

# Arpana Services



## Our Endeavors, Our Mission

Arpana's Mission is to improve health, provide education and enable communities to secure their rights and livelihoods in targeted areas of North India



*"Arpana is the devotional dedication of one's all in the service of the Lord... (who) comes to us in the form of the hungry, the sick, the poor and the downtrodden."*

Param Pujya Ma

**Annual Report -2018**

**ARPANA RESEARCH & CHARITIES TRUST**  
Headquarters: Madhuban, Karnal, Haryana, INDIA

# Arpana Services – Seeds Sown by Param Pujya Ma

## Our Spiritual Legacy in Practical Action



**Param Pujya Ma – our Inspiration**

In 1962 Arpana was founded to disseminate Param Pujya Ma's legacy, a spontaneous flow of knowledge which guides one to the truth that all are one, that each person's pain is one's own and that one's happiness lies in the happiness of all. It imbues the Arpana family with the spirit of service to the underprivileged, the vulnerable and the disadvantaged. It is a legacy which yields a harvest of joy, peace and fulfilment.

Today, the journey of Arpana's members is grounded in Param Pujya Ma's spiritual legacy and finds expression in practical action. Thus, activities are tied to the felt needs of beneficiaries who participate in the process and are empowered and transformed.

*Even after nearly 4 decades of intensive service, the desire to serve remains – Ma's clarion call to our hearts.*

Arpana's formal service activities started in 1980, when Arpana Hospital was established in Madhuban, Karnal, Haryana, as a facility for rural folk who were unable to access affordable modern medical care.

This program eventually covered 100 villages in Haryana, spread to 100 villages in Chamba District of Himachal Pradesh and covered a population of some 30,000 in the slums in New Delhi. Arpana Hospital draws patients from about 1000 village. Arpana's services benefit a population of well over one million.

## This is the story of Arpana's services during April 2017–March 2018

### Scope of Arpana's Services



**Arpana Headquarters**



**Arpana Health & Diagnostic Centre, Bakrota**

**Himachal Pradesh**

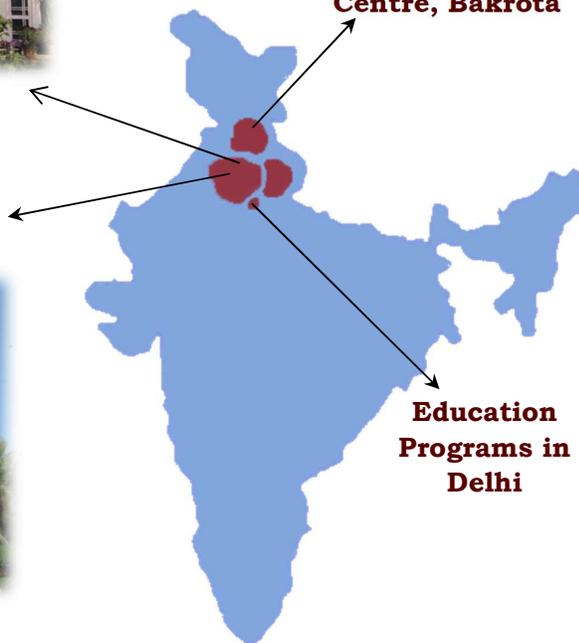


**Rural Development Centre, Gajnoi**

**Health & Development Programs, Haryana**



**Arpana Hospital**



**Education Programs in Delhi**



**Arpana Centre in Vasant Vihar, New Delhi**

## Recognitions

The Bhagwan Mahaveer Foundation recognized Arpana with its prestigious 20<sup>th</sup> Mahaveer Award for 'Excellence in Human Endeavour in the field of Community & Social Service'.

An award, a citation and cash prize were presented to Arpana by Shri Subramaniam Swamy at a large function.

