



Param Pujya Ma

# Arpana

## Newsletter

ARPANA TRUST, Madhuban,  
Karnal, Haryana, India  
June 2022

### Arpana Ashram

**Showers of Blessings...continue to pour down on Arpana...**

**Sadhana Day** commemorated the beginning of Param Pujya Ma's intense spiritual study on 9th March, 1958. It was after five years of observing her in day to day life that Dr. J.K. Mehta, who she revered as her 'guru', proclaimed her as 'Bhagwan'!

**Ram Naumi** was celebrated on 10<sup>th</sup> April with great joy. In the morning discourse, devotees were enthralled by Param Pujya Ma's elucidations of Lord Ram's divine injunctions.

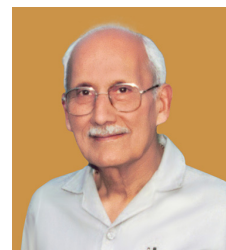


Later, Arpana's *mandir* was enriched by glimpses of Ma's life, narrated by Ms. Vishnu Mehta, and enhanced by the singing of Ma's *bhajans* by Shri Krishan Arora and the Urvashi Academy singers.

**Samadhi Diwas** on 16<sup>th</sup> April, brought anew the remembrance of the day in 2008 when Ma entered Mahasamadhi. Her Legacy of Urvashi is a Treasure for us and for all mankind and her life illumines our hearts forever.



In commemorating Pujya Chhote Ma on 10<sup>th</sup> May and Pujya Papaji on 22<sup>nd</sup> May – when they left their mortal frame – we express our gratitude to these teachers and saints who helped us to imbibe Urvashi into our hearts and lives.



## Arpana Hospital

**3 Multi-Specialty Medical Camps** were held at Arpana Hospital with Specialists from Delhi, Karnal & Arpana Hospital. Specialties included Neurology, Hematology, Surgery, Otolaryngology, Newborn Paediatrics, etc.

All of Arpana's well qualified doctors and staff also served.

**In Memory of Dr. J.K. Mehta**, a Medical Camp was held at Arpana Hospital on 6<sup>th</sup> March. 500 patients were seen.

**Arpana Hospital hosted a Medical Camp** on 3<sup>rd</sup> April with Specialist doctors advising 139 patients.

**In Memory of Dr. B.N. Bhandari**, a Medical Camp was held at Arpana Hospital on 1<sup>st</sup> May with Specialist doctors seeing 100 patients.

**Eye Camps:** Since December 2021, 10 eye camps a month are being held in surrounding villages with about 1200 patients attending every month.



*Dr. Mohit Goyal (Neurologist)  
from Batra Hospital, New  
Delhi, examines patient*

## Haryana

### **A Dream Come True – for SHG women**

Going to Rishikesh was a dream come true for 30 women and field workers of Arpana's self-help group program. This visit was organized by Arpana-facilitated SHG Federations, on April 19-21.

The group reveled in the devotional ambiance including *aartis*, *bhajans*, dances and memorial diyas floating on the Ganga. They enacted 2 role plays, 'Protection Against Covid' and 'Cleaning the Ganga' for the benefit of pilgrims and tourists. They also visited famous temples, bathed in the Ganges, and experienced the holiness of Ganga Ma.



*Spontaneous dancing at Parmarth Ashram*

***Our deep gratitude to the Tides Foundation, India Development & Relief Fund and Friends of Kalpana & Jaydev Desai (USA) & Arpana Guernsey***

## ***Arpana's Education Programs in Delhi***

### **Career Counselling**

Career Counselling sessions were organised for senior students in classes 10-12 by our partner NGO, Joining Hands. Dr. Malika Nanda, an internationally qualified career counsellor, held one online and one offline session with students.



*Dr. Malika Nanda counsels students*

### **Workshop on Mental Health**

The pandemic itself has caused students much worry, stress, and grief.

To help students handle their emotions, Counselling Psychologist & Certified Art Therapist, Sukriti Sharma, and Srishti Bisht, M.Sc, B.Ed., conducted a session on mental health for senior students with the following objectives:

- mental health wellbeing
- dealing with emotional phases
- techniques to overcome fear, anxiety and stress
- balancing inner self
- self-love

### **Anjali, the Unexpected Advocate**



5-year-old Anjali was in first grade when she was admitted to Arpana Trust Education Center. She says, “The teachers are very supportive and they always encourage students to study. When Shakunthala Ma’am asked me in 12<sup>th</sup> class what I wanted to become, I replied I wanted to be an Advocate. Although all the class laughed at me, she pledged to always be with me.” After clearing her CBSE with 79%, she successfully passed the entrance exam for LLB at her first attempt. Arpana helped her both emotionally and financially and she finally cleared the All India Bar Council Examination. She is now an Advocate at Saket Court, New Delhi, at Chamber Number 610.

***Arpana's deepest gratitude for support from Essel Foundation, New Delhi, Aviva plc, UK, Caring Hand for Children, USA & Arpana Canada***

## Himachal Pradesh

### Saving Wild Animals while Saving Crops!

The Zoo Outreach Organization Coimbatore, held a one-day workshop at Arpana's Gajnoi Centre, attended by 32 women and men farmers on 6<sup>th</sup> May.

It was agreed that deforestation and encroachment into their forest habitats cause wild animals to devastate cultivated crops.

The Zoo team suggested farmers plant fruit trees adjacent to the forests for wild animals to eat instead of devastating their crops!

The Zoo Organization offered free fruit trees, through Arpana, to the enthusiastic farmers, who all immediately agreed.



*32 men and women farmers listen spellbound to the Zoo Organisation team, which included Dr. Sanjay Molur, Executive Director, Mrs. Payal Molur, Educator, and Volunteers Usha, Ravindra, Arpan, Joshi and Vishal Ahuja*

***Arpana is deeply grateful to Tides Foundation, USA, BN Bhandari Public Charitable Trust (New Delhi) and Arpana Guernsey for support in Himachal***

#### ***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](mailto:at@arpana.org) and [arct@arpana.org](mailto:arct@arpana.org)**

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

**Websites: [www.arpana.org](http://www.arpana.org) [www.arpanaservices.org](http://www.arpanaservices.org)**