



Param Pujya Ma

Arpana

Newsletter

ARPANA TRUST, Madhuban,
Karnal, Haryana, India
August 2015

Celebrating Urvashi in Music & Dance

Arpana's Urvashi Lalit Kala Academy held their 14th Annual Function on 20th June in Karnal, dedicating their 'tribute' of music and dance to Beloved Pujya Chhote Ma, who joined her beloved Sadguru, Param Pujya Ma on 10th May, after a long illness.

'Urvashi' is Chhote Ma's gift to humanity, as, over 5 decades, she dedicatedly recorded on paper, every word of the deepest spiritual knowledge of life that flowed from Param Pujya Ma. Our indebtedness to her is unfathomable.



The Function comprised impressive performances from different groups of the Academy... the children's orchestra, the senior group of singers, the self-defense martial arts class, the western dance classes, the Kathak dancers and much more. The performances echoed the eternal message of Urvashi, rejoicing in the humane and divine values that are the foundation of a

strong and harmonious society. A plethora of eminent leaders of Karnal attended. The Chief Guest was Mr. S.P. Chouhan, Coordinator, Nav Chetna Manch.

Special thanks to Prof. Krishan Arora, Director of the Academy, whose tireless efforts enabled this function as well as many other functions of Arpana at Madhuban. We are especially proud of our children, Kripanjali, chief organiser, and Mandeep Singh, music director, who orchestrated the many intricacies of the show into such a rousing success!



Delhi Doings

Felicitating Arpana's Students & Teachers

On 16th June, Arpana held an Award Function to honour teachers and students for excellent results in the CBSE Exams. Certificates were also given for computer courses and beauty courses. Chief Guest, Mrs. Reva Nayar, Director Essel Social Welfare Foundation, was exuberant in her congratulations to children, staff and management for their remarkable results.



A dance expressing achievement

Theatre Workshop with National School of Drama



The wise man tricks the greedy landlord – much to the relief of the villagers!

A 15 day theatre workshop was organized by Mrs. Sushma Seth, honorary cultural director of Arpana Trust, and Ms. Sharda Kumari, in collaboration with Mr. Hafeez Khan and Mr. Kailash Chauhan of the National School of Drama. 71 boys participated in the workshop. The team was able to produce 5 short plays in only 15 days which were performed on 30th June, morning and afternoon. The program was a huge success.

Our deep gratitude to Essel Foundation, Aviva Pvt. Ltd., Caring Hand for Children and all other magnanimous donors for supporting Arpana's education programs.

ARPANA HOSPITAL

Cervical & Breast Cancer Camp at Arpana Hospital May 2015

Since 1990, breast cancer cases have increased by 166% in India. Arpana Hospital organized a 'Cervical & Breast Cancer Camp' for women on May 28-29, sponsored by Asia Initiatives. 131 patients from 48 villages were treated by Dr. Ela Anand, FRCOG (Gynaecologist), Dr Vivek Ahuja, MBBS, MS (Surgeon) and Dr. Kavita Rani, MBBS, MS (Gynaecologist).



Orthopaedic Camps

Arpana Hospital organised 2 Orthopedic Camps for rural patients: one at Panauri Village on 20th May and one at Bastara Village on 27th May. The 96 patients were treated by Dr. Lokesh Charaya and given free medicines.

Heartfelt gratitude to CBM as well as to the Baij Nath Bhandari Public Charitable Trust, New Delhi, for equipment and support for poor patients.

Himachal Horizons

Free Specialist Camps at Arpana's Medical Centre, Bakrota, HP

An Endoscopy Camp on May 23–24 was conducted by Dr. Rahul Gupta, Specialist in Gastroenterology, New Delhi, assisted by his son, Aman, a 3rd year medical student. Of the 177 patients in the camp, 106 underwent Endoscopies and 5 had Colonoscopies. Local dignitaries were delighted to have this speciality camp, especially for the poor and elderly.



A Medical Camp by Dr. R.I. Singh, MD, Medical Specialist from Arpana Hospital, was held on June 4–6. 166 patients were examined. Free tests included 175 lab tests, 16 ECGs and 23 X-rays. Ailments included ischemic heart disease, hypertension, diabetes, peripheral vascular disease.

A Gynaecology Camp by Arpana's Dr. Ela Anand, FRCOG, on June 25–26, had 114 patients, 54 with gynaecology problems and 60 who were seen by Dr. CBP Singh. One free x-ray and 80 free lab tests were done.

A Neurosurgery & Spine Camp was held on 19th & 20th June, where Dr. (Col.) G.V. Ram Das, MCH, Neurosurgery (AIIMS) and Director, Neurosurgery & Spine, Sarvodya Hospital & Research Centre, Faridabad, examined 163 neurosurgery & spine patients while Dr. CPB Singh treated the other 60 patients with general complaints. Patients came from as far as Bharmour, Salooni, Kihar and Banni in Jammu & Kashmir.

SHG Women Learn from Successful Women's Cooperative



8 women of the Gajnoi Farmers Producers Cooperative Society Ltd. visited the all women Smridhi Mahila Cooperative Society in Palampur on June 26–27. While learning about pickles, jams and sauces from this successful 20 year old Women's Cooperative, they were inspired and encouraged to take up such commercial activities themselves.

Agricultural Experts Assistance

Women and men farmers from remote villages learned to increase their income in a workshop by the Agricultural Outreach Centre of Chamba, held at Arpana's Gajnoi Centre on 17th July. Scientists explained new methods of farming vegetables and mushrooms, vegetable nurseries and fruit trees as well as increasing the milk production of cows.



Our deep gratitude to the Baij Nath Bhandari Public Charitable Trust and Tides Foundation, for supporting health and development programs in Himachal Pradesh.

Haryana Happenings

Freedom of Mobility for the Differently Aabled

On June 30, 2015, 6 differently abled persons had the joy of freedom to move where they wished independently by receiving 5 tricycles and one wheelchair of their own from Dr. Sujata, (PhD Psychology) Founder Director, Tapan Rehabilitation Society, Karnal, which works for the welfare of the differently abled.



Subhash

Kavita

Sona Devi

Raman

Preeti

Anju

Arpana facilitated Dairy Cooperative

Arpana has facilitated and trained 5 women in a self help group to form a dairy cooperative with the help of the National Dairy Research Institute, Karnal. The Tribune reports:



Arpana is thankful to CBM, the Tides Foundation, IDRF and Bajj Nath Bhandari Public Charitable Trust for support for these programs in Haryana

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.

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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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