

ARPANA SERVICES

Improving Health, Providing Education & Enabling
Communities to Secure Their Rights and Livelihoods

ANNUAL REPORT 2022

Headquarters: Madhuban, Karnal Haryana, INDIA



"The Lord comes to us in the form of the hungry, the sick, the poor and the downtrodden. To serve them, share their burdens, and relieve their pain, is the practical shape of surrender to Him."

~ Param Pujya Ma



Arpana Grew & Flourished with Param Pujya Ma's Loving Nurturing Care...

- Promoting Humane Qualities through Her Words & Life
- Inspiring the Arpana Family for Selfless Service as a Way to Imbibe Spiritual Values
- Fostering Services to Fulfil Needs of the Less Fortunate

Arpana's Purpose: Disseminating Humane Qualities

- 'Urvashi' – Pujya Ma's Elucidations of the Scriptures
- Through Devotional Presentations of Lives of Saints
- Through Books, Magazines, and Digital Media

Imbibing Humane Values Oneself by:

- Reaching Out to Everyone in Need
- Study of Scriptures and Practicing their Injunctions

From the Desk of the Executive Director...

Dear Family and Friends,

Arpana, in all humility, salutes the generosity of spirit and compassion that flows from all of you, our partners and donors, who embrace those in need. This steady support and encouragement enables Arpana's health and development services to reach out to over a million underprivileged rural folk in Haryana and Himachal Pradesh, as well as to those in slum resettlement colonies in New Delhi.

Arpana's service activities focus on the marginalized and underprivileged to fulfil their felt needs with compassion and appreciation of the difficulties they face.

Arpana Hospital provides modern health facilities, both affordable and accessible, to rural folk. Our focus is on:

- Treating patients with respect, compassion, and dignity.
- Providing free in- and out-patient medical facilities to the economically weaker sections of the society
- Organizing community outreach programs and camps.

We also strive to comply with all legal requirements and work towards continuous quality improvement, patient safety, and satisfaction. We strive to provide innovative low cost and affordable treatment options for our patients.

Rural Development Programs are being carried out in 106 villages of Haryana & Himachal Pradesh, including 1,027 women Self-Help Groups with nearly 14,000 women members reaching economic security through micro-credit loans, setting up their own small businesses, participation in village councils, and working towards gender equity and justice.

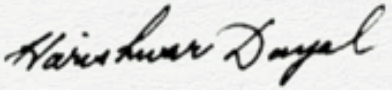
Arpana's Differently abled Persons Organizations enabled 1,472 differently abled persons to improve their lives by enabling them to obtain certifications for government benefits, set up small businesses, experience greater social inclusion and gain a sense of self worth.

Farmers Programs in Himachal Pradesh include two Farmers Producers Organizations (FPOs) which are collectively marketing the produce of over 400 farmer members for greater profits. The FPOs also started purchasing and marketing milk from their members, thus further increasing their income. To the delight of farmers in isolated hamlets, six irrigation tanks enabled them to grow vegetable crops and exponentially improve their earnings.

In Arpana's Education Centers in Molarbund and Vasant Vihar, New Delhi, when children could no longer attend school, tuition support classes were provided through WhatsApp + Zoom classes. The children enthusiastically embraced this new way of learning, determined not to let the pandemic destroy their future success.

The steady support and encouragement from individuals and organizations enables Arpana's health and development services to reach out to over a million underprivileged rural folk in Haryana and Himachal Pradesh, as well as to those in slum resettlement colonies in New Delhi.

We gratefully acknowledge your part in making these programs possible.
May God Bless you and your families,


Executive Director

Arpana Activities at a Glance

Arpana Hospital - Health Care For All

Serving, caring and healing since 1980

Our Mission is to provide accessible, affordable modern health care, with particular focus on underprivileged rural folk.

