

**Wherever He takest me,
there I shall go**

**Wherever He takest me,
there I shall go.
Naught shall I have to say;
I yearn to dwell
in His kingdom henceforth,
And not this earthly dwelling
from this day.**

**I am a humble servitor of His Name.
I shall blissfully dwell at His feet;
Lord! If I am blessed to meet with Thee,
Let me be Thine alone I entreat.**

**Then no other desire shall remain.
All vagrant thoughts shall soon fade away;
Then the veil of His Name shall cover my being,
In its divine and sublime array.**

**O friend of mine! Indeed, tell my Lord,
“Hurry home and tarry no longer!”
I have been asleep life after life,
Bid Him awaken me from my slumber!**

Translated from Param Pujya Ma's original prayer in Hindi given below

जित ले जाये हम चल ही दें

**जित ले जाये हम चल ही दें, मुझको कुछ भी कहना नहीं।
राम देश में रहना है, इस देश में रहना ही नहीं॥**

**राम नाम की चेरी हूँ, मैं राम चरण में जीऊँगी।
राम तुम्हीं जब मिल गये, मैं तेरी ही हो जाऊँगी॥**

**जग की चाहना नहीं रही, जो रही वह भिड़ती जाती है।
चहुँ ओर सखी राम नाम की, चुनरी छिड़ती जाती है॥**

**राम से कह दे सखी मेरी, जल्द ही वह घर आ जाये।
जन्म जन्म से सोई हूँ, इस बेर तो मुझे जगा जाये॥**

The Bridge to Immortality

He is the whole Universe.

*The heavens, the earth, the sky,
the life breath and the mind
are all woven into Him.*

*Know only That Supreme One –
abandon all other learning.*

He is the One and only Existence.

This knowledge in the only bridge to immortality.

Mundak Upanishad
2nd Mundak, Canto ii, shloka 5

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Note: Views represented in this journal reflect the understanding of individual contributors.
Most articles are based on answers given by Param Puja Ma to seekers' questions.

The Divine Purpose of Life : to Know Oneself

A SEEKER



With infinite love, gratitude and reverence at the Lotus Feet of our Beloved Param Puja Ma, who is the Source of all wisdom, guidance and inspiration, these reflections are offered in all humility. Whatever understanding has arisen in this heart has arisen solely through Her Grace.

There comes a stage in life when one naturally begins to look back.

The relentless rush of achievement subsides. The urgent demands of ambition lose their intensity. The noise of the world gradually recedes into the background. One begins to survey the long journey that has unfolded over the decades and a profound question arises:

“What has it all been for?”

The question is not born of dissatisfaction. Nor is it born of regret. It arises from a deeper place within—a place that seeks meaning beyond events, beyond accomplishments, beyond the countless experiences that have filled our lives.

As I look back upon my own life, and equally as I observe the present moment, a conviction grows stronger and stronger within me. Beneath the visible movements of life, behind every success and failure, every gain and loss, every joy and sorrow, there appears to be a hidden Divine Purpose.

That purpose is not merely to make us successful.

It is not merely to make us virtuous.

It is not even merely to make us happy.

The Divine Purpose appears to be only this:

To know ourselves.

And in knowing ourselves, to discover the Reality that we have always been.

The Great Search

Every human being is engaged in a search.

Some seek wealth.

Some seek power.

Some seek knowledge.

Some seek recognition.

Some seek security.

Some seek relationships.

Some seek happiness.

The forms of the search differ, but the underlying longing remains remarkably similar.

Every desire is, in some way, an attempt to overcome a sense of incompleteness.

We believe that something outside ourselves will make us whole.

And so the search begins.

Years pass.

Decades pass.

Desires are fulfilled.

New desires arise.

Goals are achieved.

New goals replace them.

Yet the sense of fulfilment that accompanies every achievement is temporary. The mind soon moves on to the next object, the next ambition, the next expectation.

Life gradually teaches a profound lesson:
Nothing finite can permanently satisfy an infinite longing.

The Upanishadic sages understood this truth thousands of years ago.
The human heart is searching for something that the world cannot provide
because what it seeks is not an object at all.

What it seeks is its own Source.

The Hidden Curriculum of Life

When viewed superficially, life appears to be a collection of unrelated events.

A birth.

An education.

A career.

Relationships.

Responsibilities.

Successes.

Failures.

Illnesses.

Losses.

Old age.

Death.

But when viewed through the eye of spiritual understanding, life reveals a remarkable coherence.

Every event becomes part of a hidden curriculum designed by Ma Herself.

Every relationship becomes a mirror.

Every challenge becomes a teacher.

Every disappointment becomes an invitation to greater understanding.

Every loss becomes an opportunity for detachment.

Every success becomes a reminder of the limitations of success.

Nothing is accidental.

Nothing is wasted.

Everything contributes to awakening.

Even our mistakes become valuable.

The ego imagines that mistakes are obstacles on the spiritual path.

Often they become stepping stones.

Failures humble us.

Disappointments soften us.

Suffering deepens our understanding.

Humiliation weakens pride.

Loss exposes attachment.

Life patiently reveals what the scriptures proclaim.
The problem is not outside us.
The problem is our mistaken identification with what we are not.

“What You Can See, You Are Not”

One of Param Pujya Ma’s most profound teachings is:
“What you can see, you are not.”

Contained within this simple statement is the essence of Vedanta.

We see the body.

Therefore we cannot be the body.

We observe the mind.

Therefore we cannot be the mind.

We witness thoughts.

Therefore we cannot be thoughts.

We are aware of emotions.

Therefore we cannot be emotions.

We even observe the workings of the intellect.

Therefore we cannot be the intellect.

What remains?

The Witness.

The Awareness.

The Consciousness in whose light all experiences are known.

The body changes continuously.

The mind changes continuously.

Thoughts arise and disappear.

Emotions come and go.

Roles begin and end.

But the witnessing presence remains unchanged.

The child becomes an adult.

The adult becomes elderly.

The body changes.

Yet the fundamental sense of “I am” remains untouched.

That changeless awareness is our true nature.

The entire purpose of spiritual life is to recognise this truth directly.

The Great Misidentification

The scriptures describe ignorance not as absence of information but as mistaken identity.

We mistake ourselves for the body.
We mistake ourselves for the mind.
We mistake ourselves for our personal history.
We mistake ourselves for our achievements.
We mistake ourselves for our failures.

This mistaken identification creates the sense of limitation.
It gives birth to fear. It creates attachment. It generates suffering.

The ego is essentially this mistaken identity.
It is the assumption that "I am this limited individual."
From this assumption arises the entire drama of human life.

Spiritual practice does not create Reality.
Reality already exists.

Spiritual practice merely removes misunderstanding.

Just as clouds may conceal the sun without affecting it, ignorance conceals our true nature without altering it.

The sun remains unchanged.

Similarly, the Self remains unchanged.

Only recognition is lacking.

Life as Grace

As understanding deepens, one begins to see life differently.

Events once regarded as misfortunes reveal hidden blessings.

Difficult periods reveal unseen gifts.

