



Param Pujya Ma

Arpana

Newsletter

ARPANA TRUST, Madhuban,
Karnal, Haryana, India
December 2025

Arpana Ashram

Celestial River of Knowledge

The flow of pure knowledge, called Urvashi, which resulted from Param Pujya Ma's intense devotion and abidance in the Supreme, is a divine endowment gifted to mankind.

Arpana Trust was created to preserve and disseminate this divine flow of Spiritual knowledge which leads one to imbibe eternal values of love, joy, compassion, etc.



Urvashi Day

On 2nd October, Urvashi Day became a joyous celebration of the Arpana family and community. Hearts were uplifted in prayer and gratitude as the Urvashi Lalit Kala Academy Singers created a divine ambiance with Ma's Urvashi bhajans.

Urvashi Day is also **Chhote Ma's birthday!** It is thanks to her diligent and persevering effort that we have with us today, a reservoir of the Vedantic knowledge given to us by Param Pujya Ma.



Arpana bids Farewell to a Beloved Family Member



Ms. Sudha Babuta, a part of the Arpana family since 1965, passed away on 1st December. It was in Dharwar, South India, that she first met Param Pujya Ma. Enraptured by Ma's exceptional wisdom, she decided to give up her PhD and stay on with Ma.

We feel grateful to Sudha Behanji for her service of Urvashi and Arpana and for her questions eliciting divine knowledge from Ma. Her dedication to Param Pujya Ma will ever be remembered.

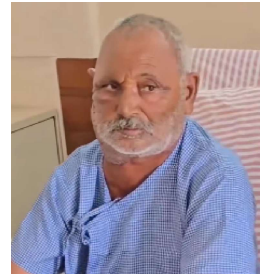
Arpana Hospital

Arpana Hospital Opens 3 New Departments!

Arpana Hospital proudly inaugurated three major medical departments in August 2025, expanding its ability to deliver advanced, affordable, and life-saving healthcare to the community.

1. ONCOLOGY: Led by Dr. Gaurav Popli, MDS, FHNSO, Arpana's new Oncology Department offers specialized and compassionate cancer care for patients who otherwise struggle to access treatment.

Jaipal, a 65-year-old labourer, had been suffering from a serious throat problem for the past nine months. Due to financial constraints, he was unable to afford the required surgery. Arpana's Oncology Department provided him with affordable and subsidized cancer treatment, enabling him to receive the life-saving surgery on 30th September and the care he needed for a new lease on life!



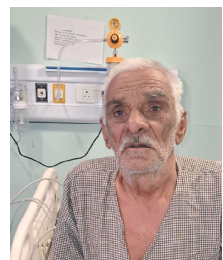
2. EYE BANK, which collects, stores, and distributes donated corneal tissues for transplants.



Vanshika, a 6-year-old girl who was blind since birth, was provided a cornea from the Arpana Eye Bank and underwent corneal surgery on 12th November 2025. She came back to Arpana Hospital on 13th November, now able to see for the first time! Her joy and excitement were enchanting – a truly life-changing transformation!

3. CARDIOTHORACIC SURGERY: Arpana's newly set up Cardiac Department has all the facilities and equipment needed for modern diagnosis and treatment of heart diseases, offering both interventional and non-interventional cardiology care. Dr. Vikram Kala, MBBS, MD (Ex-PGI), a specialist in Cardiology, is Head of the Department. Arpana is the only hospital between Delhi and Chandigarh that has a fully equipped Advanced Cath Lab.

Jagdish, a 75-year-old retired clerk from the Sugar Mill, lives in village Kutail. He had a sudden heart attack on 13th November, and was rushed to Arpana Hospital. An emergency stent operation was performed to open a blockage in his heart, thus saving his life. Grateful for the care he received, Jagdish said, "Every hospital should have services, doctors, and staff like Arpana Hospital."



Special Days at Arpana Hospital

Arpana Hospital Anniversary



Ms. Abha Bhandari presenting a certificate to a senior staff member for his dedicated service to Arpana.

