



Arpana

Newsletter

ARPANA TRUST, Madhuban,
Karnal, Haryana, India
March 2013

Arpana's Spiritual Ambience

Dissemination of Humane Values

The thrill and fulfilment of understanding our ancient heritage and seeing its relevance to making our own lives fulfilled and happy, have always attracted the inquiring mind. This understanding is extended through Pujya Chhote Ma's discourses on 'Urvashi', the name for Param Pujya Ma's elucidations of the Scriptures.



In January, 2013, discourses were held in Mumbai for 10 days for interested devotees.

Arpana members have re-organised Chhote Ma's monthly schedule of discourses in Delhi to make this powerful spiritual treasure more accessible to Delhi residents.

Arpana at the World Book Fair



Arpana showcased its publications at the World Book Fair in Delhi February 4-10. Arpana's unique rendition of the Srimad Bhagavad Gita and the Principal Upanishads by Param Pujya Ma were displayed. Miscellaneous gift items carrying the inspiring words of Param Pujya Ma, were a big attraction for people visiting the stall, as were the devotional *bhajans* being played at all times.

DELHI DIRECTIONS

NTT Graduates Run their own Community Pre-School Centres

These are small centres run by successful graduates of Arpana's Nursery Teachers Training course. The trainees are young women from the community who have started small pre-school initiatives for children in the age group of three and half years to nine years who are not yet in school. There are three centres which are running well under the guidance and supervision of Ms. Meena Sharma from Arpana. Fees

and attendance records are maintained, with the fees being the trainees' remuneration. Arpana Trust is also providing Rs.1000 per month per trainee as a stipend to sustain their project in the initial phase.



New World of Computer Education



Sandeep was working with G-Tour and Travels as a field executive, where he had to collect documents for visa etc. from the clients door to door. He was not happy because he was unable to get any further in his career. He saw the computer course, run by Arpana at Molarband, and certified by NIIT, as a ray of hope to empower himself in the world of computers. Being sincere and focused, he came out with flying colours. With his newly acquired skill and BIT-NIIT certificate, he impressed his boss who promoted him with a monthly salary of Rs. 19,000. His work profile has changed: now he does online ticketing, submits online passport and visa forms and communicates via e-mail with clients, corporate and other officials.

Visitor's comments

Ms. Natalie Gill visited Arpana's educational programs in Molar Bund on 4th February 2013. She wrote:

"What a beautiful experience. The work being done here is laudable and touching. I have renewed faith in humanity... Hope I can be of service in the future."

Ms. Natalie Gill



Special gratitude for supporting Arpana's Molar Bund programs is extended to Arpana UK, Essel Foundation and Caring Hands for Children, USA

HIMACHAL HIGHS

Blankets & Clothes distributed

Arpana distributed blankets and clothes to 50 poor families in the remote area of Jatkari Panchayat on Dec. 24, 2012. Mr. Vikram Singh, Deputy *Pradhan* of Panchayat Jatkari, distributed the packets. The families were very happy to receive the blankets and clothes as protection against the cold weather and the heavy snow fall they receive in winter.



Dai Training Programme



On 23rd Dec. 2012, a *Dais'* training camp of Kolka area at Gharani was held by Arpana's senior field workers, Parkash Chand, Chain Lal and Veena. 15 *dais* took part in this camp. The main topics of this camp were antenatal care, HIV/ AIDS, immunization, need and benefits of construction of latrines to make the environment clean and disease free and also on general hygiene to prevent various seasonal diseases.

Koshalya Devi – SHG Entrepreneur

Koshalya Devi, member of a self help group in Himachal, is from a very poor family. She has seven daughters and one son. Her husband is a marginal farmer having only one crop in an year. Koshalya Devi's idea of opening a shop came to her because there was no shop in their village and even in the nearby villages for daily consumable items. She took a loan of Rs.10,000 and opened a shop in her village in December 2012. In her first two months, Koshalya Devi's earnings were Rs. 2,000 a month. She expects to do even better in the future and to be able to meet her family's needs.



Our deep gratitude to the Tides Foundation and to Tom and Barbara Sargent of the USA who have enabled us to carry out these health and development programmes in Himachal Pradesh

ARPANA HOSPITAL

Ambulance donated by State Bank of India



Arpana is very grateful to the State Bank of India for their magnanimous contribution of an ambulance for Arpana Hospital.

This vehicle will strengthen Arpana's ability to address important emergency health needs of numerous patients in the area, including impoverished rural folk in Haryana villages.

A Temporary Pacemaker for heart patients

The State Bank of India also enabled Arpana to obtain an urgently needed piece of equipment, namely a temporary pacemaker – a lifesaver when a patient needs to be transported to a tertiary care hospital for a heart surgery.

Gynaecology and Surgical Camp at Arpana Hospital

A free Surgical and Gynaecology check up camp was held at Arpana Hospital on February 17, 2013, by Dr. Vivek Ahuja and Dr. Nisha Gandhi.

Out of the 25 patients they saw, 10 required immediate operations for Hystrectomy, Breast lump, Hernia, Colysystectomy and Hydroceel.

Operations as well as laboratory/ ultrasound tests were subsidized.



Clinical Training of RPIIT Nursing Students

RPIIT started its association with the hospital on Jan. 29, 2013, for clinical training of their nursing students. Nursing students of the first and second year come to the hospital along with their tutor. Special classes are held for them so that they can better understand the clinical situations. They also assist the nursing staff in their duties.

