



Param Pujya Ma

# Arpana

Newsletter

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

## Arpana News

### Christmas Joy

The Christian community celebrated the Birth of Christ with Arpana when nuns and priests, along with carolers, sang favourite hymns and carols in the Arpana mandir, Madhuban, Karnal. A beautiful talk, remembering the blessings we receive from the exemplary life and words of Jesus Christ, touched the hearts of all.

The Arpana Family in Delhi celebrated Christmas in a gathering filled with love, warmth and gratitude. About 50 family and friends watched a video of 'Amal and the Night Visitors' performed in 2000 by



Arpana's children. The message of love and forgiveness depicted in the presentation permeated the walls of materialism and isolation that modern society tends to build, bringing joy and peace to all. Christmas carols, delicious festive foods and twinkling lights added to a delightful evening.

### Arpana at the World Book Fair

Param Pujya Ma's elucidations of the Scriptures including the Srimad Bhagavad Gita, the Japuji Sahib, many of the Upanishads, Vedanta questions and answers and many others were available to seekers and the general public at the New Delhi World Book Fair held from January 7-15, 2017.



Musical offerings included *bhajans* by Dr. AK Anand and the *Ishavasyopanishad*, sung by Usha Mangeshkar. Hand-made paintings, cards, bookmarks and the Unity picture, all carrying inspirational words of Param Pujya Ma were greatly appreciated.

# Haryana Rural Empowerment

## **Gram Sabha: a Vital Platform for Participatory Governance!**

**Gram Sabhas** were held in December, 2016, and in early January 2017. Arpana and 2 teams of SHG trainers presented lively street plays in 5 villages, to promote community participation in *gram sabhas*. Over 800 men and women watched the plays and understood what a vital role the *gram sabha* plays in accountable governance at village level.



**Arpana is deeply grateful to Indian Development & Relief Fund, USA, for supporting programmes for women's empowerment and the differently abled**

**Keeping pace with rapid currents of change:** Arpana plunged into the rapid currents of change after demonetization, and the lingering cash crunch! Women members of 800 self help groups had to understand the changing landscape where cashless transactions will be the new norm.



Simple, practical training modules were prepared by Arpana's team to equip women for the cashless environment. In 3 days, over 650 village women in 83 villages participated in village

level training sessions and learnt to fill cheque books, NEFT forms, get ATM cards issued and utilize ATMs! Groups of women were taken to ATMs to familiarize them with their use. It was rewarding to see the women's enthusiasm and interest.

## **Arpana Hospital**

### **Cervical and Breast Cancer Camps**

**With the generous support of Asia Initiatives**, Arpana Hospital organized cervical and breast cancer camps in villages on Nov. 27-28, Dec.6-7, and Jan.20-21 where 427 women were examined. Special training is being given to SHG women at Arpana Hospital so they can raise awareness in the villages of the importance of cancer screening.



*Awaiting their screening examinations*

## Delhi Programs

### 'REJOICE' – Arpana Community Centre

**Research:** Discussions were held on Param Pujya Ma's unique and liberating elucidations of the Srimad Bhagavad Gita. Two leaders gave spiritual talks:

**Nithya Shanti** spoke on 'Transcending Stress in Daily Life' and 'The Joy of Giving and Forgiving'. The young audiences were enthralled by his insights.



**TS Ananthu**, eminent researcher, environmentalist and thinker, spoke on 'Thinking, Creativity and the Creator'. Several scientists and engineers inundated him with questions, as did the rest of the audience, including parents interested in child development.

### Tuition Support for Disadvantaged Students in Vasant Vihar



Arpana is focusing on providing quality education for disadvantaged children by holding tuition support classes at a Government School for 160 children in classes 1 and 2. English, Hindi and Math are taught by teachers trained by Arpana in new and effective methods. When they have a firm foundation in basics, children are better able to progress towards academic success. Music and Art are also taught, bringing creativity, freedom and fun into their lives.

## Molar Bund

### Workshop Results in Dramatic Presentation

A workshop, organized by Mrs. Sushma Seth, at Arpana's educational centre by the National School of Drama, from Dec. 22 to Jan. 5, presented a play, 'Swaan Puraan'. It was staged at Arpana with a cast of 25 boys from classes 5-8, on 5th January. The presentation shows that unwillingness to take on civic responsibility, results in our suffering the loss of quality of life – on the physical, material, and the emotional levels. The main focus of the workshop was to enhance the students' concentration, innovation and imagination as well as to discover talents for the students' better holistic development.



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

## Arpana in Himachal

### Farmers Cooperative Producers Society

has 52 members in the Gajnoi Society and 104 members in the Badia Kothi Society. They elected their presidents and working committee members and made a practicable business plan for collective purchase of high quality seeds and equipment as well as collective marketing of produce by consensus.

Farmers will start collective marketing from March 2017 onwards.



*Deep gratitude to Tom Sargent and the Tides Foundation for development in Himachal*

### Skills Training Courses at Arpana Hospital under Pradhan Mantri Kaushal Vikas Yojna



*Dr. Rahul Gupta speaks to the 96 students who are taking the initial classes*

*Deeply grateful to Drishtee Foundation* who is helping Arpana Hospital set up 2 training courses, which were inaugurated on Feb.12. Drishtee is a skill training academy and is approved by the Sectors Skill Council. These two-month courses are for Emergency Medical Technician and General Duty Assistant, with expenses paid by the Central Government. Arpana will assist the students to get placements on completion of the course.

*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 132 037**

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

**Arpana Research & Charities Trust, Madhuban, Karnal, Haryana 132 037**

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.

**Arpana Hospital: 91-184-2380801, Info & Resources Office: 91-184-2390905**

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

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

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