People who challenged us contributed to our growth.

Circumstances we resisted often became catalysts for transformation.

The Divine Intelligence guiding life appears far wiser than our personal preferences.

What we wanted was not always what we needed.

What we resisted was often precisely what was required.

Looking back, one begins to perceive a subtle orchestration.

This happened so that I may know myself.

That happened so that I may know myself.

This responsibility was given so that I may know myself.

That responsibility was taken away so that I may know myself.

This person entered my life so that I may know myself.

This separation occurred so that I may know myself.

Everything begins to converge towards a single purpose.

Life itself becomes Grace.

The Illusion of Becoming

One of the most subtle obstacles on the spiritual path is the belief that we must become something.

We believe we must become enlightened.

We must become realised.

We must become spiritual.

We must become pure.

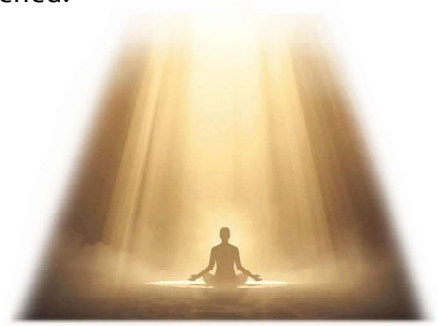
Vedanta offers a startling insight.

The Self is already complete.

The Self is already free.

The Self is already whole.

The Self is already Divine.



The problem is not lack of attainment.

The problem is lack of recognition.

A wave does not become the ocean.

It discovers that it has never been separate from the ocean.

Similarly, the individual does not become the Self.

He discovers that he has never been anything other than the Self.

This is why the sages describe liberation as awakening rather than acquisition.

Nothing new is gained.

Rather, ignorance is removed.

The Truth that always existed becomes evident.

The Final Discovery

The spiritual journey begins with the search for God.

It matures into the search for Truth.

It culminates in the discovery of the Self.

At the highest point of understanding, the distinction between seeker, seeking and sought disappears.

The seeker discovers that the Reality being sought has always been present.

It was never absent.

It was nearer than the nearest.

Closer than the body.

Closer than the mind.

Closer than every thought and experience.

The great sages therefore declare that the Kingdom of Heaven is not elsewhere.

The Truth is not elsewhere.

Bhagwan is not elsewhere.
The Self is not elsewhere.
The Reality we seek is our own essential nature.

The Purpose Fulfilled

When this understanding deepens, life acquires an extraordinary simplicity.

One continues to perform one's duties.

One continues to serve.

One continues to love.

One continues to participate in the world.

Yet inwardly there is a profound shift.

Life is no longer centred upon becoming.

It is centred upon Being.

One no longer seeks fulfilment through accumulation.

One seeks only clarity.

One seeks only Truth.

One seeks only the removal of ignorance.

Then every experience becomes sacred.

Every moment becomes an opportunity for remembrance.

Every encounter becomes an invitation to awaken.

Looking back upon life, one may finally recognise the silent thread connecting every chapter of the journey.

The Divine Purpose behind all that has been received, and all that continues to be received, has always been the same.

Not to make us greater.

Not to make us important.

Not to make us extraordinary.

But to help us know who we truly are.

For the highest knowledge is Self-Knowledge.

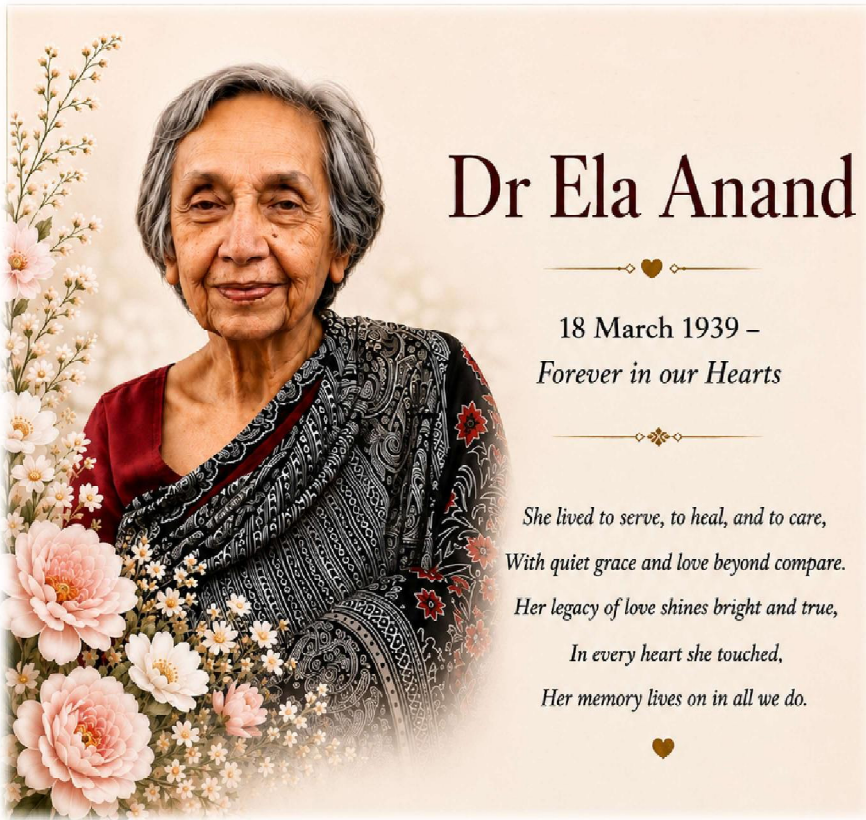
The highest pilgrimage is the journey within.

And the highest fulfilment is the recognition that what we have been seeking throughout our lives is what we have always been.

In words that beautifully capture the essence of the entire spiritual quest:

The Divine Purpose behind every experience is not to make us something new, but to remove everything that prevents us from knowing what we have always been.





On Wings of Light...

ABHA BHANDARI

Our dearest Dr. Ela Anand passes into Eternity to find unity of Spirit with the Divine... at Whose feet she offered her devotional eulogies continually through every breath.

As a doctor, she offered her selfless healing especially to those who needed her the most... the rural, less fortunate families in the villages of Haryana. She, along with her husband, Dr AK Anand, nurtured and sustained Arpana Hospital as their service laid selflessly at the feet of Beloved Ma.

Perhaps the most significant part of her service to Beloved Ma was sponsored by her love for Urvashi... the Pure and Supreme wisdom that

flowed forth from Param Pujya Ma for over 50 years. Dear Ela Aunty read, translated, composed and sang many heart touching portions of Urvashi as her special 'offering'. She was ever by the side of her husband Dr AK Anand as he contributed his all to Urvashi by composing and singing many priceless selections in his soul stirring voice. He sang and Ela Aunty accompanied him on the *tabla*. Theirs was an inimitable bond... a bond of loving service in so many spheres.

Our hearts are richer today as the sweet memories of dearest Ela Aunty's countless accomplishments infiltrate our innermost being...forever...and ever.

