



Param Pujya Ma

Arpana

Newsletter

ARPANA TRUST, Madhuban,
Karnal, Haryana, India
August 2016

ARPANA NEWS

Arpana Day – Celebrating Param Pujya Ma

Family and friends, devotees and seekers come together to celebrate the birthday of Param Pujya Ma at the Trust House from August 23-26.

- ◆ Arpana Hospital Staff offered their sincere and enthusiastic homage on the 23rd.
- ◆ Women of Arpana-facilitated Self Help Groups presented songs and dances with exuberance and joy in Arpana's Mandir on the 24th.



- ◆ On the 25th evening, Vinita Gupta, celebrated vocalist and dedicated to 'Urvashi', enthralled the audience with her devotional *bhajans* which Param Pujya Ma had spontaneously sung out in Hindi verse during Her own *sadhana*.

- ◆ This was followed by dances by children from the *Ashram*.

- ◆ A musical programme was staged on the 26th by Mr. Krishan Arora and the students of the Urvashi Lalit Kala Academy.



A Dramatic Presentation of Devotional Values

Sant Janabai, a devotional presentation, was enacted by Arpana family members on the evening of the 26th. Steeped in devotion from early childhood, Sant Janabai experiences Lord Vithoba's presence in all her daily activities. Accused of stealing the Lord's silken stole, it is the Lord Himself who comes to rescue her from certain death... thereby establishing her as His supreme devotee in the eyes of the villagers and priests.

ARPANA HOSPITAL

Eye Screening & Awareness Camps

India accounts for 20 per cent of the 39 million blind population across the globe. Arpana Hospital's Eye Program organized screening and awareness programs for eye problems in the villages of Gharaunda Block:

1. Students screened: 562
2. Teachers trained: 22
3. Community awareness programs: 10
4. People made aware: 200



HIMACHAL ACTIVITIES



Free Medical Camp

A Free Medical Camp was held at Arpana Health & Diagnostic Centre, Upper Bakrota, Dalhousie, June 9-11, conducted by Arpana's highly regarded Dr. R I Singh MBBS(Hons), MD (Gold Medalist), FIMSA. 150 patients were benefitted, especially those with no access to medical facilities or doctors. It was sponsored by the Baij Nath Bhandari Public Charitable Trust

American Volunteers Add Value and Language Skills in Chamba, HP

Heather Thompson and Kate Miller, volunteers from the University of Virginia, and Noah Le Bien, a volunteer from Chicago, spent 6 weeks in Arpana's Centre at Gajnoi, Chamba, initiating 16 boys and girls into conversational English speaking skills. Arpana is training them as tourist guides to enable them to find jobs at home and to increase eco-awareness in the area.

The volunteers gave practical English lessons on daily treks and tours of historical, culturally rich Chamba town. Students grew confident, learning the basics of conversational English.

Arpana thanks Heather, Kate and Noah for their dedication and for making the lessons full of fun, and a memorable, rich, learning experience for all the students.



DELHI PROGRAMS

Education – the Fruits of Hard Work!

Arpana Students Felicitated



Students who passed the 12th & 10th Board Exams were felicitated at an annual function at Arpana's Centre in Molar Bund on 19th July. Mr. Trevor Bull, Head of the multinational, Aviva Co., was the Chief Guest and awarded the prizes.

Manish and Kirti, top rankers in the 12th Boards, gave all credit to Arpana.

3 amazing dances were performed by nursery children, older girls and older boys.

Teachers Honoured

The teachers were also honoured for their dedication and hard work for the amazing results of the Board Exams.



"Aspiring to a better future ..."

Arpana's Vasant Vihar Community Centre – 'Rejoice'



Padmaja Performs at 'Rejoice'

We were honoured to welcome Padmaja Chakraborty, a disciple of Girija Devi, who has often performed with her, for a performance at Rejoice on 6th August. Her beautiful songs transported the audience into a glorious musical heaven!

Enthusiastic Nutrition Interaction!

Eminent Nutritionist, Dr. Veena Aggarwal, held a lively interactive session on nutritional health on 9th July at the Centre. DNA test results showed where nutrition needed to be strengthened for individuals.

*Dr. Aggarwal (fifth from left)
amidst the attendees*



Haryana Rural

A Push for Better Village Governance

Nearly 1,000 women's self help groups with 13,000 women members have been empowered by Arpana. 5,000 have started their own businesses. They share health information with their peers, especially supporting children and pregnant women.

Campaigns against gender discrimination led to support for women council members and a push for better village governance.

Arpana and the ADIG (Association for Democratic and Inclusive Governance) began a local governance project in July, supported by our long-standing partner, IDRF (USA). The goal is to facilitate responsive and responsible village governance by empowering Panchayats through capacity building and the fostering of relevant skills.



Mr. Rajesh Sinha of ADIG conducts Session with Panchayat leaders



The first training session was held on 29th June with 25 elected members from 5 Panchayats. Officials from the Block Development office also attended. Elected women members also learnt the guidelines to make village development plans. Currently, Arpana is working with ward members of the 5 villages, to conduct their surveys and collate data as required.

We, at Arpana, depend on your support for our programs

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:

Arpana Research & Charities Trust, Madhuban, Karnal, Haryana 132 037

Send contributions in USA to:

Mr. Vinod Prakash, President, IDRF, 5821 Mossrock Drive, North Bethesda, MD 20852

Mr. Jagjit Singh, AID for Indian Development, 84 Stuart Court, Los Altos, CA 94022-2249

Send contributions to Arpana Canada:

c/o Mrs. Sue Bhanot, 7 Scarlett Drive, Brampton, Ontario L6Y 3S9, Canada

Arpana Hospital: 91-184-2380801, Info & Resources Office: 91-184-2390905

emails: at@arpana.org and arct@arpana.org

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

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