- 4 Operation Theatres
- Intensive Care Unit
- Neonatal Intensive Care Unit
- Dialysis Unit

NO PATIENT IS TURNED AWAY DUE TO AN INABILITY TO PAY



Himachal Rural Development



For Marginalized Men & Women Farmers

Transformation brought about by Grounded & Impactful Interventions:

- Mini Irrigation Systems for isolated villages
- Collective Marketing by 2 Farmers Producers Organisations
- Information from Agricultural Experts on New Methods for Agriculture, Beekeeping, Fisheries, Dairies, etc. with emphasis on Organic Farming
- Exposure Visits & Ongoing Training
- New seeds, polyhouses, subsidized rates on agriculture machinery

Women's Self Help Groups in Haryana & Himachal

A way forward to build a developed India, Improving the quality of life and work in the rural areas.

- 106 Villages in Haryana, 51 villages in Himachal
- 946 Self-Help Groups in Haryana & 81 Self-Help Groups in Himachal
- 13,000 Women Members in Haryana & 840 in Himachal
- 6,370 Business & Domestic Loans this year
- Savings of SHGs - Rs. 450,000,000



Differently Abled Programs



Standing Up for Differently Abled Persons. Inspiring the Abled.

Arpana aims to dignify the differently abled by:

- Facilitating DPOs for support and inclusion
- Upskilling them through both Arpana and Government Training Programs
- Building support systems by motivating and training volunteer 'Sahayaks' to improve their community awareness, social skills and inclusivity
- Obtaining certification for government benefits, i.e. pensions, transport, health care

Education for the Underprivileged in Vasant Vihar & Molarbund

Bringing a little smile to these tiny angels.

An impassioned effort for a dignified life for the under-served.

OUR VISION is to reach out to the marginalized and vulnerable to transform their lives and enhance our nation.

- Tuition Support Classes 1016
- Balvatika (Preschool) 331



Arpana Hospital – Health Care for All

In 1980 the rural folk of Haryana had virtually no access to modern health care. Arpana Hospital was started as a 13-bed cottage hospital and has gradually become a 100-bed modern health facility.

Arpana's aim is to provide compassionate, affordable, and high-quality healthcare that is easily accessible to rural communities. Arpana Hospital is constantly upgrading its facilities to meet the aspirations and needs of the 1.5 million people it serves.

Building a “Vaccine Wall” Against Covid-19:

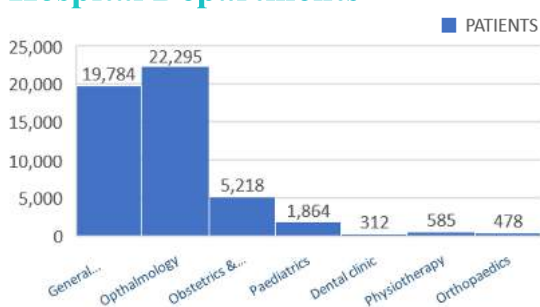
Arpana joined the Government to build a “Vaccine Wall” against Covid in 100 villages and achieved 94% vaccinated with the 1st dose and 77% vaccinated with the 2nd dose.

Contribution in the Second wave of Covid- 19: Due to the critical situation of patients during the second wave, Arpana Hospital operated its Covid Ward on an emergency basis in April and May, 2021.

We are
HAPPY to say

NO PATIENT IS TURNED AWAY
IF NOT ABLE TO PAY.

Hospital Departments



Important Facilities at Arpana Hospital

- Dedicated OPDs with Super Specialities like Nephrology, Hematology, and Gastroenterology.
- State-of-the-art modular OTs, HDU, ICU, SNCU
- 24*7 Emergency – ALS, BLS Ambulance, Pharmacy & Lab.
- Dialysis, Advanced Physiotherapy & Dental Unit, Homeopathic, Acupressure Department.
- Dedicated Covid Care unit with in-house O2 plant.

Saving Sunder Devi!

Sunder Devi, 66 years old, is a widow with 3 sons and 2 daughters, all of whom are now married. She lives in Muzzafarnagar in a joint family with her sons. After a lifetime of smoking, Sunder Devi was suffering from a severe cough. She was treated by the village Resident Medical Practitioner but was getting worse. She had swelling in her respiratory tract and trouble breathing.