Dearest Ela Aunty, today, as you continue your spiritual journey at the feet of the Divine, you carry with you, our heartfelt homage and prayers and thanksgiving. We can almost preview the beautiful journey of your soul as it takes flight to its next appointment with the Divine Supreme!



A Tapestry of Grace, Healing, and Divine Love :

Celebrating the Legacy of Dr. Ela Anand

BY A MEMBER OF THE ARPANA FAMILY

The Arpana family recently came together to celebrate a life that was truly a blessing to humanity.

To the medical world, she was Dr. Ela Anand: a visionary gynecologist, a Fellow of the Royal College of Gynecologists (FRCOG) UK, and the esteemed Medical Director of Arpana Hospital, where she headed the Gynecology Department for over three decades.

But to those who knew her warmth, she was simply, and very dearly, Ela Aunty.

The Golden Thread of Divine Inspiration

If we look closely at the beautiful tapestry of Ela Aunty's life, we find one golden thread weaving through it all: the Divine inspiration, mentorship, guidance, and motivation of Param Pujya Ma.

It was Ma's elucidation of selfless service through countless *Satsangs*, alongside the living example of Ma's own life, that transformed Ela Aunty's

medical brilliance into a spiritual mission.

Nourished by Ma's Grace, she willingly chose to step away from the comforts of urban practice, dedicating her exceptional skills entirely to the rural underserved.

Her spiritual depth was admirable. Her intense study and understanding of the Gita, the Upanishads, and other scriptures—as illumined by Param Pujya Ma—bore fruit in her beautiful English translations, which today rest as treasures in Arpana's archives.

Yet, no matter how immense her hospital responsibilities grew, they were never too hectic to keep her from the spiritual path Ma had lit for her. She walked it with song in her heart, frequently enchanting listeners with her mesmerising renditions of Western Classical music, particularly 'Ave Maria'.

A Pioneer at the Grassroots

Ela Aunty was a true pioneer of rural healthcare. Backed by a UNICEF grant, she spearheaded a massive child immunization program across the villages of Karnal District, significantly reducing infant mortality. She understood deeply that saving newborns required empowering the grassroots.

With infinite, loving patience, she worked closely with the traditional village midwives—the Dais—in the rural heartlands of Haryana and Himachal Pradesh. She gently guided them away from unsafe delivery practices, training them to use hygienic UNICEF kits.



In due course, this patient mentorship paid rich dividends, saving countless precious lives of both mothers and children.



This deeply committed spirit of selfless service infused her entire team, ultimately culminating in Arpana receiving the prestigious Sasakawa Health Prize from the World Health Organization (WHO).

It was a moment of immense pride for the Arpana family to witness her address the World Health Assembly in Geneva with singular grace, dignity, and humility.



Grace under Pressure

The Sasakawa Award—a striking, 15-inch-long white crystal trophy—aroused instant suspicion at airport security, where the X-ray flagged it as a hidden weapon. The tension escalated when it was Ela Aunty’s turn to step through. The hand scanner went absolutely wild, emitting a shrill, non-stop beep.

Thoroughly alarmed, the security officer sternly informed her that she would have to be taken to a private room for a strip search. Instead of panicking, a bright smile lit up Ela Aunty’s face. She suddenly realized the culprit: she was wearing a beautiful saree woven with heavy metallic brocade!

After some amused, lengthy explanations, the security team smiled and let them pass.

Whether she was steering a hospital, addressing a global stage, uplifting village Dais, or being jokingly accused of smuggling ‘weapons’ in a brocade saree, she met life with infectious joy.

An Enduring Light

We will deeply miss Ela Aunty’s warmth, her wisdom, and her laughter. Yet, a life lived so beautifully never truly ends. Her legacy lives on in the institution she built, the lives she saved, the medical professionals she inspired, and the divine love of Param Puja Ma she carried so beautifully in her heart.

Rest in peace, dearest Ela Aunty. Your light will never fade, and you will always be remembered with deep love and gratitude by your very own Arpana Family.

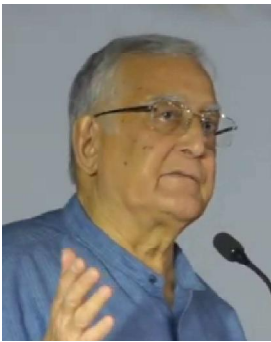


When Hearts speak...

Tributes at the Prayer Meeting in Delhi



Param Pujya Ma's prayers express the longing of the soul for mergence with its Divine Creator. The singing of Urvashi Bhajans created a sublime ambience on the solemn occasion.



I studied in this (Modern) school almost 70 years ago and Dr. Ela, who was known as Ela Sen in those days, was two years senior to me. Ela was very active in dance and singing... in fact, I can almost imagine her dancing on this stage...

...We were delighted when our daughter Vedika got married to Ela's son, Varun and the families became even closer. I visited my daughter and son in law in England in 2022 and Ela was staying there with them. She was then perhaps 83 years old. I'm amazed at the amount of energy she had. She would walk long distances which were measured in 3 miles, 5 miles in a day without feeling tired and she was very enthusiastic about joining family picnics and recreational activities.

We met frequently over the years and she always had a very warm smile... it is so comforting meeting old friends! We shall always miss you Elu and continue to remember you. Three cheers for all her achievements which uplifted the health of thousands of people.

~ Ashok Bhojwani



Ela Taiji was so classy. She carried herself with so much poise and dignity that she owned every room she went to.

There was this one lifestyle (at their Sita Sen Memorial Hospital in Delhi) where she played the piano and waltzed with Tauji in the drawing room after the children had gone to bed... and a few years later when we saw her in the Ashram at Madhuban, we discovered that she was so much a part of that as well.

She was like water, wherever she was placed, she flowed from there.

I'm writing a book these days on Divine Sight. Divine Sight enables you to see all beings and all things without divide and without distinction... and that I think was Ela taiji! But she was one step beyond that because she translated it into Divine Service. That was her greatest strength.

For all her gentle, modest, unassuming ways, Ela taiji was the most powerful woman I have ever known.

~ Rashmi Anand



... Mummy drew her strength, calmness and compassion from her deep faith in spirituality and humane values. These values were shaped from the lessons she received from her parents and the teaching of Param Pujya Ma.

Even with a demanding life as a gynaecologist, filled with midnight deliveries, emergencies and complications, she remained deeply committed to this inner journey.

To us, her family, she was an anchor. She brought us together, held us together. She listened without judgement, advised without imposing, kept confidences, softened conflicts and made each one of us feel loved.

We thank the Lord for having given us her life as an example, and we pray that we are given the strength and conviction to carry her legacy forward by living in a way as she did – with purpose, humility, courage and love.

~ Varun



To the world she was Dr Ela Anand – a mentor, a physician, a leader and above all a humanist in the truest form of the word. Yes, she was all of that but so much more. She was my superwoman. I have always been so proud to be Dr Ela Anand's granddaughter and I'll always carry that within me.

She was a huge personality but she carried it so lightly you would almost not notice. That was her gift.

