



Param Pujya Ma

Arpana

Newsletter

ARPANA TRUST, Madhuban,
Karnal, Haryana, India
June 2014

ENRICHING OUR HEARTS

Sadhana Day

On 9th March, 2014, *Sadhana* Day was celebrated to commemorate Param Pujya Ma's enriching and enlightening presence in our lives, which has drawn us relentlessly towards the spiritual realms. Even today, her words inspire the listener to tread the path towards joy and freedom of the Spirit.

Param Pujya Ma's Samadhi Divas

Samadhi Divas is celebrated each April 16 to commemorate Param Pujya Ma's *Mahasamadhi*. All who were present, offered lit incense sticks at the *Samadhi*, which was bedecked with vibrant colours of fragrant flowers. The devotional music matched the innermost feelings within the hearts of all, strengthening their spiritual aspirations. Chhote Ma graced the occasion despite her recent ill health.



Handicraft Sales at Chandigarh and Amritsar

Exquisite hand embroidered linen and garments, produced by disadvantaged women in Haryana, trained by Arpana for income generation, were displayed at an Exhibition cum Sale at the Aroma Hotel, Chandigarh on March 20-22. A 3 day sale was also organized in Amritsar on March 28-30, which was enthusiastically received. Arpana is grateful to all its friends and supporters who help in organizing these sales, the proceeds of which benefit hundreds of women from impoverished rural homes.

In memory of our loved ones...

In April, the Arpana family lost two very dear and important members, Mrs. Raj Rani Chopra and Mrs. Santosh Gupta – both extremely dedicated, compassionate and caring members of the Arpana family. Arpana conveys its heartfelt condolences to their immediate families. They will always have a very special place in our hearts.

ARPANA HOSPITAL

Arpana Clinic at Gharaunda

Expanding Arpana's mission to extend affordable modern health care to all, an Arpana Outreach Clinic was inaugurated in Gharaunda, a town with few medical facilities, on March 3, 2014. A physician, a surgeon, an orthopaedics specialist and a gynaecologist from Arpana Hospital attend the clinic daily. Patients needing further care are taken to Arpana Hospital.

Paediatric Ward Inaugurated



On May 1, a 9-bedded Paediatric Ward at Arpana Hospital was inaugurated by Brig (Retd) A.K. Choudhary, Medical Superintendent. This is essential for meeting Arpana's aim of facilitating medical care for rural children.

Digital X-ray Installed

Arpana Hospital installed a long awaited digital X-ray on May 2. This will enable X-ray reports from specialists all over India and the world.

Arpana Hospital Outreach Camps (February to April 2014)

5 Free/Subsidized Orthopaedic Camps for 191 patients were held by Dr. Lokesh Charaya at Arpana Hospital in February and March, and at Taraori, Samalkha and Kairwali village in April.

9 Eye camps were held in Samalkha, Sanauli and Panipat towns in February, March and April. Rates for surgery were subsidized or free, while transportation, bed charges, food were all free.

3 Cardiac Camps were held by Dr. Anil Dhall, 2 at Arpana Hospital in February and March and one at Taraori in April. 58 patients were treated.

A Neuropathy Camp was held at Arpana Hospital by Dr. Steve Coates, a visiting consultant from the UK, who examined 12 patients.

A 6-Day Gynae Camp was organized at Arpana Hospital March 6-11, with 165 patients benefitting.

3 Employee Health Checkup Camps, one at Arpana Hospital in February and two at Panipat in April, benefitted 95 employees.

A free 2 Day Bone Densitometry Camp was held at Arpana Hospital with the help of Subh Laboratory, Ambala, in March for 179 patients, focusing on orthopaedic patients and older women.



Dr. Coates examining patient

HARYANA



Labourer's Cervical Injury Treated

Rajinder, a 39 year old illiterate agricultural labourer, suffered a cervical injury at work, leaving him in excruciating pain and unable to move his limbs. After unsuccessfully seeking help in Karnal, he was brought to Arpana Hospital. Arpana's Dr. Lokesh Charaya, MS Ortho, Fellow in Arthroscopy & Arthroplasty, operated upon him with fusion of C5/C6 vertebral body with bone graft and plating – a first in this type of surgery at Arpana Hospital.

New Vehicle for the Differently Abled

The Baij Nath Bhandari Public Charitable Trust has donated a 10 seater Mahindra Jeep to Arpana for use in its program for the differently abled. This will be used to transport beneficiaries, trainers and workers for meetings, workshops and training sessions.

Arpana is very thankful to the Indian Development & Relief Fund, USA, the Christoffel Blindenmission, Germany, the Baij Nath Bhandari Public Charitable Trust, New Delhi, and the Tides Foundation (USA) for supporting Arpana's empowerment programs for the differently abled.

HIMACHAL

Training Program for Women in Tailoring

Arpana & NABARD held a 3 month training program in tailoring from February to April for 20 unemployed women of village Mankot of Himachal Pradesh. To encourage self employment, the trainees visited weaving and embroidery exhibitions in the handicrafts centre, Rang Mahal, as well as boutiques in the Chamba market on April 22.

Exposure Visit

20 farmers from Kolka, Bhalka & Priungal Villages visited the Farmers Information Centre, Saru, Chamba, Himachal Pradesh, on March 10 & 11.

Dr. Rajeev Raina, Centre In-charge, emphasized the need for bringing more land under cultivation for off-season vegetables and adopting new techniques to enable farmers to grow more vegetables on the same land.

Discussions on quality seeds, methods of sowing and preventing vegetables from diseases were held. The farmers were given free literature and quality vegetable seeds.



DELHI – Molar Bund Programs



Remedial Classes

Mrs. Bani Rajgarhia, a dedicated volunteer, identified 125 junior children who needed academic help. During an intensive 3 month program of remedial classes, Mrs. Bani assessed each child's improvement, sending them to their respective classes when competent.

AWIC (Association of Writers and Illustrators for Children) Function

14 Arpana students participated in the AWIC annual program on 2nd April. Three students received best reader of the year award and Ranjit won an art prize. Padam Shri, Ms. Manorama Jafa, spoke on Mahatma Gandhi, then met and interacted with the children.

Performance of 'Sitaraon ke Paas'

70 of Arpana's children performed the inspirational play on Kalpana Chawla, the first woman astronaut from India, at Shri Ram Centre. This was written and directed by Mrs. Sushma Seth, Arpana's Cultural Director.

Annual Library Day at Molarbund

Arpana's Annual Library Day, at which we especially remember and honour Mrs. Usha Seth, founder of Arpana development services in Delhi, was celebrated on April 22. 107 students participated by performing skits on national and mythological heroes as well as items of yoga, song and dance.

We are grateful to the Essel Foundation, Aviva Life Insurance Co. and Caring Hand for Children (USA), for supporting Arpana's education program at Molar Bund, New Delhi.

Your assistance is needed to continue these 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

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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

Tel: 91-184-2380801, Fax: 91-184-2380810, 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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