Special appreciation awards and certificates were also presented to all junior Arpana staff.

World Heart Day

Arpana Hospital raised awareness on heart diseases on 29th September.

Arpana's cardiologist, Dr. Vikram Kala, shared important information on maintaining heart health, addressing Sarpanches and visiting doctors along with Arpana consultants and staff.

Birender Singh College and RPIIT College of Nursing, Jind, who had come to Arpana for training, also participated. Students presented a skit on CPR. A quiz competition was also organized.

All attendees received certificates for their participation.



Children's Day

This was joyfully celebrated at Arpana on 14th November with a free children's OPD. With fun activities, play sessions, and chocolates for all, the children thoroughly enjoyed themselves.

Dr. Sangeeta Chaudhary, Paediatrician, also examined the children during the event.

Deep gratitude for support to Arpana Hospital is extended to Mr. Suresh Motiram Shivdasani (Sultanate of Oman) as well as donors from the USA: Mr. Anupam Sachdeva, Sadhana M & Triveni N. Upadhyay Family Foundation Inc., and IDRF.

Delhi

Distribution of Vocational Training Certificates on 13th August

1. Mrs. Meeta Jain handed over the certificates to 25 trainees for the six month tailoring course.

2. Mrs. Sushma Seth awarded certificates to 21 trainees who successfully completed their Beauty Culture course.

3. Mrs. Bani Rajgarhia awarded certificates to 63 trainees for completing the reputed three-month CCMO–NIIT course



Mrs. Sushma Seth with the Recipients of Beauty Culture Certificates!

Participation in the Walkathon hosted by Bata India Limited



On 25th September, three students – Saurav and Pranav (class 9) and Arun (class 11) – along with their English teacher, Mr. Rahul, participated in the walkathon hosted by Bata India Ltd. in Gurugram.

The students were thrilled to be part of the event, completing a distance of 5 kilometers and receiving medals.

The event was organized to promote the education of girls and underprivileged children. Bata India Ltd. invited all the NGOs associated with this endeavour.

Diwali Celebrations

- **Arpana's Annual Sale**, held on October 9-12, showcased beautifully crafted items made by Arpana students, Molarbund.
- **A Diwali sale** at AVIVA Life Insurance on 13th October, displayed *diyas* and crafts by Arpana students. AVIVA leaders appreciated their work and inspired the girls, giving them valuable corporate exposure.



- **Diwali** was joyfully celebrated at Arpana Education Center on 17th October with decorations, rangoli, arti, music, and a festive lunch for all.

Children Day at Arpana's Vasant Vihar Center



Children's Day at the Gyan Arambh Tuition Program on 14th Nov. was celebrated with great enthusiasm:

- Students from classes 1 to 5 enjoyed exciting sports activities and a delicious special meal.
- Classes 6 to 12 were taken on an enriching and enjoyable trip to the Nehru Planetarium.

Scholarships to encourage learning were received by more than 20 students at a function on 18th November.

Fun and Celebrations on Teacher's Day at Molarbund

A number of students dressed up like teachers and conducted classes when Teacher's Day was celebrated at Molarbund on 5th September 2025. The event included speeches, poetry, songs, and heartfelt sharing by staff. In special appreciation, Mrs. Agarwal gave tokens of gratitude to all the teachers.



Mrs. Sushma Agarwal lit the lamp

Aman Pal – From Arpana Student to International Kho-Kho Player



Aman lives with his family in Gautampuri. He lost his father in grade 5, after which his mother, working as housekeeping staff, supported the family.

Aman joined Arpana in class 5, where teachers encouraged him to grow. Passionate about Kho-Kho, he represented his school at various levels and also explored theatre and dance. He played his first Junior National Championship in class 10 and later represented Delhi in the National Games and Khelo India. In class 11, he chose Humanities and was again selected for the National Games in Gujarat. He has participated twice in Khelo India and multiple times at the National level.

