

Param Pujya Ma

Arpana

Newsletter

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

Arpana Ashram

The benediction of Urvashi

‘Urvashi’ is the name given to the life-giving spiritual knowledge that flowed forth from Param Pujya Ma for several decades. Whosoever partakes of it, experiences the joy and fulfilment that results when that knowledge is practised in life. At Arpana, 2nd Oct, Urvashi Day was celebrated in joyous togetherness by the entire congregation. Hearts were uplifted in prayer and gratitude as Urvashi *bhajans* filled the atmosphere in divine harmony.



Celebrating Arpana Hospital's Anniversary



Doctors and staff of Arpana Hospital joyously reiterated their commitment to service on 2nd Oct, the 38th Anniversary of Arpana Hospital.

Dr. Ela Anand, a driving force for setting up Arpana Hospital, speaks at the ceremony

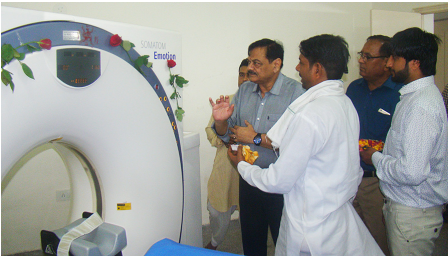
Yagya of Love and Togetherness – a Handicrafts Sale to Empower Village Women!

Drs. Raj, Indar, Lena and Rahul Gupta throw open the doors of their hearts and home every year for 3 days to support our needy rural sisters and to provide a marketing platform for the high quality home linen and garments that they hand embroider with great love. This year, as always, a divine atmosphere prevailed as friends and well-wishers joined to make the atmosphere divine with their zeal and enthusiasm. A big THANK YOU to the Gupta family and all our supporters.



Arpana Hospital

Initiatives to fulfil Arpana's mission of affordable medical care for rural patients:



New Computed Tomography (CT) Scan Department, a Joint Venture Project with Rapid Medicare Pvt. Ltd., with a 2 slice Siemens CT Scan machine, was inaugurated on 2nd Oct.

A New Cardiology Department was inaugurated, headed by Dr. Kamal Kishor, MD, DM, Cardiology (Gold Medalist), ICMR Awarded.

NABH Certification: Dr. (Brig.) AK Choudhary (Retd), Medical Superintendent, announced that Arpana Hospital has successfully completed the first step of the certification for National Accreditation Board for Hospitals (NABH).

Himachal Activities

Refresher Training Camps for midwives were held by Arpana's doctors in August and September. These women from Arpana's target villages had been trained as midwives over the past decade due to the difficulty of pregnant women reaching a medical centre on time for childbirth.

'Life Saving' First Aid Training Camp was held by Mr. Frank Armstrong, Divisional Training Officer of N. Ireland, at Arpana Centre, Gajnoi on 25th & 26th September. The 34 participants included women from Arpana's Self Help Groups and midwives from remote villages trained by Arpana, as well as young men and women trained by Arpana as tourist guides.



Treating a broken arm



Free Multispecialty Medical Camp

A Medical Camp for Gynaecology, Ophthalmology and Orthopaedic Surgery was held at Arpana Health Care & Diagnostic Centre, Bakrota, Dalhousie, on 21st October, for 95 patients from Dalhousie, Chowari, Chamba and Salooni.

Dr. Hemant Sharma (MD, Gynaecologist), Dr. Parshant Rana (Ortho Surgeon) and Dr. S.K Saini (Eye Surgeon) from Pathankot examined and advised the patients.

Heartfelt gratitude to Tides Foundation, USA, for support for health and development activities and to the Baij Nath Bhandari Public Charitable Trust for sponsoring Specialty Camps for hill folk in Himachal

Delhi Programmes

Creating Mental Health Awareness

3 teachers from Arpana Trust participated in a workshop on 'Communication on Mental Health' at Lady Irwin College. They then conducted awareness sessions for young people at Arpana Educational Centre, Molar Bund, using games to engage participants in a dialogue to create awareness about mental health.



Games on mental health awareness with teenage girls and young ladies

Scholarships for Disadvantaged Children



Children who received scholarships at Rejoice.

Arpana's Rejoice Centre in Vasant Vihar held its first term Scholarship program on 12th October. 50 children were awarded Scholarships under five categories. This provides motivation to stay in school as well as small, but important supplemental assistance to help them do so.

Arpana is deeply grateful to magnanimous donors for its Scholarship and Tuition Support Programs for the underprivileged in Vasant Vihar and Molar Bund

Moringa Tree – Nutrients Available to All!

Dr. Veena Aggarwal, one of the country's finest nutritional experts, discussed the nutritional importance of the Moringa plant at Rejoice, Arpana's Centre in Vasant Vihar, on 29th September. Moringa food items, including delicious Kathi Rolls, were served to everyone's delight, and recipes were shared!



Haryana Rural

‘Arpana Durga Vahini’- A Force for Good

Arpana’s self help group women are actively engaged in Durga Vahini – a Force for Good – a band of about 50 women formed to counter the violence which erupts around illicit liquor sales. These women step out as watchkeepers at night. They speak about the village conditions at regular meetings held thrice a week, supported by the panchayat. Illicit liquor sales have almost stopped along with decrease in harassment and rowdiness.



Arpana Participates in Haryana Launch of the BHIM App

The Bhim App is an initiative by the Prime Minister for direct payments by mobile phones. The Haryana public inaugural function was attended by Chief Minister Mr. ML Khattar. Arpana’s rural staff, along with 200 self help group women, participated. Taprana Women’s Dairy Collective, facilitated by Arpana, had a stall which was visited by all dignitaries including the Chief Minister.



Arpana senior SHG women (right) presented sweets to the CM – he paid by the Bhim App on stage!

Our deep gratitude to the Tides Foundation and the International Disaster & Relief Fund (IDRF), both of the USA, for grants for rural development programs in Haryana

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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Arpana Trust, Madhuban, Karnal, Haryana 132037

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

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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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