



Param Puja Ma

Arpana

Newsletter

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

Arpana Events

Sadhana Day

In view of the Covid 19 pandemic, only close Arpana family members gathered at Ma's *Samadhi* in Madhuban to celebrate the commencement of Param Puja Ma's *Sadhana*, on 9th March.

The thrill of hearing one of Ma's early elucidations in song echoed in our hearts, while their meaning thrummed a deep connection within us.



Ram Naumi, Easter and *Samadhi* Remembrance

Param Puja Ma believed in the essential Unity and Oneness of all religions. Remembering the Lord on Ram Naumi, Easter and the anniversary of Ma's *Samadhi* wove new threads of knowledge, experience and joy into the tapestry of Ma's Legacy – which is ever expanding, ever clearer and forever with us.



Arpana Hospital

COVID-19 Initiatives of Arpana Hospital

Responding to the District Administration's call for fighting COVID-19:

1. Arpana Hospital converted the entire second floor of the hospital into isolation wards for Covid-19 patients, if the need arises.
2. Separate registration and OPD for patients with flu-like symptoms.
3. Wash basins installed at hospital entrance for all to wash hands thoroughly before entering premises.
4. Sanitizers, gloves and masks were provided to all the departments.
5. Frequent training sessions on COVID-19 infection control practices were conducted for all Hospital Department staff.
6. Doctors and nursing staff are required to use PPE kits.



Until PPE kits arrived, the hospital staff used N-95 masks, disposable coveralls and goggles donated by the Northern Ireland paramedic team. Thank you, Northern Ireland!

Training for Doctors, Nurses and Paramedics

A six-day 'Life Saving Training' was given at Arpana Hospital, from Feb.20-25 by Mr. Frank Armstrong, Divisional Training Officer of Northern Ireland Ambulance Services, supported by Dr. Davinder Kapur, Police Surgeon (Retd.), Northern Ireland.

Basic Trainings for nurses, paramedics and staff included CPR (Cardio Pulmonary Resuscitation) for paediatrics, the newborn and adults.



'Advanced Life Support (ALS),' included CPR with Defibrillation, AED (Automatic External Defibrillator), Multi Para Monitor, and 12-Lead ECG topics as well as ECG (electrocardiogram) tests.

Advanced Training for Doctors: A new protocol in maintaining a patient's airways in emergency situations was demonstrated to Arpana doctors.

Molar Bund

Professional Support from Swami Shivananda Memorial Institute

Assessment of Students, classes 1-6

In February, Arpana teachers had identified 42 students for SSMI evaluation. Some with learning disabilities required special assistance. Others needed counselling and still others needed to repeat their classes.

SSMI Student Assessment Workshop

In a workshop on 7th March 2020, Arpana Balvatika and primary class teachers learned how to use teaching aids for assessment sessions, how to note relevant observations and maintain detailed registers to track the progress of each child.



Workshop on Pre Math Concepts

Different techniques were used to introduce pre-math concepts in a fun filled way. These activities cleared many doubts of the primary teachers.

Teaching Disadvantaged Students in the Time of COVID-19

We are adhering to the Government implemented lockdown rules very strictly and everyone is staying home to be safe.

We have been looking for a plan to continue providing support to our children at this crucial time. Most of our students don't have laptops but most have access to smartphones of their relatives as they live in joint family set ups. These smartphones have basic internet plans, although not enough to run online classes.



The practical option was to create 'WhatsApp' groups for each class, and send live teaching videos by class teachers, along with worksheets for assignments. The children complete their assignments and return them to their teachers, who provide feedback.

At present the majority of our students are connected with us and are benefitting from this initiative.

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

Delhi

Vasant Vihar Centre – Enabling Disadvantaged Students

Arpana's program, **Gyan Arambh**, is a tuition program, empowering over 100 students from disadvantaged homes.



After completing the mandatory class syllabi in February, class focus was on the end-of-year examinations.

- ~ Review entire syllabus, with special focus on English, Math & Science.
- ~ Re-teach difficult concepts.
- ~ Social Studies and Hindi, subjects not routinely taught at the Center, were added for review due to students' requests.

'Devotion' – Arpana Handicraft's Outlet in Delhi – on Instagram

Arpana Handicrafts are now showcased in our new Instagram page, ([devotionbyarpana](#)). Contact number: 9871284847. Please follow, like and share – and help us spread the love!



Empowering Rural Women in Haryana

International Women's Day



International Women's Day was a joyous celebration by over 600 women from 82 self-help groups of 16 villages in village Tusang on 3rd March, 2020, marking their own milestones in economic security, knowledge of health and local

governance. Women and children excitedly participated in games and cultural activities alongside SHG women's stalls for food, toys, apparel. A play presented on 'Cleanliness, Health and Plastic-Free India' was greatly appreciated.

Note: A much larger Women's Day Celebration of over 16 villages with 200 self-help groups was cancelled due to the COVID-19 emergency.

Our deep gratitude to the Tides Foundation and the India Development & Relief Fund (IDRF), USA, for grants for rural development programs in Haryana

Haryana Villages – In the Time of COVID-19

Arpana's Self Help Group Women Step Up!

When Lockdown started March 25th, Arpana workers began telephone discussions informing the over 12,000 women members of 100 Haryana self-help groups about COVID-19: symptoms and precautions, social distancing, hand washing, sanitizing villages, wearing masks, etc.

The Self-Help Group Women:

1. Spread this knowledge in their villages
2. Sanitized each of their villages 3 or 4 times jointly with their Panchayats.
3. Saw that the poor families got food rations.
4. Shared phone numbers of local officials to deal with specific problems.
5. Joined in nationwide gratitude to frontline workers by lighting diyas.
6. Encouraged all to download the Aarogya Setu app, which locates any nearby known infected persons and those exposed to coronavirus.



Self Help Group Women Organize Food Distribution for Poor!



Arpana's Self Help Group women noted that 3 factories had closed in Nagla Megha and the migrant labourers without BPL cards were having great difficulty in feeding their families when lockdown occurred. So they collected donations, added money from their group funds and distributed rations to the labourers who had lost their jobs. Six SHGs from village Badagaon contributed Rs. 12,000 to buy rations for those without food in their village. The women continued their ration distribution until the last week in April when the local government ensured that those without BPL cards could also be given support.

Volunteering to be Corona Virus Warriors!

500 of Arpana's self-help group women from 100 villages have volunteered to be the liaison between villagers and Government officials in the fight against Coronavirus if the number of COVID-19 cases rise sharply.

Haryana Government is communicating with the volunteers through a Corona App called Jansahayak/ HelpMe App to help spread knowledge, strengthen the following of safety and social distancing norms, bridge the gap to local officials, for proper ration distribution, etc.

Hearts Which Encompass the Whole World!

Fundraiser for Arpana's Women's Empowerment Programs

Claire (Blickenstaff) Beery is a school friend of some of Arpana's members. She and her husband, Bill, held a fundraiser for Arpana on Feb.22nd which was a great success.

The evening was an immersion in Indian Culture, for which the women guests were dressed in saris or *kurtas* and gifted with bangles, *bindis* and a little brass box with Claire's own curry powder blend.

After enjoying an Indian feast, Claire told them about her own childhood in India and showed a presentation of Arpana's social activities.



All of us at Arpana send you heartfelt thanks for caring! Your support will become a part of the transformation of these beautiful people we have the privilege to serve in Indian villages!

Bill (left) and Claire (right) with the warm and loving friends who are supporting Arpana's work

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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