Her son brought her to Arpana Hospital with symptoms of dizziness, body aches, and breathing difficulties. The doctor admitted her to the hospital with Type 2 Respiratory Failure with TCP.

She received nebulization and medication and other supportive treatments.

With the right treatment and care, she recovered and was discharged after fifteen days. She was happy and thankful to the doctors, nursing staff, and Arpana Hospital for the care she received.



Arpana Hospital Outreach Camps



Holding camps in villages was restricted by the Government, due to Covid-19 until November 2021. Camps organized by Arpana include:

- A Multi-speciality Medical Camp held in November in village Kalran.
- A Multi-specialty Camp held in Memory of Dr. J.K. Mehta at Arpana Hospital on 6th March 2022. Specialists came from Delhi and Karnal and 500 patients were seen in ten disciplines.
- Eye Camps: Presently, 10 camps a month are being held in villages of Karnal, Gharaunda, Panipat Districts of Haryana, and Muzzafarnagar District of Uttar Pradesh. About 1200 patients are examined every month.

Arpana is deeply grateful to Mr. Suresh Shivdasani (Oman), Friends of Kalpana and Jaydev Desai (USA), and the Baij Nath Bhandari Public Charitable Trust (New Delhi) for invaluable support for facilities, equipment & patient care.

Differently-abled Persons Organisations (DPOs) Leading to Self-Sufficiency, Livelihood & Skills

In 2012 Arpana started working with Persons with Disabilities (PwDs) in a few targeted villages. Now there are 1,472 PwDs in Arpana's program across 55 villages of Karnal District in Haryana.

DPOs Empower the Differently Abled

There are 10 new DPOs facilitated by Arpana's team, for a total of 58 DPOs. These enable PwDs to pool savings, build a credit resource and generate income activities for the future!

Monthly Meetings of all DPOs across Arpana's target area were conducted in 55 villages. PwDs get information on government schemes and benefits in their monthly meetings. They have built up savings and have access to micro-credit loans. They have taken 1,874 loans for income-generating activities and other purposes.

DPOs are playing a vital role in bringing self-esteem and confidence to these marginalized persons as well as raising their levels of income through generating self-employment and entrepreneurship.



The DPO meetings are changing their lives!

Arpana's Work for the Differently Abled

- **Entitlements & Benefits:** Arpana helps them get certificates for government programs such as pensions, medical benefits, travel expenses, etc. in 2021-22, 369 certificates were made.
- **Building Volunteers' Capacities as 'Sahayaks':** The 'Sahayaks' are SHG women volunteers who are being trained to assist and walk with PwDs on the path of development. They are a vital resource in facilitating the empowerment process of PwDs.
- **Assistive Devices:** Tricycles, crutches, and other aids made available for 13 differently-abled persons.
- **Free Screening Camps:** The PwDs were affected by many types of disability: locomotor, vision loss, hearing impairment, and autism. Mentally impaired persons came for counseling.
- **Building Skills, Capacities through Training and Livelihood Workshop:** Intensive Training and workshops were used to build skills for members of Differently-abled Person Organizations (DPOs).
- **Hope for Ten more Mentally Handicapped Children:** Arpana workers identified ten children and convinced their parents to send them to the Tapan Rehabilitation Center which runs programs to improve the lives of mentally handicapped children.

Livelihood Avenue Opens for Santlal

Santlal had only recently recovered from a critical Kidney transplant operation, made possible by generous support from Arpana's self-help groups, their Vikas and Unnati Federations and Arpana. After the lifesaving operation, his frail health does not allow him to take a regular job. He is a cook and decided to start a fast food shop, but he did not have the funds. A cheque of Rs. 27,000/- was presented to him by Arpana to help him start his fast food shop. His progress is being monitored, and it is rewarding to find that he earns between Rs.1200-2,000 on a daily basis.



