



Param Pujya Ma

Arpana

Newsletter

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

Ashram Remembrances

Beloved Ma encouraged each one to follow her example and tread the path of practical spiritual life, a path she herself chose on 9th March 1958. Celebrated as **Sadhana Day**, 9th March is a day of inspiration and hope for all Ma's children. *Satsangs* selected from Param Pujya Ma's vast ocean of practical knowledge, Urvashi, and '**Shabri**', a devotional musical stage presentation, were shared with all through Zoom.



Aashirvad, the last resting place of Beloved Ma's mortal remains, was the focus of each one's love and devotion on **Samadhi Divas**, 16th April, celebrated by the Arpana family and friends as well as the staff and beneficiaries of Arpana service activities. Ma's words echoed in the hearts of all as Mr. Arora led a heart touching session of *bhajans* from Urvashi.



Hundreds of SHG village women paid grateful homage to Param Pujya Ma

Dr.Mrs.Raj Gupta lights the jyot in remembrance of our Divine Mother



Arpana Hospital

Arpana Holds Multispecialty Free Camps



Dr. Rahul Gupta performs a colonoscopy

Rural patients are usually unable to access the often vital services of Specialists, due to lack of information, lack of monetary resources, and lack of transportation.

In April and May, 9 highly qualified Specialists from Delhi and Karnal held consultations at Arpana Hospital especially for rural patients.

The Specialities were: Neurology, Nephrology, Gastroenterology, Urology, Haematology, Dentistry, Acupressure, and Physiotherapy. Free consultations and checkups were provided, including discounts on lab tests and medicines. 154 patients attended the camps.

Haryana

Workshops on Waterborne Diseases

The CMO Malaria Department conducted a Workshop about preventing dengue, malaria and chikungunya for self-help group volunteers and Arpana's Outreach Team.



Kailash Never Gave Up

Kailash, wife of Shri Kishan, and their 3 children, live in the village of Kutail Gamri. Her husband was in bonded labor. She became a daily wage laborer but could barely eke out a subsistence living for their 3 children. She joined the SHG group facilitated by Arpana, built up her savings over the years, took loans from her group and achieved:



- ~ The release of her husband from bondage
- ~ Building their own pukka house
- ~ Buying her son a vehicle

Delhi Programs

Recognition by the Rotary Club of Delhi Premier

The Rotary Club of Delhi Premier proudly presented their Award for Distinguished Service to Mrs. Sushma Agarwal, Chairperson of Arpana Trust Community Services New Delhi, on 21st April.

This was for exemplary social service rendered for over 3 decades for the holistic development of the children living in the slums of Indira Camp and slum resettlement colonies of Gautampuri, Molarbund, New Delhi.



A trophy and a certificate along with a cash prize of Rupees 3 Lacs were handed over to Mrs. Agarwal for the Education Program of Arpana Trust, by the Ambassador of Argentina, H.E. Hugo Javier Gobbi, and the President of Rotary Club of Delhi Premier, Mr. Hari Khemka.

Gyan Arambh Activities



The Art Competition revealed amazing talent

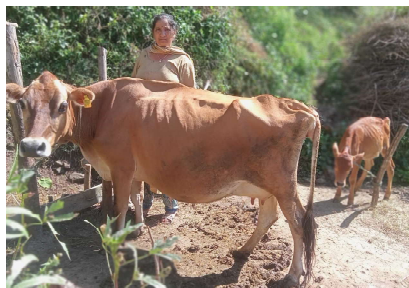
- **Tuition support** for classes 1-11
- **Holi** was celebrated on 7th Mar.
- **Parent Teacher Meeting** on 24th March.
- **Eid** was celebrated on 24th April 2023.
- **Scholarships** were awarded to students for their academic achievements
- **An Art Competition** was held in March with the objective of honing creativity.

- **Prize Distribution** was held on 12th April for winners of the Art Competition.

• **Restarting the Computer Program for Beginners!** After the hiatus of the program due to Covid-19, the 3-month basic computer course commenced in April. Students are enthusiastic as individual computers are available for each participant and there is a good amount of practice time available.

Himachal Pradesh

Seema Devi



Seema Devi took an Rs.35,000 loan for a cow from her Self-help Group in Kujjal village. She now earns Rs.10,000 per month by selling milk. Earlier, she started poultry farming by taking a loan and earned Rs.12,000 annually by selling eggs, and chickens. Seeing Seema's success is motivating other women into income-generation activities.

Self-Help Group Training in Record Keeping

89 women from 26 Self-Help Groups participated in the SHG record-keeping training sessions held on April 5th and 7th at Arpana Center in village Gajnoi. The women discussed rules and regulations for loans and agreed on 1.5% interest rates.

Learning the paperwork for a successful SHG, as well as learning calculators.



Arpana is deeply grateful to the Baij Nath Bhandari Public Charitable Trust 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
Mrs. Aruna Dayal, Director Development, Mobile: 91-9991687310

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

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

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

Instagram  [@arpanaorg](https://www.instagram.com/arpanaorg) YouTube  [Arpana Charities](https://www.youtube.com/ArpanaCharities) Facebook  [Arpana Charities](https://www.facebook.com/ArpanaCharities) & Arpana Trust

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.

**DONATE
ONLINE**



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.

**DONATE
ONLINE**



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