She was deeply spiritual and she expressed it not in rituals or words but in just doing – simply, quietly and for whoever needed it. It was in her that I saw what real compassion looks like. It was she who planted in us the idea of life spent in serving others in whichever way we can.

My love of music, dance, books, science all came from her. She went along with everything we children did – every misadventure, every bit of mischief, as happily as if it had been her idea.

She had no judgement for anyone. She gave of herself to everyone without counting what it cost her, without ever drawing attention to what she was giving, and in doing so, she taught us that kindness doesn't need to announce itself, that Grace does not need to be loud.

I will try to build myself the way she was so naturally. There are four of us grandchildren and each one of us carries a piece of her. But we are all unmistakably her, and we will spend our lives trying to be worthy of that.

~ Shuchi



Ela Taiji (my great aunt) was our family historian. The keeper of stories and secrets. Someone who had traced our bloodline back several generations making sure that the threads connecting one generation to the next didn't fray beyond repair.

Looking back, I'm struck by how similar Ela Taiji's two lives really were. As a doctor, she spent decades ensuring that more women survived childbirth. At home, she made sure that stories survived the people who first lived them. Both required the same instinct: a belief that ordinary lives mattered enough to preserve.

Those histories survive for only as long as somebody keeps telling them. The greatest tribute we can offer the people who remembered for the rest of us is to refuse to let the stories end with their time with us.

~ Sonakshi

...and from the doctors at Madhuban



Ela aunty was like a mother to me... not just me, she was a mother figure to many in the Arpana family.

Being a doctor was not a profession for her, it was like a sacred mission. Her whole life was a shining example of selfless service. A compassionate and caring attitude towards patients was of utmost importance to her.

The Arpana Hospital we see today is a result of Param Pujya Ma's blessings, Dr. Mehta's guidance and Dr. Ela Anand's tireless efforts.

Ela aunty would visit the neighboring villages to promote health education, vaccination strategies and safe pregnancies. Her simple nature endeared her to every village woman she interacted with... for her the patients' interest always came before her personal interest.

Our true homage to her will be to carry on the beautiful legacy she has left behind.

~ Dr. RI Singh



We celebrate an extraordinary life of selfless service... of an ever smiling, kind hearted, doctor, administrator, teacher, parent, singer, writer and musician Ela Anand.

Daughter of a surgeon, trained and graduated in England, a flourishing practice in the capital city, gave up all and came to Madhuban to serve the needy rural folk of Haryana.

With the blessings of Pujya Ma and other founder members, Arpana Hospital was started... a beautiful, different type of set up, unlike any other. Under able administratorship, it progressed to one of the leading multispecialty hospitals of the region.

A very competent surgeon, taking up the most complicated cases, she touched thousands of lives, giving to them cure and comfort. A great teacher, who mentored scores of gynaecologists, OT technicians and nurses.

Ela aunty you will be deeply missed but your impact will echo in Madhuban, the surrounding villages, and far beyond for many generations to come.

~ Dr. Mukul Sharma

A Healer walks Home

DR. SUVENDU PANDA



There are some people whose passing makes us sad.
And then there are some whose passing makes us stop.
Stop and wonder.

How does one human life become so large?
How does one person become a refuge for so many?
How does one gentle soul leave footprints in thousands of hearts?

Today, we do not merely remember Dr. Ela Anand.
We celebrate a miracle. The miracle of a life completely given away.
Because lives like hers are rare. Very rare.

Once in a generation, perhaps once in many generations, God sends
among us a person who quietly demonstrates what it truly means to live.

Dr. Ela Anand was such a person.
She was born into privilege. Into learning. Into excellence.

Her father was one of India's most respected surgeons.
Her mother, an accomplished gynaecologist.
She herself studied in the finest institutions in India and England.

The world lay open before her...
Prestige awaited her. Comfort awaited her. Recognition awaited her.
And she received all of it.

But somewhere deep within her heart, another voice was calling.
A quieter voice. A deeper voice. A voice that asked:
“What is the purpose of all this knowledge, if it is not used for those who need it the most?”

And she listened.
Many hear that voice. Few obey it. She obeyed.

In 1980, at a time when most people spend their lives trying to build security, she and her beloved husband, Dr. A. K. Anand, did something extraordinary.

They walked away.
Away from a flourishing nursing home. Away from financial comfort.
Away from social status. Away from the life they had built with years of hard work.

And they came to Madhuban.
No headlines announced their arrival.
No cameras followed them. No applause greeted them.
Only dusty roads. Simple villages.
People who had little. Women who suffered silently.
Children who had never seen specialist care.

And there, in that quiet corner of Haryana, something remarkable happened.
A hospital was not merely built.
Hope was built. Trust was built. Human dignity was restored.

For thousands of mothers, she became the reassuring face they looked for in their most vulnerable moments.
For countless women, she became a confidante.
For frightened families, she became calm in the midst of fear.
For generations of children born under her care, she became part of their very beginning.

How many lives did she save? No one knows.
How many mothers whispered prayers for her? No one knows.
How many children exist in this world because she was there when life seemed uncertain? No one knows.

Only God knows. And perhaps that is enough.

Because greatness does not need statistics.
Greatness leaves memories.

People often speak of compassion.

Dr. Ela lived it.

She carried within her a rare combination.

The brilliance of a scholar. The discipline of a physician.

The humility of a servant. And the heart of a mother.

She could move effortlessly from an international conference to a village courtyard.

From receiving global recognition to sitting quietly beside someone in pain.

Without distinction. Without judgement. Without ever making anyone feel small.

That was her gift.



She did not simply treat disease.

She restored dignity. She made people feel seen.

And in a world where many suffer from being unseen, that itself is healing.

The world recognised what she was doing.

Awards came. Honours came. International recognition came.

The United Nations honoured the work she represented.

The Royal College honoured her contribution.

Institutions celebrated her achievements.

But if you had asked Dr. Ela what mattered most, perhaps she would not have spoken about awards.

Perhaps she would have spoken about a village mother.

A newborn child. A smiling patient.

Or a family whose suffering had eased.

Because service was never her work. Service was her nature.

And that is why today feels different.

Because when a healer leaves, an emptiness remains...

Not an emptiness of position. Positions can be filled.

Not an emptiness of skill. Skills can be taught.

But an emptiness of presence.

Some people enter a room. Others fill a room.

Dr. Ela filled lives.

And so today, we grieve. But we also give thanks.

Thank you, Dr. Ela.

Thank you for choosing service over comfort.

Thank you for showing us that medicine can be an expression of love.

Thank you for proving that one life, lived selflessly, can alter the destiny of communities.

Thank you for building not merely a hospital, but a culture.

Not merely a healthcare programme, but a movement.

Not merely an organisation, but a family.

You came to Madhuban as a doctor. You leave as part of its soul.

And perhaps, many years from now, when new doctors walk through these corridors, when new nurses care for patients, when new children are born under this roof, they may not know your name.

But they will still encounter you...

In the values of Arpana.

In its compassion. In its humanity. In its spirit of service.

Because some people do not leave monuments.

They become foundations.

And so, dear Dr. Ela, you have not left Arpana.

You have become Arpana.