In 2023, Aman proudly represented India at the International Kho-Kho Championship in Malaysia. He is now pursuing B.A. at Ram Lal College, Delhi University, and was selected as a Head Constable in CISF through the sports quota.

Arpana is grateful for education support from Caring Hand for Children (USA), Essel Social Welfare Foundation (New Delhi), and AVIVA Life Insurance (Gurugram)

Haryana Rural Development

Arpana Self Help Groups (SHGs)

15,284 women from 1,081 Self Help Groups in 108 villages

1. **Communications:** 20,000 texts per month within the 1,077 self-help groups.

2. **3-Day Training of Trainers:**

38 trainers were instructed in strengthening self-help groups' planning, attendance, scheduling, register entries and Zoom links.



3. Water-borne diseases addressed by SHGs:

a. 1,054 fixing leakages, reducing water wastage and checking chlorination.

b. Submitting 33 repair resolutions and resolving 610 water-wastage issues.

4. **Mosquito-borne diseases were addressed through:**

a. 1,058 SHGs spreading awareness

b. SHGs monitoring fever cases – 1,484 identified, 773 tested, 37 confirmed.

c. 40 groups submitting resolutions for village spraying to prevent diseases.

5. **Better Nutrition for families** – 8,310 kitchen gardens planted by 8,307 SHG members across 105 villages.



SHG women identify stagnant water

Environmental Pilot Project in 3 Villages by Orbis & Arpana

Orbis Financial Corp. Ltd. collaborated with Arpana to launch a pilot project in three villages – Abdullapur, Chandipur, and Peer Badoli – to promote waste segregation and an environmentally healthy, garbage-free environment.

725 women participated:

- forming sanitation committees.
- organizing cleanliness drives.
- stitching and distributing waste bags.



Arpana is deeply grateful for the support for Arpana's Development Programs in Haryana from Orbis Financial Corp. Ltd. (Gurugram), the Baij Nath Bhandari Public Charitable Trust, Mrs. Sushma Lal, and Mr. Ravindra Bahl (All from New Delhi)

Himachal Pradesh

Arpana Free Medical Camp in the Bakrota Center

Arpana Health Care and Diagnostic Centre, Bakrota, Dalhousie, organized:

1. A five-day medical camp, August 25-30, in remembrance of Param Pujya Ma's lifelong dedication to the underserved hill folk. 351 patients, including 80 senior citizens, were treated at the Center.
2. A camp on 28th September at the Arpana Centre, Gajnoi, benefited 119 patients.



Relief for Families Affected by Landslides, Floods & Heavy Rains



In August 2025, heavy rainfall in Himachal Pradesh caused significant damage in the Arpana Project area, including loss of homes, soil erosion and crop losses.

Affected families were identified, and a relief plan was made. Volunteers went door-to-door to ensure proper distribution of support.

On 22nd October, Arpana distributed relief materials, including tarpaulins, axes, spades, and construction pans, to 16 families who suffered losses due to the heavy rains and landslides, located in nine villages of the remote Jatkari Panchayat.



Arpana is deeply grateful for the support from the Baij Nath Bhandari Public Charitable Trust and Mrs. Mohini Noon, (New Delhi), for these Himachal programs

Agricultural Tanks & Irrigation Systems in Remote Villages



Members of 6 farmer groups are constructing 4 tanks and irrigation systems in 4 Jatkari villages.

A technical resource person took measurements and determined the materials required. Organized by Arpana and supported by Orbis Finance Pvt. Ltd., work began simultaneously on the four irrigation projects

in November – needing to be completed before the December snows!

Arpana is deeply grateful for the support from Orbis Finance Pvt. Ltd for the Tanks and Irrigation Systems for these isolated villages

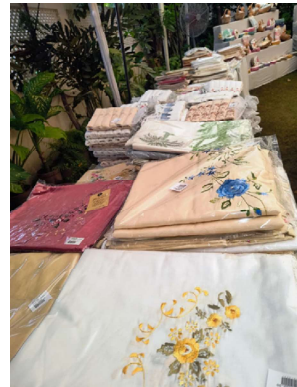
Arpana Handicrafts Diwali Sale – All Proceeds to Charities!

