



Param Pujya Ma

# Arpana

## Newsletter

ARPANA TRUST, Madhuban,  
Karnal, Haryana, India  
March 2018

### Arpana News

#### Urvashi Bhajan Sandhyas in Karnal

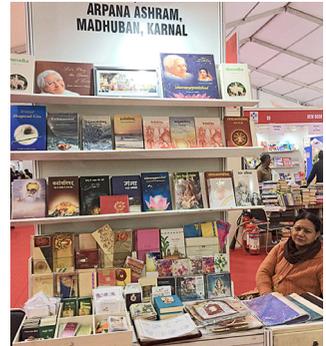


Tendrils of Love draw hearts and souls together as *Urvashi Bhajans*, Param Pujya Ma's devotional poetical offerings, transport us into the world of a Seeker who has surrendered her all at the feet of the Lord.

Musical gatherings are being held on the last Sunday of every month at the homes of volunteers who feel blessed to open their homes to Arpana members and the Urvashi singers, led by Dr. Krishna Arora, as well as to friends and neighbours.

#### Arpana at the World Book Fair

Arpana showcased its spiritual literature and devotional memorabilia at the New Delhi World Book Fair from 6-14 Jan. 2018. The event is a wonderful opportunity to meet new people and introduce them to various aspects of Arpana's services. It was heartwarming to see many young people take an interest in reading the Upanishads.



#### Celebrating the Divine Birth of Christ

Ashram members were joined by friends and staff of Arpana Hospital and Services in seeing a video of 'The Cleansing of the Temple'. Ma's poignant words illuminated the divine motivation of Christ whose every action proclaimed, "Not my Will, O Father, but Thine." This was followed by heartfelt carol singing and a special Christmas dinner to commemorate the birth of the Lord.

## Himachal Highs

### Knitting Warmth and Love to Raise their Families

Arpana held three training workshops, sponsored by NABARD (Shimla), in the last half of December 2017 at three villages of Bhadian-Kothi, Mihani and Gajnoi.

90 village women (30% of the village women) attended the two-week training work-shops and learned to knit socks, sweaters, baby suits, etc. This training has enabled the women to help support their families, and lead lives of self-respect, dignity and self-confidence.



## Haryana Rural Empowerment

### Vikas Utsav – A Vibrant Village Fair



*A lively play on governance was staged*

18th January 2018 saw a scene of excitement on the school playground of village Dibarki Kalan as the Federation of self-help groups (SHGs), Jan Shakti Mahila Vikas Sangathan, organized a vibrant village fair to celebrate a commitment to promote effective women's participation in local governance. SHG women were introduced as members of volunteer committees to identify local problems and pursue their resolution through Panchayats.

Members of four Panchayats were invited. All attended and were honored. 300-500 SHG members and other village residents participated. A robust tug of war, many races and games were conducted and delicious snacks were offered in an array of stalls, put up by the local self help groups.

*SHG women race along carrying pots full of water*



**Arpana is deeply grateful to Tides Foundation and IDRF, both of the USA, for support for these programs**

## Delhi Programs

### Workshop conducted by Family Planning Association of India

Workshops about reproductive health were conducted with the students of non-formal education, beauty culture, tailoring and craft by Dr. Suchitra Wadhwa and Ms. Asha from the Family Planning Association of India. This was a first time exposure for these girls to learn about reproductive health.



### 'Music by Children for Children'



43 young students from our educational centre at Molarband, were thrilled to be invited by the Sitar Maestro Shubhendra Rao and his wife, Saskia Rao, a proficient Cello player, (both Padmashree Awardees) for a Musical Event sponsored by their Foundation Musikul on 18th November 2017.

The children were exposed to the highest quality of classical music and got an opportunity to interact with renowned names in the world of Indian Classical Music. The program thus initiated young children to the power of music in the moulding of young minds. We are grateful to Shubhendraj and Saskiaji for their initiative.

### AIIESEC Conducts Seminar and Invites Students to 'Bal Kalakar'

AIIESEC is a French NGO striving for peace and fulfillment of human potential.

They held a seminar with Arpana's class 5 students in 2 shifts, creating awareness on the power of unity and optimism. Health, hygiene and balanced diet were also discussed. AIIESEC also invited the students for a *Bal Kalakar* event at Dayal Singh College on Dec. 24, 2017. 91 boys and girls enjoyed the fun filled activities.



**Arpana is grateful to Essel Foundation, New Delhi, Aviva Co. Ltd. and Caring Hand for Children (USA) for educational support**

# Arpana Hospital

## Newborn Workshops for Rural Women



*Dr. Tanu explains Arpana's neonatal ventilator, the first in the area, for safely transporting newborns in an ambulance, to SHG women.*

Sponsored by Arpana Canada, workshops on Neonatal Care were held at Arpana Hospital on 31<sup>st</sup> January and 1<sup>st</sup> February by Dr. Tanu Goel to train self-help group women volunteers from different villages of Karnal District.

87 SHG women attended the workshops to learn to assist pregnant women in their neighbourhoods. Safe delivery, nutrition, breast feeding, prevention of infection, hypothermia, etc. were discussed.

## Paramedic Officer from Northern Ireland Teaches EMT Classes

Arpana's classes for Emergency Medical Technicians are being taught by a visiting Officer from the Northern Ireland Ambulance Service, Mr. Frank Armstrong. The students are enthused and eager to learn. "They are a fine bunch of students," Frank stated.



*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**

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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.

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