And as long as there is kindness in these halls, compassion in these wards, and love in the service of humanity, you will remain with us.

Always. Until we meet again. ❖



The Odyssey of an 'Offering'



REPRODUCED FROM AN ARTICLE BY
DR. ELA ANAND

When I was a little girl, I enjoyed my birthday very much. When I opened my eyes in the morning, my birthday present was lying on my bed, gaily wrapped up and my mother's tender smiling face beaming with love, would watch my eyes light up in pleasure. I felt so special on that day!



I experienced that child-like pleasure once more, when I received a Harmonium (musical instrument) from *Ma* on my birthday. It was such a lovely surprise and a present which was close to my heart. Pujya Ma's smiling face beamed Her love at me, making me feel so cherished. Her smile is the most beautiful one I have ever seen. It envelops one in a most exquisite love, which fulfils and surpasses any emotion a human being can experience. It is full of affection, protection, encouragement and so many aspects of caring. And it makes a person feel on top of the world! Pujya Ma suggested that I use the harmonium as an accompaniment to my songs. If any other person had suggested

this, I would have brushed the suggestion aside as impractical: how can western classical singing be accompanied by a harmonium? I had always felt hampered at singing without someone accompanying me on the piano. Pujya Ma was teaching me how to overcome this obstacle. With a harmonium I was able to accompany myself. I found, in fact, that the notes of a harmonium sounded like an organ and it was particularly good in hymn-like songs!

Vivek Kapur has always been like a trusted elder son to Pujya Ma and to me an affectionate and supportive *Guru Bhai*. He used to stay with us in Delhi. One day when he came, he handed me a diary. The diary contained Pujya Ma's prayers translated into English. With an affectionate smile he suggested that I compose tunes for them. I had never had any experience of composition. My husband, Dr. Anand, had already set several of the original Hindi prayers to music. He seemed to have a special flair for this. It was an exciting thought that the English translations should also be set to music. However, I felt unequal to the task. I confessed my inadequacy to Pujya Ma. She said quietly that only simple hymn like tunes were required which could be sung by anyone. She made it sound possible to scale this peak. Encouraged by Her words, I began composing simple tunes for the prayers.

The first one of the *Urvashi* translations that I sang for Pujya Ma marked an important milestone in this odyssey of devotional expression. I was very tense and nervous that day. Would Pujya Ma like it? Would she consider it suitable? The song was 'O Upholder of Traditions Divine' which is a translation of Her heavenly prayer:

‘मर्यादा पुरुष पुरुषोत्तम, परम तत्त्व प्रमाण राम’...

It has some very inspiring lines of which the last verse is a fitting culmination:



*“We aspire Lord to eternal peace
The eternal Truth which will never cease
You are our aim, our path enlightened
We seek just You,
Our destiny's brightened.”*

As I sat in front of Pujya Ma and began singing, looking at Her smiling visage, all my fears fell away. I seemed to lose all the strings that normally bind me and sang freely and effortlessly. I felt as if I had reached a sublime realm where there is a communion of the spirit only. A round of applause brought me back to earth with a thump. This was the first of many experiences that I have had while singing in Her presence.

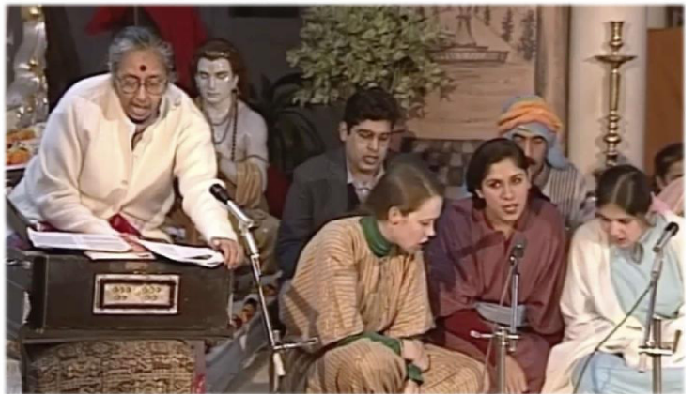


My first trip to Mumbai with Pujya Ma was a beautiful one. This was in 1981. I had not been well, so she decided to take me along. It was a long journey by car, and at the end of it, I was feeling better instead of worse. While with Her, I seemed to forget my bodily travails and joined in the spirit of

the journey. It seemed as if She was taking us on a journey to explore the realms of spirituality.

One of the endeavours of the Mumbai trip was to find a suitable instrument for accompanying me in my musical endeavours. We visited many music shops and eventually found an electronic drummer. This could produce different rhythms. As we were walking through the *bazaar*, she asked me to look for a hymn book. We found an American book of hymns which has been a great asset and which I still cherish. When a person shows a firm intention to do something, Pujya Ma is always many steps ahead on the path, cleansing it so that Her child progresses in his/her endeavour.

I would sing these hymns at Christmas time, which enabled everyone to get a lot of pleasure in these sweet prayerful songs. I also taught the children a few of them: actually, they were also helpful in my endeavour in composition.



Although I know that I had no talent for composition, still Ma's beautiful prayers and their devotion inspired me to persist. Here is a simple child-like hymn:

One day a little pencil
finds itself in a poet's hand.
The poet with this pencil
On a lengthy poem expands.

The pencil becomes boastful
A poem I have written.
At first I laughed at this boastful pride
Then with a thought I was smitten.

I too am like a pencil
Boastful and foolish with pride.
My heart with remorse was flowing
As my world changed inside.



This simple hymn can be applied to themselves by anyone. We all claim our deeds as ours, completely forgetting that our situation, birth and other people have helped us to get to the place where we are. Our talents are the gifts of the Master, just as our body and appearance is. If we remember that we are like the pencil in the Poet's hands, we would be nearer the Truth.

Gradually, the collection of translated Urvashi songs grew. One of them which has always moved me and I find easy to relate to is 'Imprint the name of the Lord' which is a translation of

‘नाम बसाकर सीने में वैराग्य की तरणी पर चढ़ जा’...

Imprint the name of the Lord In your heart
And the boat of detachment ascend.
Set forth with sails of love and start
To cross your mind's river bend.

O sing with abandon and lose yourself
In the Lord's magnificent name.
Sing to the tune He decides himself
And dance lifelong in His fame.



Each wave is potent with the name of the Lord
The air with ecstasy sways
Make your mind His own abode
And ever sing in His praise.

If only we could have the Lord in our hearts, we would see all from His angle of vision and live in unity, happily dancing through life, to His tune.

When I had collected a sufficient number of songs, I made my first cassette with Reva's help. (Reva Bhandari, apart from her other roles in Arpana, plays a pivotal role in the cultural programmes of the Trust.) This was a home-made one and we used the harmonium to accompany the songs. It came out very clearly and hymn-like. I presented this to Pujya Ma on Her birthday in 1982. Actually, it was Her gift to us; a gift of inspiring prayers that lead us onward!