Arpana Handicrafts Sale, held from October 9–12, at E-22, Defence Colony, brought together family, and friends, in a celebration of creativity and joy.

Home linen, children’s clothing and nightwear were displayed – all exquisitely embroidered by rural women in Haryana to help support their families.

Param Pujya Ma’s elucidation of the Gita, Upanishads and other publications also available.

Special thanks to Drs. Raj, Rahul and Lena Gupta for their untiring and dedicated efforts.



Social Workers Home – Founders Day





On 20th November, Miss Nirmal Anand, Param Pujya Ma’s sister, Founder of Karnal’s Social Workers Home, was remembered at their annual function. Fondly called ‘Behenji’, she devoted her life to supporting destitute women and children.

The event was well attended by the Arpana family, friends and associates. Mrs. Gayatri’s annual report was well received.

Mr. Krishan Arora led the Urvashi Singers as well as the students from Khalsa College in beautiful musical renditions.

Students received prizes for excelling in their studies. Teachers were also honoured.

LET’S EMPOWER VULNERABLE WOMEN AND CHILDREN AS THEY REACH FOR THEIR DREAMS!

<p style="text-align: center;">ARPANA TRUST EDUCATION FOR DISADVANTAGED CHILDREN</p> <ul style="list-style-type: none"> • Tuition support for classes 1-12 pre-school Classes for toddlers, cultural activities. • Vocational training classes. <p style="text-align: center;">HUMANE VALUES FOR AN EQUITABLE SOCIETY</p> <ul style="list-style-type: none"> • Dramas, Publication, Satsangs • Charitable grants for the vulnerable • Health/Socio economic assistance <div style="text-align: center;"> <p>DONATE ONLINE</p>  </div>	<p style="text-align: center;">ARPANA RESEARCH & CHARITIES TRUST PROVIDES MODERN HEALTH CARE THROUGH</p> <ul style="list-style-type: none"> • Arpana Hospital for free /affordable health care. • Arpana Medical centre, Himachal <p>EMPOWERING WOMEN</p> <ul style="list-style-type: none"> • Self Help Group & SHG Federations. • Micro - Credit, Income generation, community development <p>EMPOWERING THE DIFFERENTLY ABLED</p> <ul style="list-style-type: none"> • Differently Abled Persons Organizations for health, assistive devices, certifications and income generation. <div style="text-align: center;"> <p>DONATE ONLINE</p>  </div>
<p><u>DONATIONS TO ARPANA ARE 50% TAX EXEMPT UNDER SECTION 80G, INCOME TAX ACT 1961</u></p> <p>Cheques in favour of Arpana Trust and Arpana Research & Charities Trust to be sent to: Information & Resources Department Arpana, Madhuban, Karnal- 132037, Haryana</p>	
<p><u>FOREIGN DONATIONS TO ARPANA ARE 100% TAX EXEMPT WHEN SENT THROUGH:</u></p> <p>Arpana Canada Mrs. Sue Bhanot, 7 Scarlett Drive, Brampton, Ontario L6Y 3S9 Canada Email: suebhanot@rogers.com</p>	
<p>Contact Us: Harishwar Dayal, Executive Director +91 98186 00644 Email us: arec@arpana.org at@arpana.org</p>	<p>Donations through Direct Bank Remittance: Bank of India, Karnal (IFSC Code: BKID0006750) Arpana Research & Charities Trust; Bank Account No. 675010100100014, Arpana Trust Bank Account No. 675010100100001</p> <p>India Development & Relief Fund (IDRF) Mr. Vinod Prakash, President, IDRF, 5821 Mossrock Drive, North Bethesda, MD 20852 USA E mail: vinod@idrf.org</p> <p>Aruna Dayal, Director Development +91 99916 87310 Websites www.arpana.org www.arpanaservices.org</p>