**Mrs. Aruna Dayal, Director Arpana Development Services, receiving Award from Shri Subramaniam Swamy**



### Award for Women Empowerment Program

An Award was presented to Arpana by Mrs. Kiran Chopra, wife of Mr. Ashwini Chopra (MP), under the aegis of 'Jai Bharat Yuva Mandal' & 'Varisth Nagrik Kesari Club,' on Women's Empowerment Day, 2017, in Karnal District.



### GOLD! Best Women's SHG in Himachal

Arpana's group 'Aarti Mahila Bachat Samooh' in village Chatter was recognized by NABARD as the best self-help group in Himachal.

They have taken Rs. 20 lakh in loans over the last decade, returning it all on time. They invested in building up home dairies, supplying about 2 quintals of milk daily to happy customers in Mangla and Chamba.



### SILVER! 2nd Best Farmers' Club

Jyoti Kisan Club, Village Kakela, with Arpana's constant support, have shifted to planting vegetable crops and have devised collective marketing methods.

This has greatly enhanced their incomes, going up to as much as Rs.250,000 from Rs. 10,000 per farmer per year.

### Recognition for Women's Dairy Collectives

**District Level:** Women's Farmers' Day was celebrated by CCSRI in village Sikanderkheri and Arpana's women's dairy collectives and 27 women farmers were invited to attend.

Ms. Prabha, president of Nirmal Dhara Dugdh Samiti, spoke on the struggle and success of their dairy collective and received an award on behalf of the Nirmal Dhara group.

**Ms. Prabha receiving a prize in Sikanderkheri**



**National Level:** The National Agricultural Research Institute celebrated Women Farmer's Day in Delhi with the Union Agricultural Minister and 500 women farmers from all over India.

Arpana's Program Coordinator and officers of the Dairy Collective were invited to participate.

Mrs. Kamlesh, President Anmol Mahila Dugdh Samiti, shared the process and achievement of their village based dairy collective.

**Farmers Day Celebration at NARI, in Delhi**

# Inclusive Integrated Development for Rural Women

## Self Help Groups



Arpana has facilitated marginalized and vulnerable women into self help groups (SHGs) for collective support and to acquire knowledge about issues directly impacting them, so they can gain control of their lives. They are:

- attaining economic security
- becoming part of home and community decision-making
- building savings accounts, as their own financial base for self-employment and fulfilment of domestic needs
- becoming health resource persons in their own neighbourhoods
- learning about government policies, schemes and local governance activities which can support their goals

### *Self-help group training for record keeping*

## Training

Arpana's small core team is now augmented with 100 trained community mobilizers/ trainers who are actively working to develop and sustain Haryana women's 823 self help groups (SHGs).

- 14 types of workshops were conducted by External Resource Persons (210 hours with 434 persons attending).
- Community Mobilizers were trained to train SHG reps from all 823 SHGs (261 hours with 431 participants).
- 1,005 monthly Agenda Trainings were held with an average attendance of 1,574 SHG members each.

## SHG Federations: Effective Umbrella Agencies

'Vikas' and 'Unnati' Federations, each with over 400 member self help groups, are paying incentives to trained Community Mobilizers who are working for these women's SHGs. Each Federation discussed loans, Village Councils, ATM and NEFT cards, information about health and development schemes, etc.

**NABARD appointed Vikas Federation** as the Implementing agency for digitizing SHG data for 780 groups in 3 Haryana Districts for their National E-Shakti Project.

**Rural Self Employment Training Institute:** 150 women, nominated for the shadow committee on income generation in 118 SHGs, visited the Punjab National Banks Skill Training Institute, to learn about free government training for self-employment.

## Women's Milk Co-operative in Village Taprana

6 women of Taprana formed a dairy collective, supplying milk, paneer and lassi to towns and villages in a tempo, which they recently purchased and learned to drive themselves!

Arpana had introduced them to the National Dairy Research Institute (NDRI), who trained them.

Voice of America televised the Dairy on 5th March on VoA channel.