Harold Joseph was a well-known musician and conductor of the Delhi Symphony Orchestra and a major influence in my musical life. He came to us in Madhuban in 1982. He was then suffering from an illness. When Pujya Ma learnt about it, in Her inimitable way, She went into the details of his problems and suggested that we ask Dr. Narula, who was a practitioner of a system of medicine based in herbal remedies and massage, to help. We also read out to him Pujya Ma's manuscript of the highly acclaimed sound and light production 'Jesus Christ – through the eyes of a non-Christian devotee'. She felt that if he wrote the music for this project, it would enable him to bear his illness better and get a sense of fulfilment. He liked it very much but due to his ill-health, he was able to score the music for only four pieces from the play and also one other translated prayer of *Urvashi*. This was included in the cassette we later produced professionally. The music was unusual and lovely and complemented the beautiful words. He had used an Indian *raag* and somehow that, with the Indian instruments, echo the devotional quality of the song.

*Wherever You keep me, O Lord Divine,
Songs of Your glory and grace benign:
Will flow from my heart in ecstasy
As I become what You want me to be.*

These words depict the devotion with which a seeker longs to become the Lord's instrument and shed all egoity.

*Reveal the mysteries of the Gita to me
and mould me, so that I can be
An embodiment of Your knowledge therein
to serve Your world with every limb.*



Pujya Ma always tells us that we should give our body, mind and intellect in the service of the Lord. In whatever we do, we should bear this in mind.

*Abide in my words, Purifier Divine
Cleanse me of my 'I and mine'
Then instantly my beloved Lord*

*The home of this ego
Will be Your abode.*

How beautifully this verse reflects the attitude of the devotee who longs to be cleansed of the superimposed ego. The last two verses of the song, complete the desire for mergence with Him.

*Essence of Truth, my very own
Your image You have always shown
As I listen, Lord, I pray
Let me be lost in You one day.*



*Your name is magic, enchanting One
Whoever chants it will become
One with You and shall abide
Like a drop of water in an ocean wide.*

Pujya Ma went to the U.K. in 1984 for two months, because of her ill-health. On Her return, She presented me with a Casio. I was extremely touched and moved at how, in the midst of a hectic schedule, Her thoughts embraced each one of Her children. She always manages to think of what a child would find most useful for his or her development. In my case it was the next step in the odyssey. The Casio is a delightful instrument to make music on, and provided a more complete instrument to accompany my endeavours. But more than anything else, it helped in the composition of music. From then on, this instrument was always with me when I worked in this medium. It is a most precious gift.

The decision to make a professionally accompanied and recorded cassette was taken in 1993. I felt it was the least I could do to become a vehicle for *Urvashi*. Pujya Ma's years of encouragement and my own involvement with *Urvashi*, made this necessary. However, it was imperative to get someone to manage and compose the music to complete this amateur effort. I met Captain Champion through an old acquaintance of mine. This meeting resulted in the production of three scores. Two of these were for the ones that I had composed and one for a new song. He found the work very absorbing and could not let go until he had finished all three scores. We did a recording of them with a piano accompaniment. However, an orchestra accompaniment was suggested to give it more colour and body.

For the final completion of the odyssey of 'Offering', Reva gave her fullest assistance. She and Mr. Surinder Gandhi, the owner of Kalyani Studios, Delhi, who is a friend of Arpana, helped the young Indian music director to understand what kind of music each song would require to depict Pujya

Ma's beautiful words with a devotional colouring. This came out very well in the following song:



*O Shyam, my naughty Beloved,
Don't play such pranks on me.
My heart You stole,
When you played on Your flute.
Be kind, Lord, have mercy on me.*

One hears the chirping of the birds, the sound of the flute beckoning the devotee to come, the tinkle of the anklets in the hide and seek game between Shyam and His devotee. One could lose oneself in this beautiful song.

The cassette was completed in April '95. I was able to lay the cassette at Puja Ma's feet on the auspicious occasion of Ram Navmi. Her beautiful smile reflected Her acceptance of the cassette which was the culmination of the odyssey which began two decades earlier. The palpitation in my heart was replaced by a serenity when I saw Her smile.

Puja Ma's words have illumined my life in every way. She has at every level given me a practical example of spirituality. Her sublime love for the Lord and Her constant inspiration has taken me forward to gather the beautiful flowers of service and devotion which have enabled me to live a life of love and togetherness with Her universal family. My utmost gratitude will ever be towards Her and all those who helped me in the journey of love. Puja Ma's words have ever been a Beacon Light showing me the way.

My humble salutation to Her. ❖



Love Letters to Her Lord

~ A Blueprint of the true Aspirant's Path

In continuation of Param Pujya Ma's precious treatise,
her second elucidation of the Srimadbhagavad Gita...

TRANSLATED BY ABHA BHANDARI



Beloved Ma's devotional flow in response to the Lord's compassionate cajoling and beckoning to His children, not only throws light on the pure response of a true sadhak, but also highlights the danger of excessive reliance on our ego. The inner response of a sincere sadhak is evident from Ma's Words. She thus highlights the stream of thought, conviction and surrender to the Divine Master... the only path for a true sadhak.



Chapter 4

The Yoga of Knowledge and Detached Action

Ma awakens us...

The Lord is the only Doer. The Jiva is a non-doer... a mere instrument... an automatic machine, activated by the Divine hand that controls the 'switch' of the machine.

The Lord is the Doer, yet the Non doer... and I, the non doer, believe myself to be the doer and continually rock in the waves of joy and sorrow. 'I' am covered in the mud of this quagmire.

Ma warns us...

"You constantly take recourse to just one excuse 'your duties!' This world is not yours. The Creator and Sustainer of this world is someone else. Destiny makes us dance to its tune. If I believe in this cycle of destiny, then Lord, do as You wish... how does it matter to me? We see the poorest become a millionaire and the millionaire turning into the poorest... Lord it is You Who does all this. Every judgement is Yours. Who are we to counsel You or try to alter Your judgment?"

एवं ज्ञात्वा कृतं कर्म पूर्वैरपि मुमुक्षुभिः ।
कुरु कर्मैव तस्मात्त्वं पूर्वैः पूर्वतरं कृतम् ॥१५॥

Shloka 15

Knowing this, the ancient seekers of liberation also performed actions similarly; you, too, must engage yourself in action like your ancestors.



The Lord now offers a comparison so that I, the foolish one, can understand, be enthused and do whatever I can towards the attainment of the Real. He first says, "I am unattached and untouched... even though I have created this world, I am a non doer... you too become like Me!" Then, He in His compassion may have thought that I may become apprehensive, so He says, "Do not worry; why are you afraid? Just as those before you, your ancestors, renunciates and saints have come towards

Me, so also, you too can come to Me.” Then, guarding against my common excuses ‘I am ignorant, devoid of the requisite qualities, devoid of strength, or, how can I be like You...’ the Lord says, “You too must follow those people who, through *sadhana*, have reached Me. Remember many *sadhaks* like you have also done the same... they have emulated Me!”

