



Param Pujya Ma

Arpana

Newsletter

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

Arpana Ashram Events

Urvashi Day

'Urvashi', a spontaneous flow of Divine knowledge elucidating the essence of the Scriptures, flowed forth from Param Pujya Ma on 2nd October 1958 and continued to flow until Her Mahasamadhi in 2008. This beauteous flow enlightens each recipient and enables their journey towards Sat Chit Anand – Truth-Consciousness-Bliss. As a divine resource for all, Urvashi is comprised of Ma's elucidations of the Bhagavad Gita, the Principal Upanishads, and several other Spiritual texts. It answers myriad questions and contains a fount of purifying intense devotional prayers.



Urvashi Day at Samadhi Sthal

Arpana Hospital Day



Dr. Ela Anand, FRCOG (London) 1997, one of the founder members, applauds Arpana Hospital for serving patients from over 500 villages

On 2nd October, Arpana members, doctors and staff celebrated the 41st Anniversary of Arpana Hospital, which was established to provide affordable modern medical care to rural patients.

Arpana Hospital is now a multi-speciality Institute with qualified doctors and excellent facilities. Due to compassionate donors, **no patient is turned away due to inability to pay!**

Delhi Programmes

Arpana Students Bring Light into their Mothers' Lives!

Arpana Trust, under the guidance of Dr. Mridula Seth, Professor and Consultant to the UN, initiated an Adult Literacy Program for the mothers of children who are enrolled in Arpana Education Centre.

The students were motivated to spread the light of knowledge in the lives of their mothers who are illiterate and are eager to come out of this darkness.

This program, specially designed by Lady Irwin College, Delhi, started with 13 mothers, using a methodology which enables the learner to get a grip on basic reading skills in 3 months with the books provided.



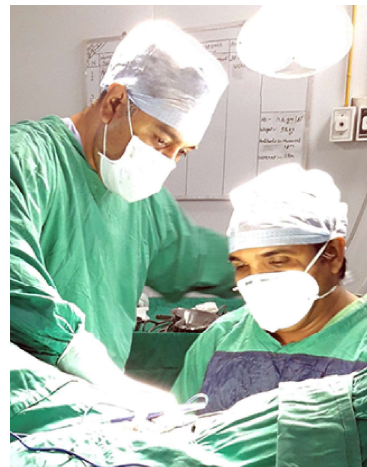
The children guide their mothers to read the chapters with the help of the audio recordings sent on WhatsApp. The women come to the Centre twice a week with their work and discuss their progress with the class teacher.

Arpana is very grateful for education support from Essel Foundation, New Delhi, Caring Hand for Children, USA, and Arpana Canada

Arpana Hospital

Laser Surgery comes to Arpana

Dr. Ramesh Agarwal, DNB, FMAS, MNAMS, performed a laser surgery on Sumit, a 23 year old resident of village Kutail, who was suffering from pilonidal sinus-A. This surgery was pain free, without any cut, wound or scar.



Plastic Surgery

Himani, 6 years old, lives in village Kambopura, Karnal. In an accident while playing, her tongue was nearly bitten off. Dr. Agarwal performed plastic surgery on Himani's lacerated tongue. After a week the little girl was able to eat her food normally.

Deep gratitude is extended to the Baij Nath Bhandari Public Charitable Trust for sponsoring medical care for poor patients.

Rural Empowerment

The Differently Abled – Building Their Own Skills and Businesses



PWDs with Sahayaks participate in group activity to formulate simple business plans for food preservation businesses

20 differently abled persons participated in food preservation courses conducted by the Kalpana Chawla Skill Center in Karnal. Arpana conducted a gathering so they could look into livelihoods options. There were lively discussions and several emerged with practical ideas for self-employment, i.e. dairy, pickles, sauces and fast food. Five of these differently abled persons came to Arpana's workshop to give their plans a practical shape.

Mr. Ish Bhatnagar and Mrs. Aruna Dayal informed them in detail how a business can be set up and what resources are required.

Celebrating Lives of the Differently abled!

On 26th November, a *Mela* (fair) was held at Arpana's Centre in village Budhakhera, celebrating the lives of members of Arpana's Differently abled Persons Organizations (DPOs).

Differently-abled persons enthusiastically participated in activities like:

- ♦ Kabaddi one-on-one contests
- ♦ Races with 3-tiered *matkas* (clay pots) filled with water
- ♦ Painting competitions
- ♦ Mehendi decorations
- ♦ Rangoli depictions
- ♦ Bead threading contest
- ♦ A Stage Play depicting the true story of one of the members.



The Deputy CMO congratulated the Federation of DPOs for organizing this gathering and commended all members for their efforts in transforming their lives. He made clear that the differently-abled are as valuable as anyone, mentioning that gold medals in the Para-Olympics were on a par with our Government with those won in the regular Olympics.

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

Himachal Pradesh

A Month's Work in 2 Hours!

Subsistence Farmers in Himachal Receive Maize Sheller Machines

On 8th November, Arpana's Ravi Valley Farmers Producers Organization (FPO) distributed six Maize Sheller Machines, donated by the Baij Nath Bhandari Public Charitable Trust, to seven farmers in the Jatkari area.



The machines were demonstrated to the farmers who were delighted that by inserting ears of maize, the kernels were immediately extracted! All the farmers then learned to operate these machines themselves. Before distributing the Maize Sheller Machines, 14 farmers were taught about their functioning, maintenance and the safety measures they need to follow.

Earlier it took farmers a month to extract maize, and now the work of harvesting maize would be completed in 2 or 3 hours!

Our deep gratitude to Tides Foundation (USA), the Baij Nath Bhandari Public Charitable Trust (New Delhi) and Mr. Ravindra Bahl (New Delhi) for supporting health and development programs in Himachal Pradesh

It is your compassionate support that 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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