*Members of 'Nirmal Dhara Dugdh Samiti' working in their Dairy*



## POONAM



Poonam, 27 years old, is married to Satish and they have 3 sons. They both come from extremely poor families whose only livelihood was daily manual labour. Then Satish suffered a leg injury in an accident and was unable to do manual labour.

Poonam has a vibrant resolute spirit which helps her meet adversities with a smile and firm resolve, so Poonam joined Vaishno Self Help Group, facilitated by Arpana, and began saving out of her daily wages.

She was eager to learn and assimilate all the new information in the group. She took her first loan of Rs. 10,000 and began a fast food stall, after learning how to make these items. Her food business flourished and Satish joined her. Now the couple earn up to Rs. 700 a day and have together banished the shadow of deprivation from their lives!

## Strategies to Promote Women's Participation in Village Governance

ADIG, an NGO specializing in Panchayati Raj (Village Councils), conducted training sessions for Arpana staff, Council leaders and Community Mobilizers in April, July and December 2017, and February 2018.

**Shadow Committees:** Village Councils have three main Subcommittees: Sukhsuvidha (Health, Education, Electricity, Water, etc.), Rozgar (Agriculture / Animal Income Generation) and Samajic Nayav (Social Justice).

'Shadow Committees' of volunteer women were formed from 67 villages to be educated on government benefits and schemes. Headmen and Village Council members welcomed the concept of shadow committees to inform and aid the Council as a bridge between community and Council, to facilitate village development.

## Networking, Liaising, Learning & Sharing

Arpana motivated leaders of SHGs, DPOs and Federations to reach out to all local government departments to share Arpana's empowerment program, as most Officers were unaware of Arpana's extensive services due to transfers, etc.

In addition, many SHGs shared their experiences with visitors from the local area, different states and guests from abroad.

**Arpana Day:** Over 1000 women celebrated the Birthday of Param Pujya Ma at Arpana Ashram.

**Ahmedabad Visitors:** 6 nuns and 17 community leaders studied Arpana's SHGs and took back useful lessons.

**Gurgaon Doctors:** 4 doctors conducting social service projects in Gurgaon studied Arpana's SHGs.

*A play about preventing seasonal diseases*



## Health Trainings & Workshops for Village Women

1. **Neo Natal and ANC Care:** Arpana doctors held 4 Neo Natal training sessions for Community Mobilizers.
2. **Emergency Care training** was given to 51 SHG leaders by a team of Ambulance Paramedics from Northern Ireland.
3. **Training Sessions on Breast and Cervical Cancer** were held for Community Mobilizers/ Trainers, who informed and mobilized over 500 women for free screening camps held by Arpana Hospital in 3 villages.

## A Resolve to Succeed – Harish from Nagla Farm

*Harish belongs to village Nagla Farm. Harish and his mother, Ranbiri, both suffer from disability in their hands. The family was extremely poor and Harish and his brother would go for daily labour with their father to feed their family. When Arpana formed the DPO in Nagla Farm, Harish and his mother became members.*

*Harish struggled and gradually overcame his handicap. He attended school where he learnt to operate a computer. He kept improving his computer skills. Harish took a loan from his DPO and bought a computer and began to provide services from home such as payment of bills, getting information, filling forms, etc.*

*His home became an information center and he became well known in the village. He paid off his loan and set up a computer stall near the toll booth at the Yamuna bridge and provided services to truckers and others.*

*When Harish repaid his second loan, he and his mother took a loan to enable his father to purchase a vehicle for cartage. The family is doing well owing to the courage and initiative of Harish and his mother. They have a proper pukka house with all the amenities. The shadow of poverty has been dispelled by the sunshine of the family's endeavors. Harish has not let his disability stand in the way of becoming successful!*



## Status of Self Help Groups

Number of self help groups (SHGs) 823  
Number of SHG members 11,465

Number of business loans this year 4,631  
Cumulative savings of SHGs Rs.262,013,090

# Enabling the Differently Abled

## Introduction

Seeing that differently abled persons were hidden away, ignored and mistreated in villages, Arpana discussed with the differently abled and their families, ways that collective efforts that could make their lives better.

