



Param Pujya Ma

# Arpana

## Newsletter

ARPANA TRUST, Madhuban,  
Karnal, Haryana, India  
August 2017

### Arpana News

#### Arpana Drama Division Revitalized



With the appointment of Mrs. Niriti Vaid as Honorary Director of Arpana's Music & Drama Division, Arpana's cultural activity was infused with new energy, enabling collaborations amongst many like-minded persons and groups in Karnal for presenting dramatic enactments of stories told by Param Pujya Ma on the lives of our saints and sages of yore. These illustrious lives, with their innate humane qualities, inspire us to inculcate those beautiful qualities as well.

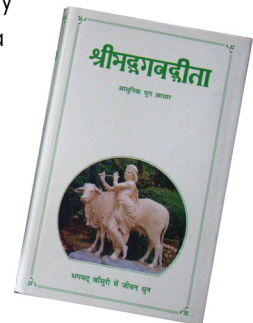
'Shabri', a very loved story from the Ramayan, as told by Param Pujya Ma to the young children around her, is being presented in the auditorium of St. Theresa's Convent School, Karnal, on 26<sup>th</sup>-27<sup>th</sup> August 2017, as part of the Arpana Day celebrations.

#### Gita Study Sessions in Defence Colony, New Delhi

Every Wednesday morning, a small study group of interested seekers collect at the Temple at E 22 Defence Colony to study the Srimad Bhagavad Gita as expounded by Param Pujya Ma so comprehensively.

They partake of the supremely enlightening answers by Param Pujya Ma in response to seekers' questions as recorded on videos. They then contribute their experiences and understanding of the *shloka* being discussed, and revel in the vibrant atmosphere such a sharing creates.

These study sessions are open to all who wish to join.



## Delhi Programs

### Felicitations for Arpana Students

Arpana held a Felicitation Ceremony at Arpana Centre in Molar Bund on 7<sup>th</sup> July 2017 to showcase the achievements of the Tuition Class Students in their CBSE Examinations. 29 out of the 34 students who took the CBSE 12<sup>th</sup>



Std Exam passed with first division marks. The Chief Guest, Mr. Vivek Saxena, CFO, Aviva Pvt. Ltd, which has been supporting Arpana programs for pre-school and primary school for many years, gave out prizes, congratulating each of them.



Arpana's top scorer, Bunty, told of his time of academic failure and how the motivation and inspiration he found through Arpana's dedicated teachers and volunteers led to his success. Other students received Special Awards for Excellence in Academics.

Teachers were also awarded for successfully teaching and motivating the students, including awards for Teacher Excellence distributed by Dr. Lena Gupta.

### Dancing into our Hearts!

Little girls of the Balvatika performed an adorable dance while the older girls danced with grace and verve.



### NIIT – CCIB

On April 4, an assessment test for 18 students was held by an external examiner from NIIT Foundation. Mrs. Sushma Seth distributed Certificates to all participants.

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

### Scholarships for Underprivileged Girls

Mrs. Mala Pal, former WHO director, initiated a generous donation through the Arpana Centre in Vasant Vihar, to assist girls, fated to become maids like their mothers, become career oriented women, able to stand on their own feet.

Arpana Community Welfare Centre has started a Scholarship program to provide Rs.1000 per month for girl students in classes 9-12 of a local Government School.

***Thank you to all who are responding to the need for an Education Fund for underprivileged girls, especially Mrs. Mala Pal and Mr. K.M. Noordeen of the Alpha Charitable Trust, Kerala***

# Arpana Hospital

## Camps for Diabetic Retinopathy & Glaucoma

On 1st May, Arpana Hospital held a Diabetic Retinopathy Camp at Gharaunda, where 24 patients out of the 154 patients required operations. Four Glaucoma Camps were held at Samalkha, Mustafabad, Dakhwala Gujran and Anhdeda Dilawara. Out of 359 patients, 46 required operations. Surgeries are subsidized/ free.



*18 year old Angrejo from Gharaunda suffered from cataract for many years. A free operation at Arpana Hospital brought her relief.*

## Haryana Rural Development

### Preventing Seasonal Diseases

In June, a campaign to prevent seasonal diseases was carried out in 85 villages through 102 street meetings, using role plays, songs, banners and flash cards. 743 Self Help Groups played lead roles and 8,486 women attended these meetings.



*SHG volunteers playing role play on water born diseases*

1. Trainers disseminated information on water borne diseases in village agenda meetings to SHG leaders.
2. Micro planning was done for street meetings and practical demonstrations.
3. Leaders shared information related to water borne diseases and micro planning with SHG members.
4. Group activities: showed how to make ORS, mobilized the community, made posters and presented health material.
5. Street Meetings were conducted by groups according to duties assigned in micro planning sessions.

**Deep gratitude to the India Development Relief Fund, Tom Sargent and the Tides Foundation, USA, for supporting programs in Haryana**

## Himachal Activities

### Free Speciality Camps – a Lifeline for Hill Folk

7 free camps were held at Arpana's Health Care & Diagnostic Centre, Bakrota.

**Gynae Surgeries:** Arpana arranged for 9 patients from previous camps to have free Gynae Camp surgeries at Satyam Hospital, Sultanpur, from March 1-25, performed by Dr. Hemant Sharma, MD.

**Eye Camp:** April 9. Dr. Chhabra, MBBS, DOMS examined 97 eye patients.

**Gynaecology Camp:** Dr. Hemant Sharma MD, Obst, Gynecologist examined 53 gynae patients

**Neurosurgery & Spine Camp:** April 17-18. Dr GV Ram Das, MCH, Neurosurgery (AIIMS), examined 165 patients.

**Paediatrics Camp:** May 29-30. Arpana's Dr. Tanu Goel, MBBS, DMCH, DHHM, treated 30 children.

**Medical Camp:** June 8-9. Arpana's Dr. R.I. Singh, MBBS, MD, FIMS examined 118 patients.

**Endoscopy Camp:** June 23-24. Dr. Rahul Gupta, DNB, FIMS, MNAMS, Gastroenterologist, assisted by Dr Aman Gupta, MBBS, did endoscopic procedures for 60 patients.

**Orthopaedic Surgeon:** Dr. Prashant Rana, MBBS, Orthopaedic surgeon, examined 145 hill folk.



*Drs. Rahul & Aman Gupta perform endoscopic procedures*

**Arpana is deeply grateful to Baij Nath Bhandari Public Charitable Trust for supporting Himachal programs**

*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 132037**

Send your contributions for health & development services in Haryana & Himachal to:

**Arpana Research & Charities Trust, Madhuban, Karnal, Haryana 132037**

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.*

**Information & Resources Office:** 91-184-2390905 **Executive Director:** 91-9818600644

emails: [at@arpana.org](mailto:at@arpana.org) and [arct@arpana.org](mailto:arct@arpana.org)

**Contact person: Mrs. Aruna Dayal, Director Development. Mobile 91-9991687310**

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