



# Arpana

## Newsletter

ARPANA TRUST, Madhuban  
Karnal, Haryana, India  
December 2014

### HOME PAGE

#### Arpana Day

26th August is Arpana Day, the birthday of Param Pujya Ma, Arpana's founder and inspiration.

The Arpana family, staff of Arpana programs and children from the Arpana Urvashi Lalit Kala Academy performed for devotees, family and friends gathered at Madhuban from cities in North India.

'Preeti bhojan', a feast for hundreds of surrounding villagers, was also enjoyed.

The 'Ken Upanishad,' as told to Arpana children many years ago by Param Pujya Ma, was performed that evening to an audience enthralled by the story of how ego and pride brought about humiliation and powerlessness even in the gods.



#### Urvashi Day

Urvashi Day, 2nd October, is the 56th anniversary of Param Pujya Ma's spontaneous flow of elucidations of spiritual verse, which has brought so much light and joy to so many.

#### A Stalwart of Arpana has Passed On



Arpana's beloved "Mamaji," Kamal Krishan Anand, passed away on 19th August. A very senior member of Arpana, one of the original group which worked with Param Pujya Ma to establish Arpana, he was also a devotee and seeker of the Truth. In addition, he was a trustee upon whom all relied and had confidence. A successful architect in his own right, he was untiring in giving of his expertise for all Arpana's building projects.

He will be missed by all his Arpana family whose lives he touched and who feel so fortunate to have had him in their lives.

# ARPANA HOSPITAL

## Hospital Day – for 34 years a Beacon of Health & Hope for All

Arpana Hospital, which had been set up in 1980, with a mandate to give affordable medical care to rural folk, celebrated its 34th anniversary on 2nd October. Treatment is given to even those who cannot afford it, as Arpana works hard to raise funds through caring donors.

## Paediatric Eye Care Project with CBM

Arpana has accepted a challenging task of screening 20,000 children for diabetic retinopathy and glaucoma, in the 40 villages of Gharaunda Block of Karnal District, through an eye project in partnership with CBM.



2,849 children and 580 adults have had their eyes screened in September and October, while 95 children have been given spectacles.

Arpana gave special training in diabetic retinopathy and glaucoma to government ASHA workers to assist doctors and paramedics in Arpana's eye camps in village schools. Treatment is free and, if need be, free surgeries are being performed to correct their eyesight.

*13 year old Priya before her squint surgery on Oct.19, which has corrected her problem.*

## Arpana's "Blue Angels" – Northern Ireland Paramedics

A week long (Oct.27-Nov.3) Emergency Care Workshop was held at Arpana Hospital, Madhuban, Karnal, Haryana, India, by what, for us, are a team of "Blue Angels".

Experienced paramedics from Northern Ireland, inspired by Dr. Davinder Kapur and organized by Frank Armstrong, a divisional training officer, have all paid their own way to India to teach this workshop and demonstrate life saving techniques.

*Aiden demonstrates emergency procedure*



Knowledge of emergency procedures is an urgent need as often precious lives are lost due to non-availability of prompt medical help. These "Blue Angels" are defying death by imparting life saving skills to first responders and medical personnel.

The "Blue Angels" also raised Rs.1,471,064.65 (£15,000) for emergency equipment in Northern Ireland. Arpana extends its deep gratitude to each one of these special, magnanimous friends.

*Frank, Sean, Tracey, Jim (inserts): Joanne, Allen*

## Outreach Camps in Arpana Hospital and Villages (August to October 2014)

In addition to eye camps in the CBM project, Arpana Hospital organized 19 camps for 1,436 patients in eye, cardiac, gynaecology & obstetrics categories as well as for company health checkups.

## DELHI Programs

### Handicraft Sale at Delhi



An Arpana Handicrafts Exhibition Sale was held October 10-12 at the residence of Drs. Inder & Raj and Rahul & Lena Gupta, New Delhi. Exquisite hand embroidered linen was on sale, produced by disadvantaged women in Haryana, trained by Arpana in skills for income generation.

Eagerly awaited by their friends and contacts, the 3 day sale was brisk, and reached its optimistic goal!

### Creative Arts Award for Sushma Seth

Sushma Seth, Arpana's Cultural Director, is a well known actress in Bollywood and theatre as well as a media personality. She was awarded the National Vayoshreshtha Samman for Creative Arts by the Ministry of Social Justice and Empowerment, Government of India, on Oct.1, 2014.



### Arpana Students Go to College

Out of 36 students who graduated from class 12, 6 (4 boys and 2 girls) are attending regular college classes at Delhi University. 20 are taking correspondence courses for a college degree and 6 are taking vocational training (some of these are also taking correspondence courses).



**Pawan** says "When I joined Arpana, I was an average student and my parents were struggling financially. Arpana Trust supported me financially and emotionally. Now I am the top student in my entire school."

He felt extremely lucky when he got admission to Venkateswara College, Delhi University, but he could not afford it. Arpana Trust again came forward and sponsored his higher education.

*Arpana is deeply grateful to Essel Foundation and Aviva Pvt. Ltd. for supporting Arpana's education and preschool programs for children in slum resettlement colonies, New Delhi.*

## HARYANA

### Assisting the Differently Abled

Chhote Ma gave her blessings to differently abled persons from 17 villages in Arpana on 2nd November. 3 tricycles were distributed along with crutches and other assistive devices.

**12 year old Deepak was unable to continue schooling after class 5. This tricycle allows Deepak to go to middle school in the next village. He thanked Arpana for "bringing colour into my life."**

*Thank you, Jaidev and Kalpana Desai, for supporting this camp. We also thank Chetan and Seema Bali for ongoing support for Arpana's program for the differently abled.*



# HIMACHAL ACTIVITIES

## Neurosurgery Camp

Arpana held a free Neurosurgery Camp on September 15 at Arpana Medical Centre, Bakrota, HP. 124 patients attended.

Dr. (Col.) G.V. Ramdas, Director, Sarvodaya Hospital, Faridabad, examined 81 patients with neuro and spine problems.

Neurosurgery is not available in this area and the dignitaries present were greatly appreciative of this service being provided by Arpana especially for the poor who are unable to travel elsewhere.



## Teaching Neonatal Resuscitation



Frank Armstrong, a paramedic divisional training officer from Northern Ireland, is on his 6th visit to Arpana.

This year, he first went to Himachal, met with 40 rural women trained by Arpana over the years and taught them important points of neonatal resuscitation.

We are deeply grateful, Frank!

## Cleanliness Drives in Haryana & Himachal Pradesh

*(In line with the new desire to clean up our country, village women come to the fore!)*

### Making their Village Dengue & Malaria Free!

Arpana held meetings to explain about dengue and malaria to self help groups in Sirsee Village.

Inspired, the women conducted a cleanliness mission so their village is dengue/malaria-free.

### Cleanliness Program on Oct.2 in Himachal

School teachers, students, farmers groups and self help group women, participated in the Cleanliness Drive on Oct. 2 in Gajnoi, Hured and Mankot.



*Arpana is deeply grateful to all our magnanimous supporters who enable these programs to be carried out.*

### **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**

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

Arpana Hospital: 91-184-2380801, Info & Resources Office: 91-184-2390905, [at@arpana.org](mailto:at@arpana.org) & [arct@arpana.org](mailto:arct@arpana.org)

**Mrs. Aruna Dayal, Director Development, Mobile 91-9873015108, 91-9034015109**

[www.arpanaservices.org](http://www.arpanaservices.org)

[www.arpana.org](http://www.arpana.org)