Santlal with his family

We at Arpana are deeply grateful for the invaluable support for the Differently Abled from Mrs. Sushma Lall (New Delhi), the Baij Nath Bhandari Public Charitable Trust (New Delhi), and the India Development & Relief Fund (USA)

Empowering Women in Rural Haryana

Arpana continues its efforts to strengthen the poorest of the poor families in 106 villages in 4 Blocks of Karnal District. Arpana has organized 946 self-help groups, with over 13,000 women members, improving their socio-economic condition through savings, micro-credit loans, income generating activities, etc. Also, continuous capacity building is carried out to strengthen the individuals and SHGs.

Achievements of Women's Self-Help Groups



Women's self-help groups are gaining stability and adopting new processes and norms as advised. They can now conduct difficult bank transactions, including cashless, digital transfers in case of loans, etc.

The savings of women are increasing. The collective cumulative savings of 946 self-help groups is Rs. 450,000,000 (Rs.45 crore). The loan limit for an individual member of her group is up to Rs. 250,000 (Rs. 2.5 lakh). All these factors combine to generate confidence and new energy amongst women members.

100 Villages now have a "Vaccine Wall" against COVID-19

Patients with Covid-19 viral symptoms appeared in many homes in Arpana's 100 target villages. .

- Arpana trained 80 self-help group women volunteers to inform and motivate each household to get vaccinated.
- SHG women accompanied nervous families to the Government Vaccine Centers for their inoculation.

94% population of 100 villages received the 1st vaccine dose and 77% of the population received the 2nd dose of vaccination by the end of December 2021 – thus building a Vaccine Wall!

January – March '22: 4 workshops held for adolescent awareness creation and vaccination campaigns.

Building Capacities and Skills

The regular monthly Training the Trainer Workshop is a vital part of the empowerment process. Women's confidence, communication skills, public speaking capacities, and general knowledge base are fostered. They also gain an incremental understanding of the entire structure and functioning of SHGs, their Federation, and a spectrum of other issues.

- 45 SHG women volunteers trained for accounts training
- 5 Tailoring & Beauty Culture Centers started in 4 villages
- 20 SHG women took Training on Mushroom Cultivation
- SHG Women Volunteers' were trained as '**Sahayaks**' to assist Differently Abled Persons on the path of development.
- 80 Self Help Group Women Volunteers were trained as Health Animators who work with Arpana Hospital to arrange free outreach camps, also providing information about seasonal diseases, Government medical schemes, and Arpana Health Services.



20 SHG women took training on mushroom cultivation

Other Activities of SHG Women

- Micro planning with SHG leaders in each village for successful celebration of Annual Meetings.
- Monthly feedback and review sessions with the seven-member MIS team.
- Sharing information about Government skills training and schemes available
- Participating in the Government's campaign for a Drug-Free India including:
 - » Micro planning with SHG leaders for village campaigns
 - » Rallies against substance abuse in 106 villages

Federations of Women's Self Help Groups

Two Federations with 933 SHG members (448 and 485 groups respectively) are now becoming sustainable and are financially supporting activities like capacity building of trainers, monitoring of groups, and evaluations by trainers.

The Unnati and Vikas Federations pay an annual dividend to member groups. 78% SHGs received their share of the total Rs. 30,935,800 distributed in the FY 2021-22. Women look forward to their SHG dividends, for paying off loans, adding to savings, or just taking home!

Liaising & Networking

- **Liaising with bank officials** to address demands for unnecessary documentation that SHG women constantly face from uncooperative officials, resulting in repeated and non-productive visits to banks.
- **In an Extension Education Institute (EEI) online workshop**, senior government officials from Haryana, J & K, H.P., and U.P. heard about Arpana's experiences with self-help groups being catalysts in village development.
- **Haq Darsak, an NGO enabling women entrepreneurs** to upscale their businesses and improve access to Government schemes and benefits, visited Arpana to collaborate to further their goals.
- The **District Committee on Prevention of Substance Abuse** heard about Arpana's intensive SHG collective campaign to fight alcoholism/drugs to reduce domestic violence and poverty.
- A delegation of **Pan India trainees of the Extension Education Institute, Nilokheri**, visited the Milk Cooperative facilitated by Arpana, in village Taprana. The trainees were extremely impressed by the women's confidence, drive, and abilities in running their dairy enterprise.



