NGO Tapan. Regular counseling with parents is provided by the Arpana Team

SIGN LANGUAGE – Professionals from Tapan’s Institute for Speech and Hearing at Nilokheri conducted classes for CWDs (speech & hearing impaired) and their families in 5 villages. 127 attended these classes.

20 children had their speech and hearing checked by a doctor.

PRIZES FOR DIFFERENTLY ABLED CHILDREN GOING TO SCHOOL: PWD children who are going to school were given prizes by Arpana, to encourage them to focus on their studies so they may find a happier and more rewarding life.

EASE OF MOBILITY: Tricycles were given to 18 differently abled persons, one was given a wheelchair and Calipers were given to another.

ENTITLEMENTS: Every week, DPO volunteers and an Arpana team member went to the Civil Hospital to get certification for PWDs from villages. 168 Certificates were made.

Those with speech and hearing impairment had to go travel to Rohtak Medical College with referral letters for certification. 11 of 18 applications were completed.

INTERNATIONAL DISABILITY DAY

A program was organized in the village of Kairwali on 29th November. 250 PWDs from 45 villages, 300 members of SHGs, and 65 differently abled children took part in the program of plays, games, business and useful information.

Arpana is deeply grateful to CBM India and IDRF, USA, for support for these programs for differently abled, underprivileged rural folk.
Interventions for Long Term Sustainability of Self Help Groups (SHGs)

Today, there are 12,627 women in 234 villages of Haryana and Himachal Pradesh who are members of 937 self help groups with savings of Rs.162,718,314. They have taken 5,683 loans to run their own small businesses, virtually all of which are doing well. They understand prevention of seasonal diseases and their children have fewer illnesses.

Arpana is working on an exit strategy so the women are completely independent. Our rural community development department is meeting the challenge by training energetic and eager SHG women volunteers who are being trained by experienced, highly committed trainers. All women get practical field experience.

Peer Educators: Peer Educators are being built up as trainers for their peers at monthly village meetings on subjects related to health, gender issues, sanitation, local governance, group management and maintenance of records to make them sustainable.

Two batches of 60 women have been intensively trained. After preparing the schedules independently, including designing content and preparing materials, they gave field demonstrations of their new capacities. Training stipends to be paid by the Federation.

The 3rd batch of 20 women has commenced training, and will complete their sessions by November, when the 4th and last batch will begin training.

“We are walking towards the light, after lifetimes of night!”

Inhouse Training: Each month development issues were designed by Arpana’s team and SHG trainers to train the SHG representatives. 41 training work-shops (14-70 hours each) were held on HIV AIDS, nutrition, antenatal care, right to education, family planning, cervical/ breast cancer, waterborne diseases, malaria, dengue, domestic violence.

The Peer Trainers trained 2 representatives from each group. There were 8,498 agenda trainings held in 91 villages, attended by 16,030 women. In 2014, only 35% SHGs could conduct their meetings independently: now, 70% can.

Capacity Building of SHG Women as Trainers
735 village women/staff attended the 30 trainings for:

Good Sanitation Practices Exhibited in Courtyards
There were 128 courtyard demonstrations conducted in 58 villages by 605 self help groups. 5,575 women attended including 518 who were not SHG members, 34 Asha workers and 24 Anganwadi workers.
1. Micro planning for street meetings and demonstrations
2. Groups take responsibility to stage exhibits, mobilize community, publicize, demonstrate the making of ORS, etc.
3. Street Meetings conducted by groups carrying out duties assigned in micro planning sessions

Information on water borne diseases disseminated

TOILETS: A mobilization campaign to build toilets in all SHG members home was carried out. By 2015 end, 9,553 (88%) SHG members have toilets in their homes, up from 60% in 2014!

Malaria and Dengue Measures were taken to prevent these illnesses including SHG meetings and community meetings which were held in village Aanganwadi centers. Members took responsibility to rid neighborhoods of mosquito malaria breeding sites and cautioned neighbors about symptoms.

Health Sustainability: Group members continued to counsel and guide pregnant women and young mothers by assuring their linkage with ASHA workers and helping out when family or financial support was not available.

Playway Learning: Street plays were presented by newly trained SHG women to motivate the community to adopt good sanitation practices, to work for financial security, better health and social justice as well as sensitivity for the differently abled.

