



Param Pujya Ma

Arpana

Newsletter

ARPANA TRUST, Madhuban,
Karnal, Haryana, India
December 2015

Arpana's Celebrations

Arpana Day

The birth of Param Pujya Ma was celebrated on 26th August. Devotees, friends and staff joined the Arpana family in the prayers at the Arpana mandir and *Samadhi Sthal*. An evening of devotional song and dance in the mandir on the 25th was drenched in the hues of Urvashi... Pujya Ma's greatest gift to mankind for posterity. *Priti Bhojan* was shared with love to all.



Krishan Sudama: Ma's words came to life through a devotional stage presentation, 'Krishan Sudama', which was enacted in a loving spirit of offering before the gathered devotees.

Urvashi Day/ Chhote Ma's Birthday/ Hospital Day

Param Pujya Ma's spontaneous flow of practical spiritual knowledge elucidating the scriptures, a lot of it in verse, commenced on 2nd October in the late 1950s. This day is celebrated as Urvashi Day at Arpana.

This day also marks the birthday of beloved **Chhote Ma**, who, for the first time, was no longer in our midst in physical form. However she is always in our hearts, and remembered with immense gratitude for her incredible gift of to us all... the faithful 'recording' of Urvashi on paper for posterity. *Priti Bhojan* was shared in a



spirit of loving togetherness by staff, family and devotees.

This day also commemorates the inauguration of Arpana Hospital in 1980 to provide medical assistance to rural folk. Over 1,500,000 patients have been treated in the hospital during these 35 years.

Himachal

Quilt Distribution

On 30th August, 25 needy and poor families were given quilts and another 25 families received 2 blankets each at village Bhadian-Kothi. Smiles lit up their faces in gratitude to Arpana for this comfort against the winter months.



A free Gynaecology Camp



A free Gynaecology Camp was held at Arpana Health Care & Diagnostic Centre, Bakrota, Dalhousie, on 27th September for 49 patients.

Dr. Hemant Sharma, MD. Obstetrician/ Gynaecologist, Satyam Hospital, Sultanpur, Chamba, examined 29 gynae patients. 4 of the 29 gynae cases were advised to have operations done in Satyam, which are free for the patients as the costs are borne by Arpana.

Seminar for Farmers

On 9th October, a farmers seminar was held at Arpana Centre, Gajnoi, by Government's Agricultural Officers from the Agriculture Technology Management Agency. 61 women and men from Arpana Farmers Groups and Staff took part. Dept. of Agriculture schemes, soil testing, subsidies and problems of dairy cattle were discussed. They were given a toll free number to call.



Strengthening Farmers Enthusiasm and Understanding



17 Members of Arpana's two Farmers Societies visited the Churah Valley Fruits & Vegetables Cooperative Society and the Vaishnavi Herbal Society Sei-Kothi in Bhanjaru in Tissa (Chamba District) on October 29-30 to learn their successful methods of procurement and marketing. These Exposure Visits

strengthened the farmers' understanding and enthusiasm ran high to improve their own societies' practices for greater income.

Arpana is grateful to the Baij Nath Bhandari Public Charitable Trust and Tides Foundation, for supporting health and development programs in Himachal

Haryana Rural

Health Camps for the Differently Abled

Arpana held free village health camps for the differently abled in August and September.

- ♦ Twice weekly camps at Budhakhera clinic
- ♦ 4 special village camps for 11 villages
 - 153 patients attended
 - 46 were referred to Arpana Hospital.
- ♦ Psychiatric camp with Dr. Vishal Chhabra, Delhi Psychiatrist, for 28 mentally challenged patients



Visits by Physiotherapists



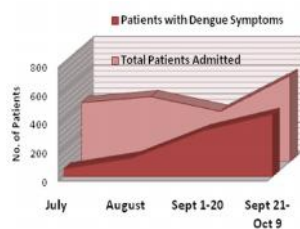
At the camps, two physiotherapists checked persons with disabilities (PWDs) whose joints had become stiff and who were unable to move. Specific exercises were taught to patients and relatives and they were also taught about nutrition. The physiotherapists monitored these patients by regular visits and telephonic follow up.

There is an 85% improvement in the mobility of PWDs after these personalized exercise regimens and follow-up.

Arpana Hospital

Dengue Patients Flood Arpana Hospital

Arpana Hospital has been inundated with patients with dengue-like symptoms (high fever and low platelet count) since the end of August 2015.



In July only 13% of our patients had high fever. In the first 20 days of September, 91% of patients admitted into the hospital had dengue-like symptoms.



1 ½ year old Sawan with a platelet count of 41,000

Eye Screening Camps in Partnership with CBM in Barana Village

- A **Diabetic Retinopathy camp** – 90 patients checked on Nov.8th
- A **Paediatric eye screening camp** 65 students checked on Nov.9th

Arpana is thankful to CBM, the Tides Foundation, IDRF and Baij Nath Bhandari Public Charitable Trust for supporting these programs

Arpana Delhi

Arpana Handicraft Sale – a Visual Yagya

In the gracious home of the Drs. Raj and Inder, Lena and Rahul Gupta in New Friends Colony from Oct.30 to Nov.1, the participants – host, family member, friend, seller or buyer – experienced the spirit of participation in a veritable yagya... each one was a limitless giver. The recipient was the Lord Himself... Ma Herself! Our hearts filled with gratitude for the opportunity of being part of this yagya, whose proceeds enable underprivileged rural women to find a better life.



Success Stories



Avinash Chaudhary from Molar Bund has been in Arpana since the 6th class. After clearing his CBSE, he is now pursuing his BA from the UP Board. He took the NIIT 3 month computer course but was unable to complete it. Even so, he got a job as an MIS executive at Rs.10,000 per month. Given a second chance to take his NIIT course, he earned a good 70% marks!

Divya studied at Arpana upto class 10, then did her BA from Delhi University. She is now a Senior Certification Executive earning a salary of Rs.33,000 per month. She has represented her company abroad in Germany and Dubai at the Organic Fair in 2013. She says, “Whatever I have achieved today has been possible only due to the support of my teachers at Arpana.”



Our deep gratitude to Essel Foundation, Aviva Pvt. Ltd. and Caring Hand for Children for supporting Arpana's education 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.

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

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