The Lord encourages us and says, “If you are able to emulate those great souls, then following in their footsteps successfully, come to Me! You will certainly reach Me.” Even those earlier *mumukshus* and seekers of yore felt devoid of strength and were worried if they would accomplish their goal. They too, like you, experienced the transitory nature of this material world and life... they recognized it to be unreal and knowing the insincerity of this body and this world, they too yearned for the Real, longed for unity with the Supreme. They too wanted that eternal happiness and knowledge of the Real. They were ever anxious to remove the dark delusion of this world from before their eyes. They researched, they augmented their love for the Supreme, and the importance of the world automatically receded. Ultimately they gained complete *vairagya* or detachment.

Ram says, if those seekers of yore gained ultimate success, then why do you agonize thus? They achieved knowledge of the Truth, and then attained *Vairagya* and also quaffed the nectar of devotion. Do not worry... just follow the path step by step and you too will certainly attain your cherished goal. What greater assurance can the Lord give you? Come to His path even now.

Lord, can I really attain what those seekers attained? The Lord Himself says... “Why not? What a man has done, a man can do.” It is our point of view that must undergo a change... it is this which frightens us. The Lord says “Recognize your Self and follow those aspirants whose sorrows, travails and difficulties were similar to yours. Look towards them who struggled like you... suffered like you... and yet attained. Let their example be your support. They will understand your yearning as you understand theirs.”

First the Lord said “Attain divine qualities and come to Me... I will safeguard you...” Now He says, “Do not worry if you do not have divine qualities... walk



My path anyway. My authority will always be with you. I will save you even if I have to take birth again to do so! Take the route taken by several of My devotees like you. Follow them and come to Me.”

They say here ‘This is the Grand Trunk Road... some walk ahead, some walk behind and some walk together... each one has the right and privilege to tread it. Do not look at the world you leave behind. Continue to walk this path of *sadhana* that you have chosen. Enthuse those who walk with you... gain enthusiasm from others who walk with you... just walk without further thinking. Leave all else to Him and become His.’

Listen, O foolish mind! That Merciful One takes many a form to waylay you. He comes to you in forms that you are attracted by and looks upon you with a gaze full of love... maybe you will recognize That Supreme One in that very form you are attracted by and move towards Him! Strange! Instead of me cajoling the Lord, it is He Who cajoles me! And He says, “Fear not... My price was adjudged earlier too... but when My right price was adjudged, I was sold to that one... and those few who recognized My worth, were truly blessed.”

O mind! Do not worry if you have not been able to judge His worth earlier. Awaken even now... support my progress towards Him even now. You have now understood... do not trouble me now. Take me to That Abode of Ram. Do not delay.

Listen... I do not want to compare myself to anyone. Why should I judge myself through the eyes of others? We speak different languages... we wear different shaded glasses. They don’t like my way of life and I would not change mine for theirs for anything. Why compare? That would mean being dependent on others. I wish to be dependent only on my true Self. Why should I bother about anything else? O mind! Let the Scriptures be your Light – your assurance; and move ahead! Be enthused by the example of earlier Seekers on the path and follow them. Take their example... follow **their** lead. Why bother as to what others say – what they do is not your business.



All dwell in That One. They all progress in their lives in accordance with their destinies. So erase this attraction and repulsion and anger from your mind. Repulsion (from the world) is also not good for me. Be thou completely indifferent O mind. You do not need to consult anyone... you do not need to dwell in discussions. You are seeking to sever your relationships with the world... discussions will reflect your intention to restore your interaction with the world! Beware!

किं कर्म किमकर्मेति कवयोऽप्यत्र मोहिताः ।
तत्ते कर्मप्रवक्ष्यामि यज्ज्ञात्वा मोक्षयसेऽशुभात् ॥१६॥

Shloka 16

What is action and what is inaction – even men of wisdom are confused over this issue. I shall explain to you the truth about action, knowing which you will be freed from its evil, binding nature.

From whence can I gain the description of *Karma* or action of which I have heard so much... from where do I clarify my context of purification of the mind through selfless deeds... of *karma*, (action) *akarma*, (inaction) duties etc., without which it is difficult to attain Thee? Shyam says, “There is no explanation of these... there is no law or literature! Just come to Me and I shall explain it to you. These concepts are shrouded in mystery... even all-knowing *Gyanis* are confused about these.”

Listen O mind... the subject at hand is *sadhana* and knowledge. *Sadhana* is *karma*. *Yagya* and *Tapas* are *karmas* from the *sadhak's* point of view... the duty of the *sadhak* is merely one... attainment of the *Atma* Self. This is his *Purushartha* (endeavour towards material gain) and this is his *Paramartha* (endeavour towards his Supreme Goal). This is also his sole goal. Listen carefully... the Lord is also saying that “I Myself will be your strength, your ability, and the oblations in the fire of your *sadhana*... I will come Myself and lead you on towards your goal.”

Listen, when even the great Rishis of yore were distracted from their goal whilst on this path, and were confused as to what they should do or not do... when they too were caught in this dilemma, then Shyam, what is my status? Those Rishis knew all the intricacies of this path yet, they were caught in *moha* and attachment. I am of a lowly intellect Lord, and I know naught... what shall I do? I am at Thy feet... tell me where my duty lies... what shall I beware of? You are the Inspiration Who causes all to

happen. I surrender myself to Thee. You know best...whether others are agreeable or disagreeable with me, whether I attain this material world or not... whether I exist or not. I leave it all to Thee O Lord! You Yourself told me that You are prepared to take my responsibility provided I give myself up to Thee completely... rather, I am Your responsibility and out of sheer stupidity, I don't accept it! So Ram, I surrender myself to Thee. Why should I take the blame unnecessarily?

Annihilate this 'I' O Ram... You are my *karma*... You are my Inspiration, You are the support of my life. It is You Who gives me the fruits of my actions. It is You Who creates my world in accordance with the pith of my mind's thought processes and convictions. This entirety is Your Creation. If all is You indeed, why shall I get thus enmeshed? You must take the responsibility of Your actions. Why should I feel happy and unhappy over things that have nothing to do with me? Lift me from this 'body idea'... let only as much of this 'I' remain whereby I may name Thee my all. I leave all else to you... my burden is reduced as of now! Pray look after Your own burden! You have shown me through Your own example that You do all... and all happens automatically. So why should I worry now? O Lord, Help me and teach me to give myself up to Thee.

Separate Data

Now the Lord explains the method. First He ensured that I became interested...



Listen O mind! Let me tell you this one fact which will help... only death is certain... and this is one certainty which cannot be erased. Yet, your faith is in the transient... you attend cremations and funerals every day but your faith is still not established in each one's irrevocable rendezvous with death. Those who possess intelligence know that death is inevitable. Although the time of death is not certain... at least, not known to us... therefore we do not believe in it... we keep thinking... 'not yet... not yet.' This disbelief is the root cause of our ruination. Who knows what is the time determined for your exit from this world. Awaken! Think that death will come to you TODAY... then of what consequence this continual planning for the future? Why these attachments? And if there are no attachments, then of what

consequence this sorrow? None and nothing is mine... then what difference does it make to me?

This thought is the foundation of *Vairagya*... of fearlessness. After all, what are you afraid of? Remember death. Prepare for death every single day... only then will you be able to realize its impending certainty.