Restoring Light to Lives

Eye surgery by Vitrectomy

The first ever macular hole surgery was performed at Arpana in January 2013. This was possible only because of the magnanimous donation by Guernsey Overseas Aid Committee, through Arpana UK, of a vitrectomy machine through which crucial procedures can be performed for patients with diabetic retinopathy.



Eye Camps at Nodal Centres

Arpana Hospital organizes two eye camps every month in two nodal centers: Samalkha and Sanauli on the 3rd & 12th of every month. The



villagers are counseled about the importance and measures for early detection and control of eye diseases, as well as about high risk cases. An Eye specialist from Arpana Hospital screens the patients. Those diagnosed with cataract and other eye problems have operations at Arpana Hospital at subsidised rates. Transportation and food are provided to the patients free of cost.

Mahabir

Mahabir is a landless labourer, living in a mudbrick house with his wife and one daughter in Dehra village. His two sons and another daughter are married and living separately. Mahabir's right eye started to grow dim. When Arpana Hospital held an eye screening camp in the town of Samalkha, he hurried to be examined by the Eye Surgeon and learned he had a cataract. He was taken to Arpana Hospital, and the next day had an operation of his right eye with intra-ocular lens implant. He was truly grateful for Arpana's excellent services, which restored his sight and which were highly subsidized for him due to his lack of economic means.



Arpana's heartfelt gratitude to generous donors for support for our eye program as well as to the Baij Nath Bhandari Public Charitable Trust for valuable support for medical treatment for the rural poor in Arpana Hospital

Support for Village Eye Camps

Mr. Nafe Singh supported an eye camp in memory of his parents in Atta Village on Sept. 23, 2012. 214 patients were seen and 22 had operations at Arpana Hospital.

Mr. Rajinder Chaudhary, who is a social worker living in Bapoli Village supported an eye camp there on 23 December 2012. Out of 219 patients seen, 13 had operations at Arpana Hospital.



Commending Mr. Rajinder Chaudhary



VISION SPRING Eye Camps

Arpana Hospital formed a connection with an American non-profit company named 'Vision Spring', founded by Dr. Jordan Kassalow in 2001. This company has 27 partners all over the world and 8 partners in India. Its vision is "to provide vision for a dignified future."

Vision Spring organizes camps daily in different villages of Karnal to screen patients and counsel them for spectacles or any further interventions, including cataract surgeries. Spectacles are provided by 'Vision Spring' while Arpana personnel check patients for cataracts. Any surgeries that are required are done in Arpana Hospital. Arpana Hospital has performed 53 cataract surgeries through these camps.

Bone Mineral Density Camp at Arpana Hospital

A Bone Mineral Density Camp was organized at Arpana Hospital on 25th February, 2013, by Sunlight Medical Ltd.

Dr. R.I. Singh and Dr. Mishra attended the 82 patients who had come to be tested during the camp.

The test was conducted free although it usually costs Rs.1000. Medicines were prescribed for those identified with a condition of Osteopenia/ Osteoporosis.



HARYANA HAPPENINGS

Strengthening the Roots of Democracy in Rural Communities

A vital tool for good local governance, *gram sabhas* (village meetings) are still not conducted as they should be.

The Arpana team carries information and conducts events to create awareness for rural communities. Self help groups are networking within their villages and designating members to liaison with Panchayats about holding *gram sabhas*.



Over 1500 people participated in the *melas* in three villages of Abdulapur, Kaiharba and Taprana. Expressing his appreciation, the *Sarpanch* (headman) of village Kaiharba says: "It is because of Arpana's efforts that women are not only informed about *gram sabhas* but also participate in them actively."

Orientation Training

Arpana and an NGO, MARG, held a seminar at Kurukshetra University, Social Welfare Department, on 1st Feb. 2013, about the necessity of the *Gram Sabha* for local governance. This was enthusiastically received with all the students ready to join the programme.



Again on 21st February, a Training cum Programme Orientation was organized and students were instructed in ways to conduct a village survey. KU is ready to join with Arpana in a programme promoting *gram sabhas*. 50 students will conduct a survey in 72 of Arpana's villages from March 6-22 regarding the holding of *gram sabhas* and their effectiveness.

Arpana is thankful to generous donors, including IDRF and CBM who enable us to carry out health and development programmes in Haryana

CBM Supports Disability Program



Mr. Arun and Ms. Megha Maini, project officers from Christoffel Blindenmission, visited village programs for the disabled being carried out by Arpana.

They also visited the National Dairy Research Institute, Karnal, where a number of Arpana's SHG members, including disabled persons, were being trained to make bakery goods under the guidance of NDRI's Dr. A.K. Singh.

We are deeply grateful to CBM for their eye support over the years and their recent support for disabled persons.

Handicraft Sale at Chandigarh

Arpana's Handicraft section put up an exhibition in Chandigarh from Feb.15-17, which was attended by customers who had heard about the exquisite hand embroidery by village women. Arpana trains underprivileged rural women for income generation through fabulous hand embroidery on items such as household linen, nightwear for women, baby linen and garments.



Visitors' were full of praise: "As always, excellent work." "It is a feast for the eyes." "Enjoyed spending money for a good cause!" "A pleasure to see such neat and exquisite embroidery with immense value for money. An honour to be associated with a noble cause."

We, at Arpana, depend on your support for these programmes:

Both Arpana Trust and Arpana Research & Charities Trust are 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

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

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