



Param Pujya Ma

# Arpana

## Newsletter

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

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### Arpana News

#### Fountain of Knowledge

Urvashi Day, commemorating the spontaneous flow of Divine Knowledge through Param Pujya Ma, was celebrated at Madhuban on 2<sup>nd</sup> October. The beautiful voice of Sunanda Bakshi filled the hearts of all present with devotional fervour.

#### Arpana Hospital Celebrates 36 Years of Service!

A facility set up by Param Pujya Ma to enable rural folk to access modern medical care, today Arpana Hospital cares for nearly 100,000 patients annually from over 1000 villages. The dedicated Doctors and Staff ensure the preventive and curative health of patients through the 7 disciplines it offers.

#### A Yagya of Service

Arpana's Sale of Handicrafts, held Oct.14-16 at the home of Drs. Raj, Indar, Rahul and Lena Gupta in New Delhi, became 'a three day journey of love and learning... with gratitude for the opportunity to serve!'



#### Stalwarts of Arpana



Param Pujya Ma's elder sister and the founder of Social Workers Home, Ms. Nirmal Anand's life was celebrated with enthusiasm on 20<sup>th</sup> Nov. at Karnal with earlier residents of the Home, her family and friends. The programme started with her favourite *bhajans*, followed by an audio-visual presentation of her life and recitation from the Japuji Sahib.

A tribute was paid to Sh. RM Sabharwal on his birthday, 20<sup>th</sup> Nov., by showcasing his life in a powerpoint presentation in the Arpana Mandir. Ratti Uncle, who gave up his position as Director in a top level Indian company to surrender at Param Pujya Ma's feet, dedicated his whole life to Arpana's Service Activities and to giving it an international platform.

Mrs. Devi Vaswani, whose birthday falls on the same day, was also remembered fondly by the Arpana family.



## Haryana Rural Empowerment

**'Better to Prepare and Prevent – Rather than Repair and Repent!'**



This was the agenda of the general body meeting of the 2 federations women's self help groups held in September 2016. Microfinance companies have penetrated deep into rural communities offering quick and easy credit, tempting SHG members to take multiple loans from diverse sources.

Representatives of over 700 self help groups attended, deposited their savings in the Federation, and watched a lively play depicting the threat of debt exceeding the payment ability of members.

Taprana Village hosted 23 self help groups and Sangohi Village hosted 19 SHGs. The Headmen and Ward Members were impressed by the women's achievements.

### Medical Camps for Differently Abled Persons

Two special camps were organized for differently abled persons suffering from Cerebral Palsy, Mental Retardation, Epilepsy or Mental Impairment.

82 patients in 4 villages were seen by Dr. Girhotra. These camps were sponsored by Friends of Kalpana and Jaydev Desai, USA.



*Arpana is deeply grateful to IDRF and Friends of Jaydev and Kalpana Desai, USA, for supporting programmes for women's empowerment and the differently abled*

## Arpana Hospital Outreach



A Free School Screening Camp in Budhanpur Village was held in Sept where 196 children had their eyes screened. Teachers were trained to assist in detecting problems.

3 free eye camps were held in Samalkha in Sept, Oct & Nov for 473 patients. Surgeries were free or highly subsidized.

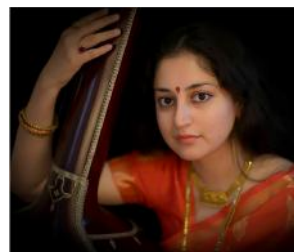
Community Awareness Programmes for Bastara village were held for early identification of eye problems.

*Arpana is deeply grateful to CBM for supporting its Eye Programme*

## Delhi Programs

### A Pre-Diwali Concert at 'Rejoice'

Beautiful notes of devotional music emanated from Arpana's Community Centre, Rejoice, in Vasant Vihar, Delhi, on 16th Oct. as Smt. Aastha Goswami performed her unique style of Padavali Gaayan. The audience was enthralled by her performance.



### 'Rejoice' Begins NIIT Certificate Courses

The first batch of students at Rejoice to complete the basic NIIT computer course, were awarded certificates on 16th Oct. by Mrs. Sushma Seth. 18 students from the Sarvodya Government School completed this 3 month course.

### Successful Vocational Students from Arpana's Centre in Molar Bund



*Nursery Teachers Certificates*

**Craft and Tailoring Classes:** 26 trainees received Certificates for their year-long course.

**Basic Computer Course:** 18 students received their NIIT Certificates (April-June).

**Beauty Culture training:** 19 trainees successfully completed the 6 months course.

**Nursery Teachers Training:** 13 trainees received Certificates for successfully completing their one year course.

*Deep gratitude is extended to Essel Foundation, Aviva Pvt. Ltd. and Caring Hand for Children (USA) for supporting education programmes for the underprivileged*

## Himachal Activities

### Free Gynae Operations Relieve Suffering

A Free Gynaecology & Obstetrics Camp at Arpana Health Care & Diagnostic Centre in Bakrota, Dalhousie was held on 25<sup>th</sup> Sept., 2016. Dr. Hemant Sharma saw 82 patients, while 52 patients were seen by Dr. C. Singh for general problems. 12 patients required operations, which are free. Ultrasound, X-rays and lab tests were also free.



*Grateful thanks to the BN Bhandari Public Charitable Trust for supporting speciality camps and poor patients in Himachal Pradesh. Also deep gratitude to Tom Sargent and the Tides Foundation for development work in Himachal.*

## Emergency Care Workshops in Himachal & Haryana

### Northern Ireland Volunteers – Teaching Life Saving Techniques!

#### At Arpana Hospital



Mr. Frank Armstrong, Divisional Training Officer, N. Ireland Ambulance Services, and Steven Mateer, Karl Bloomer and Ms. Gillian Ditty, volunteer paramedics from N. Ireland who paid their own way to India, held a 6 day workshop at Arpana Hospital Nov.12-17. Advanced Life Support and Airway Workshops were held for doctors, nurses and paramedics in the first 2

days, while Seizures, Breathlessness, Sepsis and Trauma were covered in the next 2 days. Newborns and Paediatrics were covered in the last 2 days.

#### First Aid Training

First Aid Training was held at Arpana's Gajnoi Centre in Himachal on Nov.3-6, for Arpana workers, 12 self help group women and 14 tourist guide trainees, by Mr. Frank Armstrong and Mr. Mark Anderson, volunteer paramedic from N. Ireland. Life saving CPR was also taught.



*Arpana is deeply grateful to all our magnanimous supporters who enable us to carry out these programs for the underprivileged.*

*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**

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

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