



Param Pujiya Ma

# Arpana

## Newsletter

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

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### Arpana Divas 2023

#### Commencement of Ma's Centenary Year!

The birth of a little girl child in the home of Shri CL Anand in Lahore on 26<sup>th</sup> August, 1924, began a most incredible life, bringing light, joy and love to all who lived in her ambit. August 26, 2023 marks the beginning of Ma's Centennial year, a time for all of us who have been guided and inspired by Ma, to focus on her Life and Words of eternal *SatChitAnand*. Ma's Divine Legacy imparts sustenance, hope and light to spiritual seekers to increase devotion and focus to perpetuate and strengthen Ma's Spirit.

Ma would often call Arpana an experiment to see whether people with divergent personalities, beliefs and attitudes could live together in peace and harmony and progress towards a Spiritual life in togetherness. In the process, our personal experience has taught us what an exhilarating, often challenging, but always profoundly fulfilling, this journey has been and continues to be.



#### Seeds of Service

The planting of Arpana's seed of service, upheld by the sap of spirituality manifested by Ma, has grown into a tree, yielding the fruits of education, wellness, empowerment and self esteem to our underserved brethren. This is a time to rededicate ourselves to ensure the perpetuation of Ma's legacy of Spirit and Service.



*Ma planting a sapling with children*

## ***Rural Haryana***

Arpana's rural team has been organising functions in different villages as part of Param Pujya Ma's birthday celebrations. The sheer exuberance of the Self Help group women is a delight to witness as they sing, dance and stage plays to demonstrate the transformation their lives have undergone in the past 25 years, when Arpana stepped in to translate Pujya Ma's vision for them into reality. Today these women feel so empowered that they are ready to take on the world!



### **Awareness Campaign against Flu in Flooded Villages**

Fifteen villages near Karnal were severely flooded and isolated for 5 days. Flu became widespread, especially affecting children and the elderly.

Awareness campaigns were launched by Arpana through Sarpanch Naresh, Pradhan of Arpana's Federation of the differently-abled, and 3 SHG volunteers who informed the village folk about preventive measures to keep the flu from spreading.

## ***Arpana Hospital***

### **Eye Camp by Arpana Hospital**



A **Free Eye Camp** was organized on 28<sup>th</sup> July by Arpana Hospital for 15 villages of Karnal's Indri Block that were severely flooded. 250 patients' eyes were checked and free medicines were given.

### **New Hope for Patients**

In May, Arpana purchased a new Ambulance to provide affordable and accessible medical care to those who need it the most. The Chief Minister's Discretionary Fund gave Rs.5 lacs through Shri Harvinder Kalyan, MLA Gharaunda, which was used towards this Advanced Life Support Ambulance to serve the local population.



## ***Programs in Molar Bund, Delhi***

### **Career Counselling**

On 24<sup>th</sup> July, Major General Sanjeev Choudhary, having more than 37 years of experience in the Indian Army, took a Session with senior girls from classes 9 to 12 on Career Planning and How to Join the Indian Army.

The Major General discussed Agniveer Mahila Bharti Yojana, personality building for young Indian women, and shared general tips for success.

### **Comprehensive Sexuality Education**

A session was conducted by the Family Planning Association with all girls from classes 5 to 11. Age-specific information on growing up, menstrual hygiene and family planning was shared with them.



### **Vector Borne Diseases**



In July, Mr. Krishan Gopal, MCD Asst. Malaria Inspector, interacted with primary and middle school students to spread awareness of different Vector-Borne Diseases like dengue, malaria, chikungunya, etc. He informed them of simple steps to keep water around the house free of parasites, etc.

### **Life Skills Sessions Conducted by Modicare Foundation**

In June a 3-day workshop was held with older students, separately for girls and boys. Age-specific inputs were given on Life Skills, i.e. Growing up and Responsible Behavior, Bullying, Peer Pressure, Substance Abuse and Child Sexual Abuse (Info was shared on POCSO Act). Certificates were given to all.





# Himachal Pradesh

## Irrigation Systems Increase Farmers Earnings

Irrigation tanks were built by residents in 9 villages, facilitated by Arpana, enabling them to grow vegetables. Earlier people only grew maize which did not need irrigation, but only brought them about Rs.2,000 per year.

Now farmers in 8 villages have started planting vegetables. These will be sold when they are ready later this year.



Garlic was ready in May. The farmers sold 1,276 kgs. of garlic for Rs. 85,245. Farmers have made an average of more than Rs.10,000 each – only from garlic!

***Arpana is deeply grateful to the Baij Nath Bhandari Public Charitable Trust, Mr. Ravinder Bahl and Mrs. Sushma Agarwal (all of New Delhi) as well as AVIVA Life Insurance, India, and the Indian Development Relief Fund (USA) for magnanimous support for Arpana's programs.***

**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](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)

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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.



### 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.



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