



Param Pujya Ma

Arpana

Newsletter

ARPANA TRUST, Madhuban,
Karnal, Haryana, India
March 2026

Arpana Ashram



Sadhana Day – 9th March

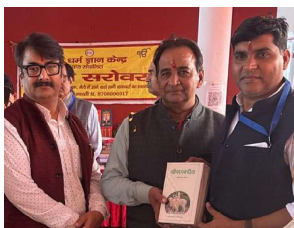
A day of introspection, inspiration and encouragement for each one of Ma's children to follow the practical spiritual path that She Herself chose on 9th March 1958.

Arpana Publications at the World Book Fair



Arpana Trust lovingly shared the life and messages of Param Pujya Ma at the World Book Fair held in New Delhi, January 10–18, 2026.

'Urvashi' – Param Pujya Ma's words and life – embodies the elixir of Supreme Knowledge, captivating our hearts and uplifting our spirits in books such as the *Shrimad Bhagavad Gita*, the *Japuji Sahib*, the *Upanishads*, and *Vedanta*.



Gifting Ma's Gita

Mr. Jitender Ahlawat, founder of Genesis Group of Schools, visited Arpana's stall at the Gita Mahotsav in Kurukshetra, purchased copies of Param Pujya Ma's *Gita* and gifted them to members of the Kurukshetra Development Board!

Christmas Celebration at Arpana

On 25th December, the Arpana family joyfully celebrated the birth of Lord Jesus Christ with Beloved Ma's satsangs, prayers, a spirit of togetherness, carol singing and a Christmas dinner!

Arpana Hospital

Arpana Cancer Care Unit – The First in the Region!

On 5th Feb., Arpana held the Soft Launch of its comprehensive Oncology Unit in association with Nirvanta Onco, a dedicated team of eight Oncologists.

Chemotherapy, surgical oncology, immunotherapy, hormonal therapy, palliative care and specialized treatment for cancers targeting the breast, head & neck are provided.



International Cardiology Guests' Lectures at Arpana Hospital!

Dr. Syed Samee, FACC, Cardiologist, Clinical Director of Providence St. Jude Medical Center, California, gave a talk on 27th January, titled 'What to Do When the Heart Cries for Help'. He focused on advanced heart failure care, early diagnosis, and patient-centered treatment.

Dr. Leon Ptaszek, MD, PhD, Associate Professor Harvard Medical School, visited Arpana Hospital on 13 February and shared valuable insights in his talk, 'How Blood Clots Cause Heart Damage'.

Dr. Salil Midha, MD, FACC, and President, Boston Cardiac Foundation, also visited Arpana, holding talks with the Director and Consultants.

We are deeply grateful for support from the Baij Nath Bhandari Public Charitable Trust, Hitech Property Developers Pvt. Ltd., & Mr. Anupam Sachdeva (USA)!

Haryana Rural Development

World Disability Day Celebration



The Federation of Arpana's 55 Differently Abled Persons Organizations (DPOs) celebrated World Disability Day at Budhakhera on 6th February. 900 people, including 500 persons with disabilities (PwDs) took part.

The event featured Races, Kabaddi, Mehndi, Rangoli, Painting, Dancing and a Play about how their lives were transformed.

A Camp for Assistive Devices was held alongside the Differently-abled festivities. Dr. Deepak Singh, Head of Deen Dayal Upadhyaya Institute, Nilokheri promised all assistance to PwDs in need!

Arpana is deeply grateful for support from Orbis Financial Corp. Ltd., the Baij Nath Bhandari Public Charitable Trust, Mrs. Sushma Lall, and Mr. Ravindra Bahl

New Delhi Education Programs

Exposure Visits Re-energize 500 Arpana Students!

1. Rail Museum, New Delhi, visited by 235 students of Classes 3, 4, and 5.
2. National Science Centre, visited by 83 middle school students.
3. Art and Craft Museum in New Delhi introduced 106 children to India's diverse artistic and cultural traditions.
4. Nehru Planetarium, Prime Ministers Museum & India Gate, visited by 31 students of Classes 10 and 12.



SPLASH—an Art & Literature Competition for Children



On 4th December 2025, AXIS Bank held a drawing competition on the theme 'Dreams' at Arpana Center in Molarbund –a part of their national-level competition.

Arpana students aged 7–14 participated, expressing themselves through drawings and short write-ups. Twelve students were awarded medals and appreciation certificates.

Gyan Arambh's 1st Annual Day – a Joyful Celebration of Learning!

Gyan Aarambh, Arpana's Education Program at Vasant Vihar, held its first Annual Day Function on 27th December, showcasing the talents of children from economically weaker sections of society. The children impressed everyone with their verve and confident performances in dance, music, and skits.



Mrs. Mona Sharma welcomed Arpana Trustees—Ms. Abha Bhandari, Mr. Ravinder Dayal and Mr. Rajender Rautela—along with Mrs. Sushma Agarwal (Director of Arpana Education Centre, Molarbund), and other supporters and well-wishers.

Arpana is grateful for education support from Mr. Suresh Motiram Shivdasani (USA), Caring Hand for Children (USA), Essel Social Welfare Foundation (New Delhi), and AVIVA Life Insurance (Gurugram), Delhi Iron and Steel Co. Pvt. Ltd. (Ghaziabad)

Himachal Pradesh

Irrigation Systems Constructed in Remote Himachal Villages!

Six village irrigation systems were completed by end December in Himachal – enabling subsistence farmers to earn monetary income for the first time!

The number of farmers increased from 41 to 70 and land cultivated increased from 1,442 biswas to 3,474 biswas, an increase of 141%!



FPO General Body Meetings





General Body Meetings of both Gajnoi and Ravi Valley Farmer Producers Organizations (FPOs) were held.

Two new women members were added to each Executive Committee. 30 new members were welcomed in Ravi Valley FPO and 20 new members in Gajnoi FPO. Local agricultural producers were discussed; suppliers were increased and business plans for 2026 were prepared in both FPOs.

Arpana is deeply grateful for support from Orbis Finance Pvt. Ltd for the Tanks and Irrigation Systems and BN Bhandari Public Charitable Trust for Medical Camps!

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

<p>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>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 <p>DONATE ONLINE</p> 	<p>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. <p>DONATE ONLINE</p> 
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DONATIONS TO ARPANA ARE 50% TAX EXEMPT UNDER SECTION 80G, INCOME TAX ACT 1961

Cheques in favour of Arpana Trust and Arpana Research & Charities Trust to be sent to:

Information & Resources Department
Arpana, Madhuban, Karnal- 132037, Haryana

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