7 enterprising women formed a successful Milk Cooperative in village Taprana

We at Arpana are deeply grateful for the invaluable support for Rural Development from the Tides Foundation (USA), the Baij Nath Bhandari Public Charitable Trust (New Delhi), India Development & Relief Fund (USA), Safera Foundation (UK), Mrs. Sushma Lall (New Delhi) & Mr. Ravindra Bahl (New Delhi)

Rajesh Creates a Livelihood Pathway

Shri Rajesh, of village Abdulapur, is severely growth impaired and both legs are not formed. However, he is blessed with the spark of creativity and makes perfect models of buildings, sketches portraits and took is a tattoo artist. Arpana, the Differently abled Federation and BNB Trust, provided him with a printer and lamination machine in order to start a small business.

Arpana also gave him a small grant to begin a shop where he sells snacks and also does printing, photostat copies and lamination, along with his practice as a tattoo artist.

In February 2022, Mr. Sandeep Chauhan, IT Expert, taught Rajesh how to use the printer and the lamination machine.

Also in February a SHG meeting was held in village Abdulapur. Mr. Bhatnagar advertised Rajesh's initiative of making Unique Disability ID cards as a useful service and need of all differently abled persons.



Arpana's Health & Development Services in Himachal Pradesh

Backdrop: Arpana's persistent work with marginalized men and women in isolated hamlets of Chamba District, Himachal Pradesh, has sown the seeds for a brighter future. Self-help groups of women and farmers are provided ongoing learning related to income generation, skills, agriculture, collective marketing, and community health. Micro-credit loans, along with their hard work, fuel their path to economic security while successful interactions with government offices build self-esteem.

Women Self-Help Groups (SHGs)

Arpana has been empowering poor, underserved rural women in Chamba District for over 2 decades through Self Help Groups (SHGs). Today, 81 SHGs work effectively across 55 villages in Arpana's target area, with a membership of 840 women. They are now active agents of change, development, and well-being in their communities.

Activities of Self-Help Groups



Sanitation Drive at village Nagli

- **Tree Plantations:** 92,574 Trees were planted in 55 villages
- **Sanitation Drives:** All SHG groups hold regular sanitation drives twice a month. Over 80% of members take part and draw their children in to help.
- **Toilets Built:** Arpana mobilized and educated SHG members to build and use toilets. Now, 99.5% of homes have toilets which are being used.
- **Preparing and Using Compost Pits:** 81 SHG members made 363 compost pits from their kitchen and other wet wastes. 283 pits were used.
- **Segregation of Waste:** Women recycle waste materials to make floor mats, carry bags, etc. 75 women collected waste items for sale and sold it for Rs.1,37,650.

Tailoring & Knitting Centers in Chabdi & Dalpa Villages: Training courses started by Arpana on request of the SHG women. 21 trainees in Chabdi and 18 Trainees in Dalpa village completed the course.

Training of SHG Volunteers in Record Keeping

Arpana's team members from Himachal came to Arpana Headquarters in Karnal in August 2021 for review, planning, and refresher training with Arpana's senior instructors. It was decided to have training in record keeping for 2 volunteers each from all 81 self-help groups in Himachal. In 4 training sessions, 176 SHG volunteers participated and improved their accounting skills through the training sessions.

Recycling Brings Rewards

Seema Devi is a resident of village Huded. She is a member of Bharti women's SHG. Her family is extremely poor and she wished to contribute to the family income. She had learnt sewing and she started collecting old and used clothes for her village folk. She recycles them into attractive patchwork quilts, for sale. The Forest department engages migrant labor for work in the forests. They are happy to buy Seema's carefully crafted quilts, at Rs. 300 per quilt. She earns upto Rs. 10,000 per annum and is a living tribute to the concept of recycling and rescue!



