



Param Pujya Ma

Arpana

Newsletter

ARPANA TRUST, Madhuban,
Karnal, Haryana, India
December 2019

Arpana Ashram Events

Urvashi Day

Today, more than ever before, the world needs and yearns for that knowledge which connects us with our inner Self, transcending all other barriers, in order to unite with our Maker. 'Urvashi' the spontaneous flow of such unique and precious knowledge began to flow forth from the lips of Param Pujya Ma in harmonious song on 2nd October, 1958.

Symbolically, the close tie between Urvashi and Pujya Chhote Ma was predestined by the Divine Hand, since this day is also Chhote Ma's birthday. Chhote Ma's purpose of life was to record the beautiful flow of Urvashi in writing for the benefit of mankind. It is thanks to her diligent and persevering effort that we have with us today, a reservoir of the Vedantic knowledge given to us by Param Pujya Ma.



We celebrated this day at Arpana on 2.10.19 with a conjoining of hearts as we all gathered to hear Ma's Divine Word and Voice at Arpana Mandir and Samadhi. Singers from Urvashi Lalit Kala Academy, Model Town, Karnal sang *bhajans* in a spirit of joyous gratitude.



Biji – a Tribute

Arpana's revered and dearly loved 'Biji', Mrs. Satya Mehta, wife of Late Dr. JK Mehta, (Arpana's Chairman Emeritus, respectfully known as 'Papaji'), left for her divine abode on 20th September 2019. Her life has been a continuous celebration of love, selfless service and identification with all. She was a mother and a friend whose heart throbbed for each one with whom she associated.

Rural Empowerment

Irrigation Tanks in Remote Himachal Villages

On 15th October, construction on two Irrigation tanks was started in Dadar and Naini villages, Chamba District, Himachal Pradesh. These villages are 16 km from Chamba Town, 10 km of which they have to walk before they reach the road. The hill folk want to grow vegetables but they have not had water for irrigation. These tanks benefit 139 hill folk (25 families), who can now grow vegetables, the sale of which will improve their economic condition.



*Self Help Group members
with water tank*

Aam Sabha

The Vikas Federation of 430 women's self help groups (SHGs), held their Annual General Meeting on 3rd Nov. in village Araipura with chief guests Mr. Abhimanyu, DDM Karnal, and Ms. Ayesha Kalyan, representing her father, the local MLA.



*'Narad' exhorts all
to stop using plastic!*

A short play on the Government's programs, **Swach Bharat** (Cleanliness), **Swasth Bharat** (Health) and **Plastic-Free India** was presented by Arpana trainers. It was liked and appreciated by the 1,200 SHG women who participated. They discussed how they could implement these activities in their villages.

All participating women pledged not to use plastic as well as to work towards making their villages plastic free. This was followed by *preeti bhojan*, a meal made and served by the SHG women hosts themselves.

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

Hospital Anniversary

Arpana members, doctors and staff celebrated Arpana Hospital's 39th Anniversary on 2nd October. Set up to provide modern medical care to rural patients, Arpana Hospital continues to abide by its mandate.

Free Medical Camps

Free Endoscopy & Gynaecology Camps

These camps were held at Arpana Hospital in August and September by well-respected volunteer doctors from Delhi, who are also Arpana members.

An Endoscopy Camp was conducted by Dr. Rahul Gupta, MBBS, DNB, FIMS, MNAMS, Consultant Physician and Gastroenterologist, Holy Family Hospital, Fortis Escorts Hospital, National Heart Institute, PSRI, New Delhi. Dr. Rahul examined 178 patients and provided endoscopy procedure to 58 patients. 121 patients were from rural areas.



Endoscopy by Dr. Rahul Gupta

A Second Endoscopy Camp was held on September 29. Dr. Rahul examined 197 patients. 51 endoscopic procedures were for patients from rural areas.



A Gynaecology Camp was conducted by Dr. Lena Gupta, MBBS, DNB, MNAMS, Senior Consultant (Gynae) Fortis La Femme Hospital, who examined 176 patients.

Dr. Lena Gupta with patients

Surgical Camp on 9th November

A Surgical Camp was held at Arpana Hospital on 9th November. 69 patients from rural areas were given free consultation by Dr. Vivek Ahuja and 11 required surgery. Nineteen patients were also referred to other departments of Arpana Hospital.

Free Gynae, Orthopaedic & Medical Camp at Bakrota Center, Dalhousie, HP

A free Gynae, Orthopaedic and Medical camp was held at Bakrota Center on Nov. 10. Snowfall and extreme cold limited the number of patients, but the 41 patients, especially from Banni in J & K, were deeply appreciative.

Dr. Parshant Rana (Ortho Surgeon) from Rana Hospital, Sultanpur, Chamba, examined the patients.



Deep gratitude to the Friends of Kalpana & Jaydev Desai (USA) and Baij Nath Bhandari Charitable Trust for sponsoring free medical camps.

Delhi Programmes

Arpana Ex-Students Give Back

On 30th Sept, 3 former Arpana students, who obtained valued jobs at Westside, an upscale Tata Retail Enterprise, visited Balvatika to conduct an awareness session with tiny tots to make them aware of good and bad habits and learn not to take anything or go anywhere with strangers.



Psychosocial Counseling for School Teachers

On 28th Sept Arpana Trust school teachers attended a workshop at Swami Shivananda Memorial Institute (SSMI) for psychosocial counseling with Mrs. Vijay Laxmi in effective interactive sessions.



Medical & Dental Checkup Camps for Balvatika at Arpana's Education Center

Organized by the Chocolate Foundation, in partnership with Apollo Hospital, on 5th July, doctors from Apollo Hospital conducted health camps for nursery children. 220 children were given medical checkups while 67 children had dental checkups.

Dental Check up

Deep gratitude for education support to Aviva plc, UK, Essel Foundation, New Delhi, Technip India, Caring Hand for Children, USA, and Arpana Canada.

Your compassionate support sustains Arpana's Services

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