Arpana facilitated 46 differently-abled persons organizations (DPOs) in 50 villages with 1,077 members (five DPOs added during the past year). Their focus was on all that they could do

**Entitlements & Benefits:** Arpana told them of government schemes and facilities they could access with the proper certificates. Every week, Arpana took many to apply for certificates, but they were difficult to obtain.



Some persons with disabilities (PwDs), notably DPO leaders like Shri Naresh and Shri Shoe Singh, ensured that disabled persons gain access to their certificates for disabilities, pensions and other benefits

Shri Naresh, DPO President, says: *"I help scores of PwDs get medical certification each week. As I am a Federation representative, officials are more responsive to getting the work done."*

**Savings:** The differently abled were also encouraged to start saving even small amounts of money each month and open bank accounts. They were taught the basics of starting their own small businesses and Arpana gave many of them funds to do so. Gradually the savings of DPO members are growing, and the ability to take loans to meet family needs or to create small businesses, is a source of great security. 130 PwDs are operating their own small businesses.

**Clinics:** For years, Arpana doctors and physiotherapists held village clinics, also training those with mobility issues in exercises for their particular disability. Tricycles, crutches and other aids were also provided.

PwDs and their families also learned basic health principles like hygiene, sanitation, nutrition, prevention of seasonal diseases, etc. They are also learning how their village councils can help them improve their lives.

## Building Skills, Capacities: Strengthen DPOs

Arpana used intensive training to build skills for members of Differently-abled Persons Organizations (DPOs). 350-800 PwDs participated in monthly training sessions, gaining skills and confidence.

**Regular Liaison with Government Officials** raised confidence and self esteem of 15 DPO leaders.

**Joyful Village Festivals: Two Bal Utsavs** were organized by SHGs and DPOs in 23 villages:

1. In Budhakhera village 410 PwDs including 60 children took part.
2. In Bastara/ Chatargarh villages with over 400 PwDs and CwDs (children) from 23 villages.



*Children with Disabilities run races for fun!*

**Federation of DPOs** held monthly meetings at Arpana with two representatives from each DPO. The Federation is tracking government certificates, children's education and financial issues, including need-based loans.

**Exposure Visit** to the Deaf Society in Noida for parents of children with hearing problems inspired hope as they saw children with hearing problems taking computer classes and being trained for placement in corporate jobs.

**Hearing Concerns:** A survey in 24 villages identified 127 persons with hearing & speech impairment. Dr. Sanjay Khanna of Karnal Medical Center examined 58 patients at 4 free screening camps sponsored by Arpana.

**Going to School:** With Arpana's advocacy, children were admitted into government schools. They are being transformed, as they acquire literacy skills and get recognition at home and in school.

**Tapan:** 18 children with mental impairment, wholly dependent on others for every personal chore, have now gained a large measure of control after Arpana repeatedly counselled families and sponsored transport facilities.

**Mata Prakash Kaur Institute:** Arpana sponsored study, board & lodging for 8 children with hearing loss at this Institute. The children are now doing well, whereas earlier their childhood was vanishing.

## Status of Differently-abled Organizations (DPOs)

Number of DPOs	46	Individual Savings	Rs.5,599,025
Number of members	1,077	Group Funds	Rs.304,946

# Enriching Lives in Remote Himalayan Communities

## Self Help Groups: Platform for Progress

Arpana has facilitated 120 self-help groups (SHGs) of marginal farmers and rural women over the past 15 years, investing them with skills and information in 100 villages scattered across towering ranges clad in pines and deodars!

**Women's Savings/Loans/Earnings:** 750 women have savings of Rs. 3,500,000. 450 set up business activities. In 2017, 50 SHGs obtained credit linkages to local banks for loans. 230 women bought livestock and 220 are engaged in grocery/ stationery shops, flour mills, tent house services, etc. They earn Rs. 6,000-8,000 per month.

