



Param Pujya Ma

Arpana

Newsletter

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

The Spirit of Arpana

Sadhana Diwas

On 9th March 1958, Param Pujya Ma began her journey of devotional enquiry, which has inspired so many who had the good fortune to know her, hear her and live with her. This day is now celebrated annually amongst Arpana members and devotees as Sadhana Diwas.



Samadhi Diwas

16th April is the anniversary of Param Pujya Ma's samadhi, bringing the Arpana family together from Delhi, Karnal, Chandigarh, Jalandhar etc.

All devotees, the Arpana family and the staff of Arpana Hospital and Rural services gathered together to gain inspiration from Chhote Ma's elucidation of Param Pujya Ma's Words and Life, joining together in devotional *bhajans* and endeavouring to strengthen their focus on self enquiry as described by Param Pujya Ma, the Founder, Light and Soul of Arpana.

Arpana's Spiritual Website

The spiritual website of Arpana was put online on 22nd May, the *Punya tithi* of late Dr. J.K Mehta, revered Chairman of Arpana since its inception. Friends of Arpana worldwide, can now access Param Pujya Ma's video and audio discourses dating from the 1950's. Dwell in the Divinity that Ma embodied and continues to share so generously at our website, www.arpana.org.

Regular Discourses in Delhi



Pujya Chhote Ma's satsangs will now be held regularly on the second Friday and Saturday of every month at Arpana's Centres in Delhi – Molar Bund, Defence Colony, and Vasant Vihar. Her discourses link us once again to the humane values, which are precursors to living in a spirit of joy and peace through selfless service.

Delhi Developments

Homeopathic Clinic

Arpana Trust Community Welfare Centre, New Delhi, opened a Homeopathic Clinic at Vasant Vihar, Delhi under eminent Homeopathic consultants, Dr. Mohammad Qasim, MD, Dr. Khalid Qasim, MD and Dr. Reema Behl. The clinic is open from 10am to 12.30pm Monday to Friday.



Exposure Visit to Delhi Haat



On 5th March, 25 tailoring and craft students from Molar Bund, along with their trainer Ms. Mukesh and volunteers Ms. Shari Daniels and Ms. Ester, went to 'Delhi Haat' for an exposure visit. The students travelled by metro for the first time, and showed keen interest in the different handcrafted items. They were amazed to see beautiful shawls, each of which took 3 to 4 years to embroider, and sold for Rs. 5 lacs.

Students picked up ideas to create unique articles in their craft class. Shopkeepers agreed to take selected pieces made by the girls on consignment.

First Batch of 12th Class Students Graduate!

A gala graduation ceremony was arranged for our first batch of 12th grade students. Mrs. Reva Nayar was the chief guest. The middle grade students presented two dramas, 'Beauty and the Beast' and 'Snow White and the Seven Dwarfs' completely in English, directed by Shari Daniels. The youngest batch of the campus did a play 'Have you seen my Green Dinosaur?'. The senior students expressed their gratitude towards their teachers, who worked so hard for them to have a bright future, in the form of heartfelt messages wrapped inside small gifts.

Some of Arpana's 35 graduating students of class XII, with their school completion certificates



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

Haryana Happenings

Arpana has been in the forefront of health and development activities in targetted Haryana villages for 30 years. Patients come from over 500 villages while over 9,000 women are empowered through 613 self help groups.

Outreach Eye Camps

Monthly eye check up camps are held in two nodal centers, Samalkha and Sanouli, where patients requiring surgery are identified. 90% of these patients come to Arpana Hospital for their operations.

Arpana also organised a free eye check up camp in Village Barsat where Arpana's eye specialist screened 253 patients. Those diagnosed with cataract and other eye problems were operated at Arpana Hospital at subsidised rates.



Free Surgical & Gynaecological Check Up Camps

Village Dadlana: At a camp held on 31st March, a gynaecologist from Arpana Hospital screened and counselled 52 attending patients about the prevention and treatment of gynaecological problems.

Village Kohand: On 24th March over 50 patients were screened by Dr. Vivek Ahuja, General Surgery & Cancer Surgeon and Dr. Pushpa Kumari, Gynaecologist, from Arpana Hospital.

Those requiring surgery had operations at Arpana Hospital, at subsidised rates.

Arpana's heartfelt gratitude to Christoffel Blindenmission and other generous donors for support for our eye program, as well as to the Baij Nath Bhandari Public Charitable Trust for valuable support for medical camps and for treatment for poor patients in Arpana Hospital.

Empowering Women by Supporting Livelihoods



Sunita is a 40 year old widow, living with her parents for the past 17 years. She became a member of the Luxmi Self Help Group in her village 10 years ago and now has Rs.17,000 in her savings account.

Last year she took a loan of Rs. 32,000 to buy a buffalo and earns Rs.5,000 per month from milk sales. Her tailoring activities bring her Rs. 2,000 per month and she gets another Rs.2,500 a month as an Anganwadi helper. She has two children and is now able to send her elder son to college for his B.Tech degree.

We are deeply grateful to the Tides Foundation and to Tom and Barbara Sargent, USA, as well as India Development & Relief Association, who have enabled us to carry out these development programmes in Haryana villages.

Himalayan Notes

Income Generating Camps Empower Women



In Arpana's Gajnoi Centre, NABARD organized two income generating camps for 40 women of Arpana's Self Help Groups:

- ♦ A 10 day training camp on preparing pickles, squashes, jams, held March 7-16.
- ♦ A 13 day training camp on knitting socks with Chamba pattern, held March 7-19.

The main aim of these trainings was to empower women and make them independent.

First Outside Visit for Isolated Farmers

The visit to the Farmers Information Centre in Saru, Chamba, on March 22-23 for a 2 day training camp, was the first exposure visit for 20 farmers from the particularly remote and deprived Jatkari area.

Accompanied by senior field workers from Arpana, they learned about new ways to grow vegetables to be more productive and earn more.

They were also advised to obtain good quality vegetables seeds for improved produce and bigger harvests.



Our deep gratitude to Give2Asia and to Tom and Barbara Sargent of the USA who have enabled us to carry out these health and development programmes in Himachal Pradesh

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**

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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