Development Programs for Marginalized Farmers

Arpana has been working to develop marginal farmers since 2008 and formed the first farmers' self-help groups between 2010 & 2015.

Arpana's outreach team is working regularly with 23 farmers' groups which have 198 members and savings of Rs. 1,054,513. However, despite information from government agricultural scientists, the lack of irrigation proved to be a barrier to practical change and to adopting a multi-crop pattern.



Planting trees on their village common land

8 participatory micro irrigation projects were planned and implemented in 8 villages over the past two years, benefitting about 100 families. Village folk provided hand-cut stone, cartage, and labor while Arpana provided the construction materials. Because of these tanks and irrigation systems, farmers crops generated a profit. In 2011, the total income from the sale of vegetables was about Rs. 15 lakhs and in 2021 it was over Rs. 78 lakhs – a 500% increase!

The farmers' groups have seen their members transition from lives of deprivation to lives of greater comfort and financial security, primarily due to constant training and assistance with irrigation facilities.

Farmer Producer Organizations (FPOs)

Arpana partnered with the National Bank for Agriculture and Rural Development (NABARD) in 2016 to form 2 farmer's producer organizations, collectives of small and marginal farmers. They provide a forum for learning and a platform for the collective sale and trade of agricultural produce. Arpana worked to strengthen the FPOs, widen their membership base and enable them to grow their business.

**Arpana is deeply grateful to the Tides Foundation (USA),
the Baij Nath Bhandari Public Charitable Trust, Mrs. Sushma Lall (New Delhi),
Guernsey Overseas Aid Commission & Arpana Guernsey (UK) for supporting these Programs**

HIMACHAL HEALTH CARE

Arpana Health & Diagnostic Center, Upper Bakrota, Dalhousie

The Arpana Health & Diagnostic Center provides the hill folk with a free outpatient clinic by a qualified doctor on a daily basis. Laboratory tests are done and about 5000 patients are seen annually.

Speciality Medical Camps – a Lifeline for Hill Folk

Two camps were held for Gynaecology and for Orthopaedics.



FREE CAMPS IN PARTNERSHIP WITH ARPANA

These camps were held in June and July 2021, for patients in Chamba District, battling disease and suffering, but unable to get treatment. They found relief from distress at:

- Gynae Camp that was conducted at Satyam Hospital, Sultanpur, by Dr. Hemant Sharma, MD, Obstetrician/Gynaecologist, for Below Poverty Line (BPL) patients.
- Orthopaedic Camp that was held by Dr. Prashant Rana, Ortho Surgeon, at Rana Hospital, Sultanpur, for the very poor, during June and July 2021.

*11-year-old Mustak from village Jadera,
fractured the humerus bone in his upper arm*

Arpana implemented a transformative community health program for women and children's health which achieved 99% coverage for pregnancy care and infant immunization and health care.

Guiding Underprivileged children towards a path of Dignity & Self-respect in Molarbund, New Delhi

Arpana Trust provides education support to children from poor, underserved families who have migrated from India's poorest states and who live in the slum resettlement colonies of Gautampuri in Molarbund, New Delhi. These children are first time learners – bursting with energy, charged with untapped potential and talents. However, without assistance, they usually drop out of school and only find menial jobs. Hence the crucial value of Arpana's classes!

Tuition Support Classes for 1,000 students of Class 1 to 12.

Nursery Classes take care of and provide pre-school training to about 350 children from 3 to 5 years of age.



Education is crucial to a better life!



Online Classes: During the Covid-19 pandemic, the teachers provided online classes through WhatsApp and Zoom classes to all our students from Pre-school classes through Class 12. Teachers shared worksheets, live teaching videos and answered questions.

Smartphone Distribution

There were 26 students who could not attend these classes. They were lagging behind until they were gifted smartphones by Arpana Canada and Mr. Naman Dayal!

Opening the Center for Classes:

In line with Government directions, the Molarbund Center opened on 14th February 2022. The children came to the Center in good strength for all classes.