**60% SHG Women Participated in Village Meetings** and active liaison with District Government Departments as a result of ongoing training. This enabled them to:

1. Get drains and check dams built to prevent soil erosion
2. Build bridges, pathways, roads, irrigation tanks cattle troughs, cremation grounds
3. Arrange bus linkages and bank extension counter

**Vigilant & Active for Better School Conditions, SHG women's proactive interventions included** repairs to school roof, monitoring Anganwadi, monitoring teacher attendance and clearing illicit liquor sales near schools.

**Monthly Health Education Classes** were conducted by 4 outreach workers in 33 local schools with 2,168 children.

**Applied Learning:** 99% SHGs facilitated by Arpana, keep their environment clean through campaigns for utilization of toilets, fortnightly sanitation drives, lobbying shopkeepers against littering and green waste disposal habits.

## Training and Capacity Building

**Financial Literacy:** Arpana and Grameen Parvatiya Bank imparted financial literacy training to over 150 SHG women.

**Crafting Opportunities:** In December 2017, special training camps, sponsored by NABARD, in knitting, crochet and tailoring were held in 3 villages, attended by 90 women all day for 15 days. Women are marketing their goods.

## Farming and the Environment



*Dr. Santosh from Krishi Vigyan Kendra at Saru, Chamba, conducted Farmers' training sessions*

7. **Exposure Visit to KVK:** 20 farmers from the Ravi Valley and the Gajnoi Farmers Producer Societies were welcomed by Mr. Rana, Director, at the Farmers Outreach Center in Saru and shown new farming technologies.

1. **Training Sessions by Agricultural Officer** from Saru for the Ravi Valley and Gajnoi Farmers' Cooperative Producer Societies.
2. **Tree Plantations:** 7 SHGs had 26,500 trees planted on village lands by the Forest Department.
3. **To prevent soil erosion and store water,** SHGs had check dams and storm water drains built.
4. **Apple Orchards:** 100 free apple plants were given to 5 farmers 5 years ago. In 2017 they each earned Rs. 100,000 from their apple crops.
5. **Income:** The 225 farmers group members earned Rs. 36,000 to Rs. 300,000 annually from their vegetable crops.
6. **Supplementary Income** for 85 farmers was from sheep, goats, shops, mushrooms, vehicles, etc.

## Farmers Producers Organizations – Working Hard on Collective Enterprises

In February, 2018, Executive Committees of the Ravi Valley and the Gajnoi Farmers Cooperative Producer Society held their annual meetings. Memberships in the Societies increased to 96 and 94 members respectively. Marketing of milk products increased with persistent efforts. Vegetable farmers also pooled their produce for collective marketing.

### Status of Self Help Groups

Number of self help groups (SHGs)	97	Number Farmers groups	23
Number of SHG members	776	Number of members of Farmers groups	225
Cumulative savings of SHGs	Rs.3,500,000	Farmers' Income during 10 years increased over ten-fold	

# Arpana Hospital – Lighthouse of Hope

Arpana Hospital was started in 1980 to serve the rural folk of Karnal District, Haryana, who had virtually no access to health care. A 13 bed cottage hospital was opened which has gradually become a 130 bed modern health facility.

Arpana's aim is to provide compassionate, affordable and high quality healthcare to meet the health needs of rural communities. With very little insurance cover, the expenses of health care can push a family to sink below the poverty line by a single episode of illness.

Arpana Hospital has constantly endeavoured to meet the aspirations and needs of the population of over 1 million it serves. Today we have intensive care and neonatal care units, dialysis centre and modular operation theatre.



*Operation using Green Laser*

**We are very happy to be able to say: NO PATIENT WAS TURNED AWAY FOR NOT BEING ABLE TO PAY.**

## HOSPITAL DEPARTMENTS

1. **General Medicine:** 36,477 patients examined by Dr. R.I. Singh, MD and Gold Medalist. He is also ICU Incharge.
2. **Ophthalmology:** 26,446 patients were seen and 2,865 eye surgeries performed by Dr. Mukul Sharma, MS (Ophthalmology). He is also incharge of five regular Speciality Clinics in the hospital.