At the general body meeting, the facility of secured financial data in software was presented in a play and greatly appreciated by the audience.

The 28 SHGs of village Kunjpura hosted the general body meeting in November 2015. 350 groups attended, and the play was presented to approx 900 women and was just as well as received.
Exposure Visit in Mahila Thana

After SHG training on laws related to domestic violence, two exposure visits were made to the women’s police station where intensive interaction took place, leaving women feeling confident in the women police officers and determined to take their help when their rights are violated.

Seema felt what she has learned has transformed her life – and the lives of her family. Her sister-in-law suffered from domestic violence and her own mother-in-law was turning on her. They visited the women’s police station, understood the results of domestic violence and their behavior changed.

Strengthening Groups for Long Term Sustainability

12,294 women’s self help group meetings were held during 2015.

The data of the annual participatory evaluation in February and March with 1,500 women, provided information to build norms and strategies to reduce weaknesses and reinforce strengths.

Another evaluation, held in Sept. and Oct., gathered information for designing Accounts Training modules.

The women have taken 5,683 loans for business, 151 for education, 2,929 for construction of their homes, 586 for health, 239 for toilets and 4,671 for other purposes.

The financial security and the transformation in the lives of 12,627 women members and their families is a rewarding return on the training and backing invested in the women – true empowerment and emancipation.

A Strong Pillar for Sustaining Self Help Groups – the Audit Team

The audit team checks 760 to 800 groups’ accounts every month in 96 villages. It plays a vital role in the proper functioning of all SHGs, enabling the immediate tracking of errors or misappropriations.

The audit team, the program coordinator and the MIS team manager use the detailed feedback to assess training needs of the groups. Training modules are designed for village level accounts training.

The audit team enters the monthly financial data of each SHG group into the computer in the MIS system. This service secures the financial data of each SHG member and all groups.

All women pay Rs. 60/- per annum, individually, for this service to the Federations two Group Funds. This will enable the federations to pay the stipends to SHG women trainers.

The audit team’s professional skills and competence levels are constantly built by regular workshops by a dedicated professional Ms. Premlata, CA, who is an independent consultant with many years experience with NGOs.

The 3rd Pillar for Sustainability – Federations of SHGs

There are 2 federations of 724 member groups, scattered across 100 villages of Karnal District. Each Federation has monthly meetings when repayments were deposited, or else applications for new loans were made.

The Jan Shakti Mahila Vikas Sangthan has 359 groups as members with savings of Rs.6,894,670.

The Jan Shakti Mahila Unnati Vikas Sangthan has 365 groups as members with savings of Rs.2,502,762.

In 2015, it was decided that the Federation needs to pay for the work of their executive members and the SHG women trainers as well as bear general meeting costs.

Conclusion

Arpana’s concerted efforts to build group discipline and members’ capacities resulted in the soaring of women’s confidence and self esteem. An evaluation conducted by an external agency found:

- enhanced participation in decision making in their families
- fewer incidence of seasonal diseases experienced
- 88% SHG women have toilets in their homes
- over 2000 SHG women able to conduct monthly SHG meetings
- over 50 SHG women became able, committed peer educators

Arpana is deeply grateful to IDRF, USA, and CBM India for the support enabling the poorest and most marginalized rural communities to transform their lives
Collective Action in Himachal Pradesh for Livelihood Options and for Community Wellbeing & Development – 2015

Background

The poverty and unemployment in the remote, underdeveloped villages of Chamba District in Himachal Pradesh are particularly acute due to the inaccessible, semi-arid, mountainous terrain and the difficulty of communication.

Arpana’s continuous development inputs strengthen community health and development through community based organizations that build their own savings and credit resources, create their own opportunities and learn, practice and disseminate good health precepts.

Arpana’s Health Services for the Hill Folk

Arpana health/development workers work in 130 hamlet-villages, giving health trainings and motivating rural folk to conduct village sanitation projects.

Arpana Health Care & Diagnostic Centre, Upper Bakrota, Dalhousie

There were 4,325 patients in daily clinics, with 5,404 laboratory tests, 810 x-Rays and 120 ECGs performed on a free/subsidized for the underprivileged.