Result of Class 12th C.B.S.E Board Examinations 2021

Due to the Covid pandemic, the CBSE Board exam was not conducted in 2021. The results of class 12 were based on their scores in school exams and pre board marks. 24 students were eligible for the 12th Board Examination and each one passed successfully.

Shivani – First with 93%



Scholarships of 50-100% for tuition are provided to our students who attend Universities, Technical Institutes or Technical Courses.

Career Counselling by Dr. Malika Nanda, an internationally qualified career counsellor, through an online and an offline session with senior classes. The students streamlined their career choices and collected information on their chosen fields.

Workshop on Mental Health was conducted for senior students by Sukriti Sharma (Counselling Psychologist and Certified Art Therapist) and Srishti Bisht (M.sc Child Development, B.Ed) to help students handle emotions.

Dr Mridula Seth, Professor and Consultant to the United Nations, created amazing beneficial programs for Arpana Education Center:

1. **Bharat ki Sair**, a Virtual Travel Program for students suffering from the pandemic. Weekly sessions cover one state a month enabling the children to enjoy the diverse cultural heritage of India.
2. **Adult Literacy Program** for mothers of children enrolled in Arpana's Education Centre. It started with 13 mothers who came twice a week to the Center and were taught by Arpana staff.

Balvatika: This Nursery & Pre-School program held classes online. As per the Government of India guidelines, the Arpana Balvatika, sponsored by Aviva, re-opened from 14th February, 2022.

Education enables underprivileged Children to Blossom

Programs at 'Rejoice,' Arpana's Community Centre in Vasant Vihar, New Delhi

Gyan Arambh, at Vasant Vihar, New Delhi has tried to keep its momentum as an NGO with a clear vision and mission. The onslaught of Covid-19 continued this year too, resulting in long closures of schools which, besides hampering learning, took a toll on the mental and physical health of children.

COVID-19 crisis forced education systems worldwide to innovate alternative instruction. We continued online and offline schedule, always aiming to realize the potential of the disadvantaged child.

Educational Seminar

The **academic session started on 1st of July 2021**, using digital learning, for classes 1-9.

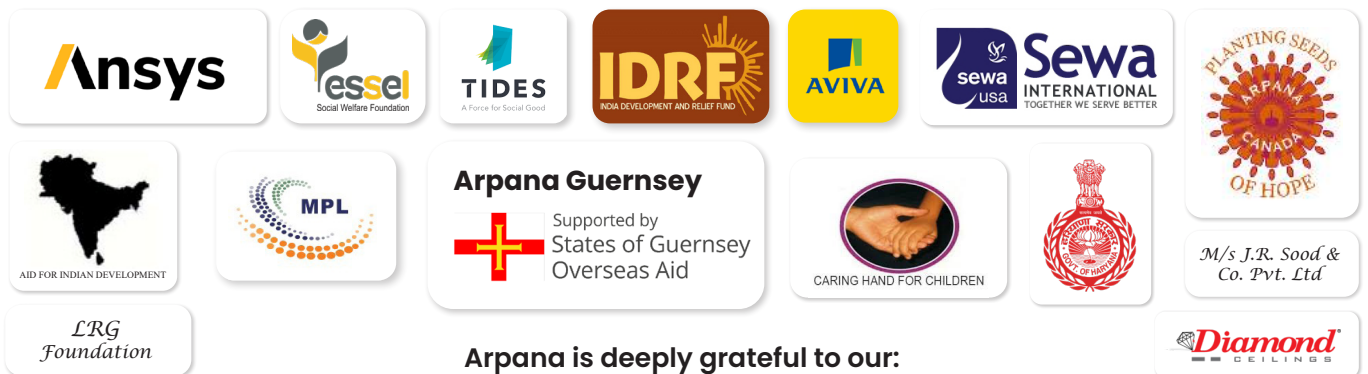
- Topics difficult for children, were revised In April.
- Important topics were re taught and notes were shared.
- All this was done online using audio and video formats.
- Emphasis is on speaking in English and good handwriting.
- May/June: semi academic activities (games, fireless cooking)
- Students in 8th and 9th classes were required to share a video that inspired and motivated them.