3. **Obstetrics & Gynaecology:** 438 patients were admitted into the hospital and 252 operations were performed.
4. **Orthopaedics:** 1,698 orthopaedics patients examined and 59 surgeries performed by Dr. Lokesh Charaya, MS (Ortho.)
5. **Paediatrics:** 6,527 paediatric patients examined and 386 patients admitted into the hospital by Dr. Tanu Goel.
6. **Surgery:** 142 surgeries in this department were performed by Dr Vivek Ahuja, MS (General & Cancer Surgery).
7. **Dental:** Dr. Queency treated 497 patients.
8. **Physiotherapy:** 1,100 cases treated

*Dr. Singh in his clinic with patients*

## FACILITIES & EQUIPMENT

1. **Upgraded 12 Bed ICU:** 947 patients were treated in the ICU
2. **Upgraded Neonatal ICU:** 89 babies were admitted
3. **Mortuary:** A new mortuary was built, with a deep freeze
4. **Dialysis Center:** 815 patients have benefited from Dialysis
5. **Modular OT & Labour Room:** For a cleaner environment.
6. **Optical Coherence Tomography (OCT) Machine:** donated by Dame Mary Perkins, CEO Specsavers, through Arpana Guernsey.
7. **Green Laser:** donated by Dr. Michael Quinn, Northern Ireland



**Ophthalmology Special Clinics** include Diabetic Retinopathy, Paediatric Ophthalmology and Squint, Orbit (eyelid and Sac Surgeries), Retinal Detachment Surgery and Vitreo Retina.

**Camp for Diabetic Retinopathy & Glaucoma** was held at Gharaunda with 154 patients, of which 27 required eye surgeries and 37 patients were found to have diabetes.

**Emergency Care Workshop:** A 5-day program for emergency care was held in Arpana Hospital by volunteer paramedics from the Northern Ireland Ambulance Services, led by Frank Armstrong, Divisional Training Officer. Workshops in life-saving techniques were given to hospital staff, students and 51 women leaders from village SHGs.

### Beneficiaries

OPD: 84,297  
IPD: 6,381

Diagnostics Tests: 80,300  
Surgeries: 3,318

ICU: 874  
Deliveries: 328

# Health and Well Being in Himachal

Arpana's Health & Diagnostic Centre in Upper Bakrota held free outpatient clinics daily by a qualified doctor at from March to December. Laboratory tests are done and about 4,000 patients were seen during the year.

**8 free Specialist Camps** were held in which volunteer doctors from Delhi, Haryana, Pathankot and Chamba examined and treated the hill folk, many of whom could otherwise not have had this precious facility. 9 gynaecological operations were performed free for extremely poor women patients.

**Arpana Provided Health Information** on a monthly basis to self help groups since their inception and Arpana doctors trained midwives from 40 villages as important health resources in their remote villages. Health trainings in 2017 dealt with prevention of common diseases, TB and pneumonia as well as essential needs of mother/ child nutrition.

**First-Aid Life Saving Training Programs** were held for government village health workers and Asha workers by Mr. Frank Armstrong, Divisional Training Officer, a volunteer from the Northern Ireland Ambulance Service. These were held across four Gram Panchayats in October 2017 and March 2018.



*Gynae patient Ichhiya Devi*

## Beneficiaries

OPD patients	3,551	Number of Health Trainings	1,440
Patients of Speciality Clinics	788	Persons Attending Health Trainings	1,001

## Lives Transformed

### Himachal



#### Garibo Devi – a Pioneer in Himachal

Garibo Devi is a pioneer in the entire area, as she started a laundry service center for commercial establishments 3 years ago. She was supported by her son and they have taken a loan in 2017 of Rs. 50,000 to add another machine!

They now employ 2 men to assist them. Her son bought a second-hand vehicle for transporting laundry to and from hotels in Khajjiar and Dalhousie.

