



Param Pujya Ma

# Arpana

## Newsletter

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

### Arpana Ashram

#### Celebrating Param Pujya Ma & her Legacy – Urvashi

26<sup>th</sup> August, the Birth Anniversary of Param Pujya Ma, is commemorated as ‘Arpana Diwas’, as all friends, devotees, residents and staff of Arpana Service Programs come together in gratitude for the beauty, love and light we have experienced through her words and her lifelong example.

#### Urvashi Academy – a conduit to spread the message of Param Pujya Ma

throughout the community through the medium of art, music and dance! Under the guidance of Mr. Krishan Arora, Director, 3 *Bhajan Sandhyas* were organized at ‘Apna Aashiana’, ‘Social Workers Home’ and ‘Arpana Ashram’ on the 21<sup>st</sup>, 22<sup>nd</sup> & 25<sup>th</sup> August as part of Pujya Ma’s birthday celebrations.



‘*Shreya & Preya Path*’ is illuminated by Param Pujya Ma through her in-depth answers to seekers. Mrs. Vinita Gupta sings Ma’s sublime *bhajans* creating a resonance with the seeker’s yearning heart.

#### Krishan Sudama

Arpana’s dramatic production ‘Krishan Sudama’, as elucidated by Param Pujya Ma, reveals the Lord’s Divine Love through a childhood friendship. The power of humility is shown by the Lord’s Love in action.



## Arpana Hospital



**Multispeciality Camps at Arpana Hospital** are held monthly, as a part of Arpana's mission to provide healthcare, particularly for rural folk. On 10<sup>th</sup> July, 186 people benefitted, while there were 101 patients at the August Camp.

*Endoscopy by Dr. Rahul Gupta*

**A Free Dental Camp at Mount Litra Zee School** was conducted by Arpana Hospital's Dental professionals on 30<sup>th</sup> July. They also guided the patients about their food intake and daily routine. 357 patients were seen.

At **Arpana's Health Camp at Budhakhera** on 22<sup>nd</sup> July, treatment and medicines were given free for more than 50 people suffering from medical problems.

**Eye Camps**, about 12 in a month, are being held in surrounding villages. About 1,600 patients are examined each month.



## Haryana

*It is usual to see a model walk down the runway and score appreciation, but what catches the eye is the confidence of these rural girls on the ramp*

After completing Arpana's Skills Programs for Beauty Culture / Tailoring, 26 underprivileged rural girls put up a fashion show for an excited village audience, who had only seen such events on TV or films! The show was held on 19<sup>th</sup> July in Modipur, Haryana.



It was empowering to witness the fascination of stylish creations being worn by individuals who don't identify with the fashion world on a daily basis. The fashion

show was also an occasion for dances, mehendi competitions, and singing performances – an entertaining event for more than 400 women!

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

## Delhi

### Online Spoken English Classes at Molarbund

Mrs. Aradhana Talwar has been conducting online spoken English classes from May 2022 for students at Arpana Center in Molarbund. She holds 2 daily sessions, one at 10 am with girls and the other at 6 pm with boys, 5 days a week (Monday to Friday). During the sessions, students, who are passionate about learning, are encouraged to speak only in English.



- Reading classes are held to correct their pronunciation.
- Difficult words are taken up and meanings explained in detail.
- Students enthusiastically participate as they search the internet for reports about a state or country.
- A mock job interview is conducted with typical questions asked.

All the students are committed to improve their circumstances and work hard to achieve their goals.

## Gyan Arambh, Vasant Vihar

As the academic year begins at the Arpana Centre, our focus was on educational activities with stress on building foundational skills.



*Celebrating International Yoga Day through simple basic yoga exercises*

Students are taught through learning by doing and connecting through environment. Teachers build on concepts by doing many activities. Speaking in English is encouraged in all our classes. This year we have restarted computer classes from class 3 to class 9. Our ex-students have been given the privilege of attending basic computer classes, twice a week, by one of our in-house teachers, Miss Nidam.

Story telling in primary classes is one of our regular activities. In Science classes teachers demonstrate the experiments so that the concepts are well understood.

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

## Himachal Pradesh

### Arpana Encourages Small Farmers to go Organic!

Organic Farming is a promising way to tackle environmental degradation. Arpana is enthusiastic about Organic Farming for marginalized farmers as this is healthy for their families, is the sustainable farming of the future and this can be the most profitable use of their tiny agricultural plots.

Arpana is joining government efforts for farmers to learn organic farming. Dr. Sushil Kumar of the Himachal Farmers Outreach Center, conducted an Organic Farming Workshop on 30<sup>th</sup> June at Arpana's Gajnoi Center. 40 women and 14 men farmers participated.



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

**Your compassionate support sustains Arpana's Services**

To donate, click:

<http://arpanaservices.org/your-support-empowers-arpana%E2%80%99s-programs>

**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.**

❖ Send donations to **Arpana Trust** for disseminating humane values and for medical, educational and community welfare services in Delhi

❖ Send donations to **Arpana Research & Charities Trust** for health & development: including Arpana Hospital and empowering women and subsistence farmers in Haryana & Himachal Pradesh

**Foreign Contributions:** (A Temporary Hold on FCRA approval for AT and ARCT. Please hold donations.)

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

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