He awaits me in the corner of my house with open arms... to give me rest and peace. And I am getting ready for this meeting. Listen O mind! If from this evening onwards nothing is going to belong to me... this home, this reputation, this wealth, this body, this mind and even this name, then why should I cling to them now? Let me help them till You wish me to... as Your treasurer... having no interest in them whatsoever. All is Thine. I am merely staying as a guest in Thy hotel with no attachment with the hotel!



Do whatever You will Lord! Pray establish me in this thought.

...to be continued



The Ego or the Soul ?

Every day... something within us grows.

The question is what are we feeding?

Every angry thought...	feeds Rage
Every act of gratitude...	feeds Contentment
Every selfish choice...	feeds Greed
Every act of kindness...	feeds Compassion
Every moment spent comparing ourselves...	feeds the Ego
Every moment spent remembering God...	feeds the Soul.

The mind becomes what we repeatedly nourish.

So before reacting, before speaking, before making your next choice... ask yourself... what am I feeding today?

Because whatever we feed will eventually become stronger.

Feed the ego or feed the Soul...

The choice is made...

One thought, one word, one action at a time!



Arpana

Newsletter

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

Arpana Ashram

Param Pujya Ma's Birthday Celebrations

Arpana family members, friends and devotees came together at Arpana Ashram with devotion, gratitude and prayer to celebrate the birth of our Beloved Param Pujya Ma over 3 days – August 24th – 26th



Inspiring Transformation

Readings from Chapter 12 of Param Pujya Ma's Srimadbhagavad Gita, invite the aspirant to taste the sweetness of surrender to the Supreme Lord, inspiring transformation of their own lives.

Inspiring Renditions of Ma's Urvashi Bhajans by:

- 'Anhad Naad' Group – who enchanted the gathering with their singing, instrumental and dancing talents in the Arpana Mandir on 25th August.
- Urvashi Lalit Kala Academy, led by Shri Krishan Arora, on 26th August.

This Utsav inspired us to offer ourselves at the feet of Beloved Ma, with a deeper commitment to love, surrender and serve in a spirit of 'Arpan'.

Remembering Dr. Ela Anand – Her Legacy Lives on in Every Life She Touched



Our dearest Dr. Ela Anand, a pillar of Arpana Ashram, passed into Eternity on 24th June 2026. Dr. Ela Anand and her husband, Dr. A. K. Anand, came to Arpana Ashram in 1980, dedicating their lives to the service of humanity at the feet of Beloved Ma. Arpana Hospital was started at that time, enabling her to lovingly nurture the healing and compassionate care Ma advocated.

She was the **Medical Superintendent of Arpana Hospital** until 2009. Her compassion, devotion and lifelong commitment to service will remain an enduring part of the Arpana family, inspiring generations to come.

Arpana Hospital

Inauguration of 10-Bedded 24/7 Dialysis Block at Arpana Hospital



On 11th July, Arpana inaugurated a 10-bedded, state-of-the-art, 24/7 Dialysis Block, significantly strengthening specialized healthcare services for patients with kidney ailments. Representatives from Beri Udyog Pvt. Ltd. also attended.

The new unit is equipped with advanced German Fresenius 408S dialysis machines and incorporates a Zero TDS water system, ensuring highly purified water for an efficient and safe dialysis process. The facility will provide greater accessibility, convenience, and continuity of care to patients. It offers much-needed support to kidney patients and their families.

We are deeply grateful for support from Azuri Capital Advisors LLP, White Waves Capital LLP, Beri Udyog Pvt. Ltd. and the Baij Nath Bhandari Public Charitable Trust!

Haryana Rural Development

Cervical Cancer Screening Camps

Arpana organized two cervical cancer screening camps in June for early detection, timely treatment, and access to healthcare services for rural women.

155 women were screened, 21 suspected cases were referred to Arpana Hospital and trained community volunteers provided counselling and support.



SHG Women Pledge Committees for the Needy

Following Param Pujya Ma's path of service and compassion, women from Arpana's 103 target villages volunteered to:



- Launch a Social Support and Welfare Initiative. Volunteers pledged to love, care for and support community members in need.
- Plant 1,070 Neem trees in 103 villages in the memory of Param Pujya Ma, to promote unity, and environmental care.

Arpana is deeply grateful for support from the Baij Nath Bhandari Public Charitable Trust, Mrs. Sushma Lall and Mr. Ravindra Bahl for these initiatives!

New Delhi Education Programs

Life Skills Training by Modicare Foundation



• **Workshop for Students:** Life skills sessions were conducted for students from Classes 6–8 for 10 days in June, covering core life skills, growing up, peer pressure and bullying, gender, substance use, and child sexual abuse. Students developed greater awareness by actively participating. All received certificates.

• **A 3-Day Workshop for Teachers** enhanced teachers' awareness and skills in addressing issues faced by teenagers, with focus on adolescent challenges, technology in education, cyberbullying, the POCSO Act, anti-ragging measures, and practical strategies for supporting adolescents.



Exposure Visit

Seventeen Class 12 CBSE graduates visited Vrindavan on 24th July, to celebrate their excellent board results. They visited Prem Mandir, ISKCON Temple, Bankey Bihari Temple and Chardham, experiencing the spiritual and cultural significance of each place.

Career Counselling Session

Students of Grades 11–12 explored exciting career opportunities in the Travel, Tourism and Hospitality sector during a counselling session led by the Tourism and Hospitality Skill Council (THSC) on 30th June. They were also introduced to Bachelor of Vocation courses for higher education and future careers.

Volunteering by Senior Students of Arpana Trust

In June, 12 Arpana students who had recently appeared for their CUET exams volunteered their services to assist students of Class 4 in their Reading and Conversation classes.



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

Himachal Program

Free Medical Camps for Remote Hill Communities

Free medical camps were organized by Arpana Medical Center in Upper Bakrota, in May, June & July supported by the Baij Nath Bhandari Public Charitable Trust.

Dr. S. K. Magotra conducted patient examinations, tests for blood/oxygen/sugar, etc. and treatment for ailments like lung concerns, osteoarthritis, etc.



- **Village Hutt** (J&K border) – 130 patients on 31st May.
- **Village Farotka, Chamba** – 117 patients on 1st June.
- **Village Hadsar** – 115 patients on 19th July.



Transformed Access to Guwani Village

For years, Guwani village lacked a motorable road to Gajnoi. Villagers traveled on foot and transported essential goods on mules.

Arpana's Farmers Self-Help Group in Guwani requested the local MLA for a road. It was granted and construction was completed in June 2026. The new

road has reduced travel time and enhanced access to livelihood prospects.

Arpana is deeply grateful to the Baij Nath Bhandari Public Charitable Trust, Mr. Ravindra Bahl, and Orbis Financial Corporation Ltd. for Free Medical Camps & other women and farmer empowerment programs!

LET'S 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

DONATE ONLINE

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 Aabled Persons Organizations for health, assistive devices, certifications and income generation.

DONATE ONLINE

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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