### Haryana

#### Teamwork of Love at Arpana Hospital

Mrs. Sunita was 8 months pregnant with a history of 3 Caesarian sections and only a single child, a boy of 6 years. This time she had been booked into antenatal care at a private hospital but they could not afford the cost.

She and her husband came to Arpana where, after a thorough examination and account of the risks involved, they were satisfied and relieved to be at a good hospital with affordable rates.

Mrs. Sunita was in the waiting area, about to return home, when she had a sudden bout of heavy bleeding. She went into shock and the fetal heart beat dropped. An emergency LSCS was arranged. The doctors (surgeon, anesthetist, gynecologist, pediatrician) worked together and miraculously saved both the baby and the mother.

A smile lit up Sunita's face as she said, 'Thank you doctor, because of Team Arpana, I have my baby girl.'



### Delhi

#### Akash – no Limit in Sight!

Akash was a student of Arpana Trust since pre-school. He stood first in his class every year from class 1-10.

His father, a labourer, lost his job due to ill health and decided to return to their village. When Akash confided this to Mrs. Sushma Agarwal, she pointed out to his father that Akash could not get this education in their village. His father decided to stay for his son.

When in class 10, Akash expressed his desire to join IIT. Arpana sent him to study in Nivedita classes, which prepare students for engineering entrance exams.

Akash says, "Arpana feels like a family. I learnt discipline, to obey my elders and I learnt the value of education: Now I just want to say thanks."



# Unleashing the Potential of Underprivileged Children

These are our children – brought up in poverty and in illiteracy, where life's struggles leave little room for joy, achievement and love. Arpana enables these children to develop their potential – not only through tuition support, vocational skills and cultural activities, but by nurturing humane values, the lifeblood of personal and social relationships.

## Supporting Children from Slum Resettlement Colonies

In slum resettlement colonies in Molar Bund, New Delhi, 1,820 children, mostly from illiterate families, are given guidance, support and personal attention at Arpana's Education Centre as they struggle to understand lessons taught in their Government schools, as well as coping with the challenges of living in their environment. Teachers take them through the curriculum with diligence, patience and imagination, to encourage their holistic development.



### Arpana provides:

- Educational tuition support classes for Classes 1-12.
- Education support to school dropouts through National Open School
- Nursery classes for tiny tots
- Vocational training
- Computer Certificate Courses to assist in obtaining jobs
- Personal development through theatre, dance, music, library, etc.

### Arpana members & staff with 12<sup>th</sup> class meritorious students

### CBSE Board Results 2017

12<sup>th</sup> Board Examinations: All 34 students passed

10<sup>th</sup> Board Examinations: All 45 students passed

### Of the 34 students who passed the 12<sup>th</sup> class:

- 16 are attending Delhi University
- 2 are taking Professional courses
- 7 are taking correspondence courses
- 3 are attending UNNATI management courses

## Friends and Patrons providing Scholarships

1. **Sonalika** provides scholarships to 21 girls at Arpana.
2. **Joining Hands** is supporting 8 students for higher education for all 3 years.
3. **Dr. Raj Gupta** is providing scholarships to 12 students
4. **Mrs. Asha Nayar** is providing scholarships to 3 students.

## Educational Activities

1. Parent Teacher Meetings: Two Parent Teacher Meetings were held to share performances of the students in Arpana's assessment examinations with parents. Parents' attendance was over 98%!
2. Life Skills Week: Experts from Modicare Foundation conducted sessions benefitting 670 students.
3. Maxx English Program, is a computer based program given to students in classes 7-9 and non-formal classes.
4. Sessions on Reproductive Health were held by Dr. Leena Gupta, gynaecologist, with girls in classes 8 & 10.
5. Family Planning Association of India Workshop on 'growing up' for non-formal and vocational classes.
6. AIESEC Students from France, held seminars for class 5 students and also invited them for a fun event at Dayal Singh College. 91 students attended.



