



Param Pujya Ma

# Arpana

## Newsletter

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

### Ashram Remembrances

#### Urvashi Day

Spontaneous elucidations of the most profound scriptures flowed from the lips of Param Pujya Ma on that pivotal date, 2<sup>nd</sup> October 1958, bringing a river of knowledge to enlighten our hearts, minds, and intellects, enabling us to see reality as it is – the Incarnation of Divinity in the form of sensory creation.



Arpana family, staff and friends gathered at Param Pujya Ma's Samadhi Sthal, Aashirwad, in prayerful thanksgiving for this Divine gift.

#### Practical Sadhana

The Lord tells us in the Scriptures that the Will of the Lord is to see each person as a child of the Lord and do whatever one can to assist each one. In this way, the ego vanishes in the practical endeavour of humane values.

Arpana Service Activities were created as 'temples of practical worship' to assist seekers to purify the mind and intellect.

Thus, Arpana Hospital was built so that, through compassionate medical interventions, one forgets oneself and serves the Lord's children.



**The 43<sup>rd</sup> Anniversary of Arpana Hospital** was celebrated on 2<sup>nd</sup> October, with love, joy, and thanksgiving by all at Arpana, including friends, family, staff, and patients.

*Mrs. Sonu Bhojwani awards Satish Kumar a certificate of appreciation for 25 years of service.*

## Arpana Hospital



### Celebrating NABH Accreditation

Arpana Hospital has successfully achieved accreditation from NABH (National Accreditation Board for Hospitals & Healthcare Providers).

On 3rd November 2023, Arpana Hospital celebrated a momentous occasion with the distribution of NABH certificates to the staff

members who played a pivotal role in the NABH accreditation process.

Arpana Hospital's top Management and 150 staff members were present.

- ♦ Dr. R.I. Singh, Dr. Anuradha Mahajan, Dr. Suvendu Sekhar Panda, and 64 Doctors and Staff Members were honored for their outstanding contributions to our successful NABH accreditation bid.
- ♦ SHG Women presented a short play on their 25-year journey from vulnerability to a sense of health, social and financial stability.

### Arpana's New Clinic in Prem Nagar

As part of Arpana's outreach program, a clinic at 722 Prem Nagar, Karnal, was inaugurated on 25th November. Arpana Hospital's top Management along with Arpana Family members, 5 consultants, and 30 staff members were present. The Clinic Opening Day combined the joy of inauguration with a compassionate outreach effort – a free health camp for 90 patients. This highlighted our commitment to address the pressing health needs of individuals.

The clinic is open from 10:00 am to 7:00 pm and doctors will be available to conduct OPD.



## Molar Bund, New Delhi



**Ananya**, an orphan, lives with her grandmother and two sisters in Molarbund. She has been studying at Arpana since pre-school. She was awarded first position in TATA Building India School Essay Competition 2023-24 in the Junior level! She received a certificate and a medal for a Hindi on-the-spot essay on 'Van rahenge toh hum rahenge' ('While forests exist, mankind exists').

## Rural Haryana

### Enabling Villagers to Access Government Medical Benefits



Kanta, a member of the Shri Ram Self-Help Group formed by Arpana, and her husband, Vikram, live in the village of Mugal Majra.

They have one son and have adopted a baby girl, Vidhi, who was diagnosed with Thalassemia. The child had to have blood changed every month – a back-breaking financial burden.

On learning of this, Mr. Ish Bhatnagar got the child a disability medical certificate and obtained treatment for her from the Government hospital where the treatment is free. This has given the family great relief. The Federation and Arpana also gave financial assistance to Kanta who is grateful for all the guidance and support.

### Greening Their Villages – SHG Women Plant Trees

With great joy and enthusiasm, 2,491 enthusiastic rural SHG women, from 1,004 self-help groups in 106 villages, planted 2,491 trees in their villages in October. This initiative was a collective effort of Arpana and both SHG Federations. It not only reflects their commitment to the environment but also underscores the transformative power of community-led initiatives.



*SHG volunteers distributing saplings*

## Vasant Vihar

### Diwali Celebration in Gyan Arambh



Diyas, Paper Bags, Gift Tags, and Card making activities were organized for students of classes 4-12. These Diwali items were given to donors and friends of the ‘Gyan Arambh’ family.

Volunteers gave mixed Dry fruit packs to all ‘Gyan Arambh’ students as Diwali Gifts. The entire Staff of ‘Gyan Arambh’ were also given Dry fruit gifts in Tiffin boxes.



## Himachal Pradesh

On 31<sup>st</sup> Oct, Mr. P.C. Kapur, Himachal Administrative Services (Retd), who has been the Director of Arpana's Himachal Center for 24 years, was honored at his retirement ceremony. P.C. Kapur's leadership and dedication played a pivotal role in Arpana's success in Himachal –his legacy will long be recalled!



*Mr. & Mrs. Kapur (center), flanked by Harishwar & Aruna Dayal*

## Handicrafts Sale – All proceeds to Charities

### Drs. Raj, Rahul and Lena Gupta Host a 3 Day Diwali Sale



Exquisitely embroidered household linen, nightwear and children's wear were available at Arpana's Diwali Sale, held by Drs. Raj, Rahul, and Lena Gupta, at their beautiful home in Friends Colony on 27-29<sup>th</sup> October.

Discriminating buyers coveted these delicately handcrafted items, happy that each item was making a difference to village families!

**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 Mr. Suresh Motiram Shivdesani for magnanimous support for Arpana's programs.**

**EMPOWER VULNERABLE WOMEN AND CHILDREN AS THEY REACH FOR THEIR DREAMS!**

**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, Publication, Satsangs
- Charitable grants for the vulnerable
- Health/Socio economic assistance

**DONATIONS TO ARPANA ARE 50% TAX EXEMPT UNDER SECTION 80G, INCOME TAX ACT 1961**

Cheques in favour of Arpana Trust to be sent to:  
Information & Resources Department  
Arpana, Madhuban, Karnal- 132037, Haryana  
Email: [arct@arpana.org](mailto:arct@arpana.org) | [at@arpana.org](mailto:at@arpana.org)

**FOREIGN DONATIONS TO ARPANA TRUST ARE 100% TAX EXEMPT WHEN SENT THROUGH:**

Arpana Canada  
Mrs. Sue Bhanot, 7 Scarlett Drive, Brampton,  
Ontario L6Y 3S9 Canada  
Email: [suebhanot@rogers.com](mailto:suebhanot@rogers.com)

**Contact Us:** Harishwar Dayal, Executive Director +91 98186 00644  
Aruna Dayal, Director Development +91 99916 87310

**ARPANA RESEARCH & CHARITIES TRUST**  
**PROVIDES MODERN HEALTH CARE THROUGH**

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

**EMPOWERING WOMEN**

- Self Help Group & SHG Federations.
- Micro - Credit, Income generation, community development

**EMPOWERING THE DIFFERENTLY ABLED**

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

**DONATIONS THROUGH DIRECT BANK REMITTANCE:**  
Bank of India, Karnal (IFSC Code: BKID0006760)  
Arpana Research & Charities Trust; Bank Account No. 675010100100014,  
Arpana Trust Bank Account No. 675010100100001

**India Development & Relief Fund (IDRF)**  
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