



Param Pujya Ma

# Arpana

## Newsletter

ARPANA TRUST, Madhuban,  
Karnal, Haryana, India  
March 2023

### Ashram News

#### Arpana's Legacy – 'Urvashi'

Param Pujya Ma's Word and life together constitute the elixir of Supreme Knowledge – the Divine Urvashi – that which captures our hearts!

Of the vast ocean of knowledge that flowed forth from Param Pujya Ma's lips, Arpana has been able to print only a small segment, i.e. the Srimad Bhagavad Gita, the Japuji Sahib, the Upanishads and her answers to questions of Vedanta.



It is these books containing precious and divine knowledge that Arpana has been privileged to share with myriad book lovers and genuine seekers of Truth, at the **World Book Fair** held in New Delhi from February 25 to March 5th.

#### Farewell dear Raj!

Raj, a much loved member of the Arpana family, endeared himself to all through his sincere devotion to Param Pujya Ma and his willingness to help all who sought support. He had dedicated his life in selfless service to Ma and Arpana. On 4th March, he suffered a heart attack and thus set forth on the next phase of his Spiritual journey with Param Pujya Ma in his heart. He takes with him the love and the prayers of each one of his family at Arpana... and all the goodness he derived from his dedicated service of the Lord in this life. Adieu dear Raj... till we meet again in the Lord's embrace.



## Haryana

### World Women's Empowerment Day

To celebrate World Women's Empowerment Day, 2023, 3000 women members of 176 Arpana Self Help Groups from 30 villages held a 'mela' in Village Kalsora, commemorating 25 years of Arpana's Women's Program.



The 12 newly elected lady Sarpanches, 3 women Block Samiti members and 1 Zilla Parishad member, who attended as special guests, were felicitated. SHG women put up a play on greening the environment and others played Kabaddi, races, etc.

Beautiful colors and joyful songs filled the air as the women played Holi together at the conclusion of this most inspiring event.

### Our Mission – To Enable and Empower

International Disability Day was celebrated on 3<sup>rd</sup> December 2022 at

village Budhakheda. Dr. Rahul from the Deen Dayal Upadhyay Satellite Center, Nilokhedi, was the Chief Guest.



650 persons, out of 1,475 differently abled members from 55 villages, participated. A drama, based on a true story of the handicapped was enacted, showing how their lives were changed

by becoming members of Arpana's Differently-abled Persons Organisation.

## Arpana Hospital

### Free Medical Camp

Arpana Hospital provided free checkups and consultations, including discounts on lab tests and medicine, on 5<sup>th</sup> February 2023, at a special camp. Dr. Mohit Goyal, MBBS, MD, DM (Neurology), gave Neurology advice. Other clinics included Physiotherapy (Dr. G. K Bala, MPT, DRPT), Dental (Dr. Queency Sharma, BDS), Medical and Ophthalmology, and Acupressure (Mr. Ravindra Kumar, MD).



## Delhi Programs

### Arpana is a Divine Blessing for Me!



My name is Pooja. I live in the resettlement colony of Gautampuri in South Delhi. My father is a driver with a low income.

Fortunately, I joined Arpana Trust Education Center in Molarbund when I was only 5 years old. Not only were the teachers dedicated to teaching, they were interested in each student. I believe I gained an education comparable to some of the best private schools! I passed my class 12 Board Examination in 2020 with 82%. Then Arpana provided me scholarships to get my Bachelor's Degree in Journalism from Delhi University. Arpana is a divine blessing for me. I have no words to express what Arpana means to me!

### A Visit from Gracious Sponsors!

Mrs. Vindu and Mr. Vinay Chhabra from Caring Hand for Children, USA, have been supporting Arpana's Education program since 2005! They visited Arpana Trust on 16th December 2022, and wrote, "Amazing work done by Arpana Trust. Keep it up. Looking forwards to more growth in the future."



### Gyan Arambh Adds 10<sup>th</sup> & 11<sup>th</sup> Classes to its Tuition Support!



Arpana's Education Center in Vasant Vihar for underprivileged students, teaches students from classes 1-9. This year **classes 10 and 11 were added!**

These afternoon classes enable even very disadvantaged students to get an excellent education. This year, due to urgent requests from students, classes are being held to prepare the students' for their Class 10 CBSE exams.



## Himachal Pradesh

### Exposure Visit to Farmers Outreach Center, (Krishi Vigyan Kendra), in Saru

The women farmers of Ravi Valley Farmers Producers Organisations in Bhadiyakothi and Gajnoi, travelled to the Saru Krishi Vigyan Kendra (KVK) for an exposure visit on 27<sup>th</sup> Dec. 2022.

Dr. Suresh Raina, Principal Scientist of KVK, informed the women of ways to grow better crops. He answered questions and gave them his mobile number for advice about any future problems.

Dr. Neha from the Horticulture Department told them about apple, apricot, walnut and plum plants, emphasizing that apple trees, especially, bring in a good income. Women requested apple plants which the KVK will make available.



Assistant Scientist, Dr. Paranjay, explained efficient ways to plant and grow the vegetables. The women visited the KVK's vegetable and horticulture farms, including the fields, nurseries and polyhouses.

**Arpana is deeply grateful to the Baij Nath Bhandari Public Charitable Trust (New Delhi) and Mrs. Sushma Agarwal (New Delhi) for supporting programs in Himachal Pradesh**

**We urgently need your assistance to continue these programs  
in Haryana, Himachal Pradesh, and New Delhi**

**Contact Persons:** Mr. Harishwar Dayal, Executive Director, Mobile: 91-9818600644  
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Donations to Arpana provide 50% tax relief under section 80G of the Income Tax Act 1961  
Send Donations to: Arpana Information & Resources, Madhuban, Karnal, Haryana 132037

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#### ARPANA TRUST

##### EDUCATION FOR DISADVANTAGED CHILDREN

- Tuition support for classes 1-12, pre-school classes for toddlers, cultural activities
- Vocational Training classes

##### HUMANE VALUES

##### FOR AN EQUITABLE SOCIETY

- Dramas, Publications, Satsangs
- Charitable grants for the vulnerable
- Health/socio economic assistance.

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#### ARPANA RESEARCH AND CHARITIES TRUST

##### PROVIDES MODERN HEALTH CARE THROUGH:

- Arpana Hospital for free/affordable health care.
- Arpana Medical Center, Himachal.

##### EMPOWERING WOMEN

- Self Help Groups & SHG Federations.
- Micro-Credit, Income generation, Community development

##### EMPOWERING THE DIFFERENTLY ABLED

- Differently Abled Persons organizations for health, assistive devices, certifications and income generation.

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**Please send donations to: Arpana (Information & Resources Office),  
Madhuban, Karnal, 132037**