Free Health Speciality Camps are organized every year. Excellent doctors, support staff and facilities bring wellness and relief to many as most of our patients cannot afford specialised medical care elsewhere.

Medical Check-up Camp: Dr. Hemant Sharma, MD, Obstetrician Gynaecologist, Satyam Hospital, Sultanpur, Chamba treated 112 patients from remote villages on April 12.

Endoscopy Camp: Dr. Rahul Gupta (Head of Gastroenterology Dept, Fortis Hospital, New Delhi), examined 177 patients on May 23-24, assisted by Dr. Aman Gupta. 87 patients underwent the Endoscopy procedure and 5 had the Colonoscopy procedure. The 82 general patients were examined by Dr. CBP Singh, Arpana’s Medical Officer.

Medical Camp: Dr. RI Singh, M.D. (Gold Medalist), FIMSA, of Arpana Hospital, held a medical camp from June 4 - 6, for 166 patients, assisted by Dr. CBP Singh. Patients suffered from cardiac diseases, hypertension, diabetes etc.

Gynaecology Camp: Dr. H Sharma, MD, saw 54 gynae-related patients on June 25-26 and 60 general patients were seen by Dr. CBP Singh.

Neurosurgery & Spine Camp: On June 19-20, Dr. (Col.) G.V Ram Das, MCH, Neurosurgery (AIIMS) and Director, Neurosurgery & Spine, Sarvodya Hospital & Research Centre, Faridabad, examined 163 neurosurgery patients, while Dr. CBP Singh treated the other 60 general patients. Patients came from as far as Banni in Jammu & Kashmir.

Gynaecology Camp (September): Dr. Hemant Sharma MD, Gynaecologist, conducted a camp for 49 patients, 4 of whom needed operations, which were provided free by Arpana.

Health classes in 37 government schools imparted good sanitation practices and motivated 1,213 children to participate in cleanliness drives conducted by SHG groups, in their villages.

Nano Devi, 80 years old, attended the Kolka Medical Camp in April.

Initiatives for Development

Sustaining and strengthening 104 women’s self help groups and 24 farmers clubs in Himachal through capacity building and monitoring for members’ wellbeing and financial security.

For Farmers’ Progress – Exposure Visits, Workshops & Seminars

- Two farmers’ producer organizations were formed and registered in early 2015.
- The goal of the 2 societies is to create and promote collective business, related to agricultural produce.

The continuous training inputs, the intensive liaison with the Agricultural Department and the availability of the farmers help line, has anchored all members of farmers groups in practical knowledge and the latest farming methods.

Exposure visit to Saru in March when Dr. Sanjeev Bansal, head of the Farmers Outreach Centre, along with Dr. Deepa Sharma, Assistant Scientist Vegetables, held training sessions just before the first crop of vegetables was planted.

Unfortunately … bad weather destroyed many of their crops.

But … with farmers help line by investigating rates at different markets by collectively selling crops at the best rates … farmer got good prices!
Exposure Visit to Churah Valley

Members of both farmers’ societies travelled to Churah Valley Fruits and Vegetables Cooperative Society, Bhanjraru, to visit the nurseries and orchards and learn their farming techniques. They also visited the Vaishnavi Herbal Society, 6 km. from Tissa, where they were shown herbal plants and advantages of the crops.

Livelihood Options: ‘Eco-Development Tourism’

In April, ‘eco-development tourism’ as a livelihood option was discussed with Arpana’s friends, volunteers and partners.

Meeting in Gajnoi: Arpana’s staff learned about the concept of ‘eco-development tourism’ and how to impart this to local communities.

Development tourism was presented as a livelihood option to youth and to women and farmers groups in May and June.

Youth Clubs: 3 clubs were formed for educated youth to build their resources and acquire skills related to tourism. They were keen for training as tourist guides, but reticent in expressing their opinions.

Tourism Exposure Visit: The idea of home stays was introduced to the village folk and, in August, an exposure trip was conducted in Palampur to observe successful rural home stays.

Exposure Visit of Management and Senior Workers: 2 student volunteers spent 6 weeks working with private and government agencies in the Tourism Sector in Chamba. They researched tourism in the area, transport and facilities.

