



Param Pujya Ma

# Arpana

## Newsletter

ARPANA TRUST, Madhuban,  
Karnal, Haryana, India  
March 2020

### Arpana Ashram Events

#### 'Urvashi Sandhyas' – Evenings of Devotional Music

Param Pujya Ma's devotional *bhajans*, spontaneous songs to her Lord, are the magnet that draw seekers, friends and music lovers to gatherings in Karnal, recently held on 26<sup>th</sup> Dec., 25<sup>th</sup> Jan. and 8<sup>th</sup> Feb., to sing and hear her enlightening poetry... what she called her 'love letters to her Lord'!



*Lighting the Jyot for the Sandhya*

#### Arpana at the Chandigarh Book Fair



Arpana's stall at the Book Fair (Feb.1-9) showcased Hindi and English publications of 'Urvashi', Param Pujya Ma's elucidations of the Scriptures, clarifying the eternal values of Love, Forgiveness, Honesty, Integrity, Magnanimity, Compassion, Humility, etc., which constitute the essence of all religions throughout the ages. Arpana Trust's mission is to disseminate the eternal values through media, discourses, inspirational stage presentations and service.

#### Arpana Family Celebrates Christmas in the Mandir, Trust House



# Haryana

## International Disability Day

650 differently abled people, along with 200 of their family members, celebrated International Disability Day in village Budhakhera on 2<sup>nd</sup> January. They were members of 46 Differently-abled Persons Organisations (DPOs) organized by Arpana in over 45 villages. The Chief Guest, Mr. Dinesh Shastri, Haryana Commissioner of Disability, commended Arpana on their programs for income generation, social inclusion and education for children as well as assisting the differently abled to access their Government benefits.



## Annual Meeting of the Unnati Women's Federation



The Unnati Women's Federation of Self Help Groups' Annual General Meeting was held in village Budhakhera on 2<sup>nd</sup> December with 398 groups participating. Their main agenda was Clean, Healthy and Plastic Free India.

Arpana's Leaders and Trainers presented a short play to motivate all for a Clean India. The women also detailed their problems with the banks, which, the chief guest, Mr. Surender Singhal of NABARD, assured them would be addressed.

Mr. Sikka informed the women about training for home income generating activities, organised by Punjab National Bank in village Kachhwa.

## Sahara

Sahara, 19 years old, was crippled in both legs when she got polio as a child. She became a member of Arpana's Differently-abled Person's Organization in her village, Peerbadoli. Arpana provided her a hand-operated tricycle in 2017 so she could be mobile.

With Arpana's support, Sahara completed her primary education and is now studying in the 9<sup>th</sup> class. When her father died recently, Sahara started to give tuition to 7-8 children of the 1<sup>st</sup> & 2<sup>nd</sup> grades to support her mother's household expenses, earning Rs. 800 a month. Her mother is very happy to see her determination to keep moving forward by defeating her disability.



***We are deeply grateful to the Tides Foundation and the International Disaster & Relief Fund (IDRF), USA, for grants for rural development programs***

## Arpana Hospital

### Endoscopy Equipment for Arpana Hospital!



The long awaited Endoscopy Equipment, donated through the **Tides Foundation, USA**, arrived on 16<sup>th</sup> Feb, much to the delight of all doctors, technicians and staff. No longer dependent on waiting for outside equipment, Arpana will be able to test patients when they need it.

*Dr. Sinha with the new machine*

### Arpana Doctors Raise Health Awareness

Dr. Alok Sinha and Dr. Tanu Goel, of Arpana Hospital, organized five village health awareness camps in January and talked with 667 villagers about obesity and its impact on health and how to prevent respiratory problems in young children, especially in winter.

### Building a Bridge between Communities and Arpana Hospital

A team of 19 Swasthya Sakhis (Health Facilitators) from five villages has been formed to act as a bridge between the communities and Arpana Hospital to assist patients from these villages and to address any problems they may have encountered.



## Himachal Pradesh

### One Day Training Camp for Farmers

On 6<sup>th</sup> January, 25 farmers participated in a camp at Arpana Center, Gajnoi, where Dr. Renu Kapoor, Incharge of the Organic Farming Program at Saru, Chamba, explained the Government organic farming project to the farmers.



Incentives are given when farmers pledge to use only organic methods to control pests and diseases. 1 kg. good quality mustard seeds, which have extra yield, were distributed to each farmer.



## Delhi Programmes

### Scholarships!

The Gyan Arambh Scholarship Awards, 15<sup>th</sup> January, were given at a function at Rejoice, Arpana's Centre in Vasant Vihar, New Delhi. Scholarships were given for academic proficiency, excellence in individual subjects and attendance.



*Some of the proud recipients of Gyan Arambh scholarships*

### Distribution of Warm Woolen Clothing



Warm woolen clothes were distributed to the needy people of Gautampuri on 6<sup>th</sup> January 2020, thanks to the generous support of Mr. Ravindra Bahl.

On 2<sup>nd</sup> January, red woolen sweaters were distributed to 147 students in our junior Balvatika (nursery class), gifts from our sponsor, Aviva Pvt. Ltd., bringing smiles to the faces of these tiny tots.

***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***

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 132037**

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

**Arpana Research & Charities Trust, Madhuban, Karnal, Haryana 132037**

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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