



Param Pujya Ma

Arpana

Newsletter

ARPANA TRUST, Madhuban,
Karnal, Haryana, India
March 2021

Arpana Ashram

Mandir Online Sessions

Param Pujya Ma gave us a simple formula for bonding as a spiritual family... 'Pray together, Work together, Eat together!' Perhaps this would be a classic formula for bonding in every family! The Arpana family too endeavours to adhere to this formula, but for the intervention of COVID!

However, online Zoom sessions are helping the family to connect every morning and evening... and can also be attended by Arpana members all over the world! Since we have been conditioned to live in the world of the mind since birth, these sessions are superb opportunities to glimpse the difference between the Real and the unreal, showing us the way to joy, fulfilment and peace.

Mrityu se Amrit ki Or – Studying Ma's Words

Remembering our very dear Indu Dayal, who passed away on 9th January, Ma's words from 'Mrityu se Amrit ki Or' were studied in the Arpana mandir until 24th January, when Indu's ashes were taken to Ganga Ma. This discourse provides answers to the meaning behind the habitual rituals conducted after the passing away of a dear one.



Delhi Programs

Virtual Celebrations

Children's Day and remembering Prime Minister, Jawaharlal Nehru.

Christmas festivities with Santa Claus!

Republic Day – a special National Holiday!

Students used Zoom to celebrate these festivals through preparing plays, poems and action songs as well as making posters and slogans.



Performance of 'Beauty & the Beast'



Regular Senior Classes Initiated

In line with Government guidance, regular classes were started for standards 9-12 from January 2021. The senior students have shown prodigious interest and exemplary attendance in offline classes and are coming to the Centre regularly.

Distribution of Free Items

Stationery: Essential supplies for school

Hygiene Kits: Emphasis on sanitation for the ongoing pandemic.

Chavanprash: Emphasis on building one's immunity with this Ayurvedic Tonic

Blankets: Warmth for the winter chill

Warm Jackets: Especially appreciated by children of all age groups during winter!



Deep gratitude for education support from Aviva plc, UK (Preschool Balvatika), Essel Foundation, New Delhi (Senior Classes), Technip India (Primary Classes), Caring Hand for Children, USA (Middle Classes), and Arpana Canada (Middle Classes).

Haryana Rural Empowerment

The Differently Abled – Strengthening Their Communities!

On 14th December 2020, 12 disabled persons visited the District Social Welfare Department to attend a training session on voter registration for Panchayat Elections held by Election officials. Led by the president of Sangarsh Federation, all 12 members committed to promote registration of new voters in their villages for the upcoming election.



Shri Satyawar, District Social Welfare officer, introduces the delegation to the subject of election

Celebrating World Disability Day

The Arpana premises, in village Budhakhera, were buzzing with activity and excitement on 3rd Dec. 2020.

The Sangarsh Federation held its annual general body meeting and also celebrated World Disability Day, by arranging Mehndi, Rangoli and Painting competitions for disabled children and adults. ‘My story’, a writing competition, and paper bag making were also organized in which PWD’s enthusiastically took part. Stage performances by persons with disability added to the festivities. Lunch was served by SWG members of village Kailash.



Camp for Assistive Devices

A screening camp was held by Deen Dayal Upadhyay Organization for those who needed assistive devices like mobility aids, hearing aids etc.

Persons with disability (PWDs) register with officials of Deen Dayal Institute

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

Arpana Hospital

COVID-19 Vaccination

106 staff members of Arpana Hospital were administered the 1st dose of COVID-19 vaccine on 22nd January 2021. 95 staff members received the second dose on 19th February. 45 senior persons at the Arpana complex received their first vaccination in the first week of March.

Brij Bhushan

Brij Bushan, a labourer, lives in Gharaunda with his wife and three children. After enduring abdominal pain and fever with chills for 10-12 days, he had gone to a local hospital, but they referred him to Arpana. When he arrived, he was in severe pain. He was admitted at once and given an ultrasound test.



The diagnosis showed cholecystitis and hepatic abscess. Treatment was started immediately by the doctor including an aspiration procedure to remove extraneous substances like air, body fluids, or bone fragments from the affected area. After six days, he was discharged in good condition. His family members were grateful to the doctor and staff of Arpana Hospital for his excellent care and treatment.

Deep gratitude to the magnanimous individuals and organizations, especially the Baij Nath Bhandari Charitable Trust, for sponsoring medical care for the poor.

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.

Information & Resources Office: 91-184-2390905 Executive Director: 91-9818600644

emails: at@arpana.org and arct@arpana.org

Contact person: Mrs. Aruna Dayal, Director Development. Mobile 91-9991687310

Websites: www.arpana.org www.arpanaservices.org