OFF LINE CLASSES were held from 2nd August till Dec, then resumed in Feb and March. During these classes students were called twice a week for three periods of one hour duration, with safety protocols in place.

Our Deepest Gratitude to All our Friends and Supporters

for their compassion to those who suffered in the shadows of poverty, ignorance and social stigma.



Arpana is deeply grateful to our:

International Friends: Aviva (UK), Caring Hand for Children (USA) and Arpana Canada

Indian Supporters: Mr. Ravindra Bahl, M/s J.R. Sood & Co. Pvt. Ltd, Essel Foundation, M/s Machino Polymers Ltd., LRG Foundation, and Mr. Arjun Anand

Arpana's Recognitions

- The World Health Organisation (WHO) awarded its prestigious Sasakawa Health Prize to Arpana for innovative rural health services
- India's National Commission on Women honored Arpana as a Top organization in the country for "empowerment of women, gender equity and justice"
- The Government of India recognizes Arpana as a "scientific organization for research in the social sciences"
- The Bhagwan Mahaveer Foundation presented its All-India 20th Bhagwan Mahaveer Award for 'Excellence in Human Endeavour in the field of Community & Social Service'
- The State of Haryana has recognized Arpana's Family Planning activities and intensive Eye Program with many awards and certificates
- In two successive years, the Himotkarsh National Integration Award was conferred for Arpana's health and socio-economic programs in the State.
- The Haryana Institute of Fine Arts presented its Premier Award for Social Service
- The Women Empowerment Program Award was presented to Arpana under the aegis of the Jai Bharat Yuva Mandal and the Varisth Nagrik Kesari Club
- HRH Prince Charles personally visited Arpana in 2003



Arpana Handicrafts

Arpana trains underprivileged village women in Haryana to embroider exquisite handcrafted tablecloths, towels, sheets, ladies nightwear, baby dresses, etc.

This helps feed, clothe, house and educate their children.

Arpana Handicrafts is now on Instagram - [@devotionbyarpana](https://www.instagram.com/devotionbyarpana)

Please follow, like and share - and spread the love!

Orders can be placed by phone to 9871284847 and items can be sent by courier.



Devotion

E-22 Defence Colony, New Delhi
arpanadevotion@gmail.com
9871284847

Arpana Shop

Arpana Madhuban, Karnal, Haryana
publications@arpana.org
9896303566

Arpana Social Workers Home

7, Model Town, Karnal, Haryana
gayatrisachdeva@gmail.com
9812239005

ALL PROCEEDS TO CHARITY

Against all Odds – Reaching for the Stars!

Vijay Kari Singh

I started Arpana classes as a 7 year old boy full of mischief. Due to Arpana, I was able to score 76% in my C.B.S.E 12th Board examination. Then Arpana helped me financially. I joined Dr. Abhishek College under Nagpur University. I completed my B.A.LLB with 85% and soon cleared the Bar Examination in 2018. I am now a practicing Advocate before courts across the country and particularly before the Supreme Court of India. My appearances in Supreme Court as an advocate can be viewed from the website - "IndianKanoon.org."
"Without Arpana, I would not have been able to fulfil my dream."



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, Publications, Satsangs
- Charitable grants for the vulnerable
- Health/socio economic assistance.

**DONATE
ONLINE**



ARPANA RESEARCH AND CHARITIES TRUST

PROVIDES MODERN HEALTH CARE THROUGH:

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

EMPOWERING WOMEN

- Self Help Groups & SHG Federations.
- Micro-Credit, Income generation, Community development

EMPOWERING THE DIFFERENTLY ABLED

- Differently Aabled Persons organizations for health, assistive devices, certifications and income generation.

**DONATE
ONLINE**



DONATIONS TO ARPANA ARE TAX EXEMPT AS BELOW -

India Donors

50% Tax Relief - Section 80G, Income Tax Act 1961
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vinod@idrf.org

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