Fostering Skills in Craft Groups: Students from the National Institute of Fashion Technology worked for two months to develop skills in stitching and improving of patchwork designs with 15 women of 2 villages, Chatter and Kijjal.

Interns from NIFT in Delhi and Kangra held 10 day workshops in summer and then in September, October and November 2015. Women are developing new marketable products in patchwork craft and knitting.

Other Aids to Livelihood Enhancement

Accounts Training Workshop: The Arpana Outreach Audit Team and the Himachal Pradesh Team spent 5 days in Gajnoi doing an annual audit of all SHG and farmers’ groups records, resulting in better understanding and assurance.

Cooperative Society Shows Women the Way: In June 8 members of the Producer Cooperative Society visited Smridhi Mahila Cooperative Society Thakurdwara, Palampur (HP) which started 20 years ago and now has 500 members. The main products are pickles, Jams and preserves made from local produce. Women manage all the work of buying raw material, packing, marketing and accounts. The team from Arpana found the visit truly instructive and inspiring.

Agricultural Outreach Talk: Dr. Rajeev Raina, Incharge of KVK, advised using quality seeds and adopting new farming techniques. He also emphasized the need for adopting growing of mushroom, poultry farm, dairy and fish farming.

Workshop by Agricultural, Horticultural & Forestry Scientists was held in the Arpana Gajnoi Center in June. They explained about Government Schemes for Agriculture, Vegetable Nurseries, latest farming techniques, etc. Farmers were encouraged to plant fruit trees, i.e. apples apricots and plums which are available at local nurseries.

NABARD Workshop in August: A 2 day seminar, August 20-22nd enabled Arpana workers to network with and learn from representatives of farmers and producer societies and co-operatives.

Agriculture Technology Management Agency (ATMA) held a workshop with 13 farmers at Arpana’s Centre in Gajnoi, explaining the importance of soil testing and providing a toll free tel. number for free counseling and problem solving.

SHG & Farmers’ Other Achievements in 2015

- 88% of SHG members have constructed toilets!
- 816 sanitation drives by SHGs and children in villages
- A bridge and a community hall built by Raindrop SHG
- 18,790 trees were planted by villagers
- Check dams & a bridge built by SHGs in Randoh Village
- 700 SHG members segregated waste in 2015

Arpana is deeply grateful to Give2Asia, the Baij Nath Bhandari Public Charitable Trust, and NABARD for supporting these programs for underprivileged hill folk.
Preserving Param Pujya Ma’s Legacy & our Cultural Heritage

Urvashi Lalit Kala Academy

Young people in Karnal are offered classes in singing, dancing, drama, music, art and the martial arts through Arpana’s Urvashi Lalit Kala Academy.

Param Pujya Ma’s legacy of divine words is being set to music and dance by Professor Krishan Arora, President, Mr. Mandeep Singh, music Incharge and others who become enthralled with Ma’s messages of knowledge and love.

These dramatic and musical offerings are performed at functions throughout the year, enhancing Arpana’s functions through classical renditions of ‘Urvashi.’

A dance performance in memory of Pujya Chhote Ma who passed away in May 2015

Empowerment through Handicrafts

Many village women are not allowed to work outside the home. For them, empowerment is being able to earn for their families. Arpana has trained over 2500 women and enabled them to 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.

Arpana Shops – All Proceeds to Charities

1. Devotion, E-22 Defence Colony, New Delhi, Tel: 011-24331136, 09871284847, email: arpanadevotion@gmail.com
2. Arpana Shop, Arpana Trust, Madhuban, Karnal, Haryana, Tel: 098996303566, email: publications@arpana.org
3. Arpana Social Workers Home, 7 Model Town, Karnal, Haryana, Tel: 0184-2265412

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.

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

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

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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:

USA: Aid for Indian Development, an IRS 501(c) not-for-profit agency, giving 100% tax relief for donations. Address: Mr. Jagjit Singh, President, 84 Stuart Court, Los Altos, CA 94022-2249, Tel: 001-650-209-5050, email: jagsingh@comcast.net
Canada: Donations can be sent by check in the name of ‘Arpana Canada’ to: Mrs. Sue Bhanot, 7 Scarlett Drive, Brampton, Ontario L6Y 359, Canada (+1-905-450-0184)

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Websites: www.arpana.org & www.arpanaservices.org