**Delhi Hindi Academy Workshop & Drama:** After a one month summer workshop, a play, 'Sadachar ki Tabeez', was staged at Pyarelal Bhavan, ITO, directed by Mr. Neelesh Deepak.

## Beneficiaries

Tuition Support Children	994
Nursery Classes	351

Vocational Training	210
Community Crèches	265

## Vocational Training

1. Tailoring and Craft: 79 trainees took this six month course, excited to learn a skill for income generation.
2. Nursery Teachers Training: 13 trainees completed the 1 year course in teaching skills for nursery classes.
3. Beauty Culture Training Program: 50 young women completed this six month course.
4. NIIT Computer Certificate Course: 106 students took the 3 month course, earning the NIIT certificate.

## Nursery Classes: 351 children played and learned in Arpana's 'Garden of Love'



There are two years of nursery classes for tiny tots who learn games, poems, language and mathematics, besides activities to enhance their fine motor development and augment eye hand coordination.

Flash cards, pictures and charts help teach languages (both Hindi and English), numbers, birds and animals.

They receive a nutritious meal each day to combat malnutrition.

*Precious nursery school children sing and dance on Independence Day*

## Educational Programs at Arpana's 'Rejoice', Vasant Vihar

**Gyan Arambh** is specially designed to meet the academic needs and aspirations of children from illiterate and vulnerable families around Vasant Vihar, New Delhi.

At present, 160 students in classes 1-9 are being provided tuition support as well as computer classes, which are not available to most students in the government schools.

Spoken English classes and NIIT Certificate Computer courses are also held for young people and adults.

### What makes our program distinctive ...

- Low student to teacher ratio has enabled teachers to mentor students closely in addition to teaching their subject matter.
- "Learning by Doing" is the most practised technique.
- "Do and Say" role play designed for daily class interactions.
- A number of art based workshops were undertaken.
- Values are embedded through the curriculum and activities.

## Scholarships



Arpana awarded 15 children scholarships. Mrs. Mala Pal, initiator of the program, presented a promisory installment to each of the students. About 100 parents and students attended.

**Computer Classes** -Free computer classes were held daily for classes 4-9 by a qualified instructor. 83 students attended. Generous donors provided 16 computers at the Vasant Vihar Centre for computer education for disadvantaged children.

**NIIT Certificate Course** enhances job opportunities for young people. Although fees for this course are Rs. 500 per month, scholarships are provided to especially poor students.

**Spoken English** – Two classes are held daily for adults.

## Beneficiaries

Tuition Support Children 160

Children in Computer Classes 83

# Preserving Param Pujya Ma's Legacy & our Cultural Heritage

## Shabri – a Devotee

Param Pujya Ma's rendering of Shabri is one of the best loved of all of Arpana's stage presentations.

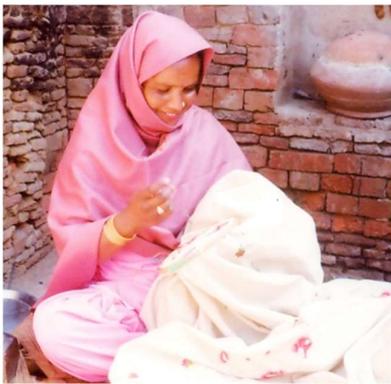
This is the story of the intense devotion of a bhakta's love for her Lord, persuading him to embrace her to his heart, despite the deep rooted tentacles of 'untouchability' which had gripped society so tragically.

This beautiful story from the Ramayana, was presented by Arpana in Karnal on 26<sup>th</sup> & 27<sup>th</sup> August, 2017, leaving a lasting impact on the minds and hearts of the audience.

*Lord Ram enjoys the 'ber' Shabri gives him, which she has tasted to ascertain its sweetness*



## Empowerment through Handicrafts



Many village women are not allowed to work outside the home. Arpana has trained over 2,500 women and enabled them to raise their children.

They craft exquisitely embroidered baby dresses, nightgowns, bedcovers, sheets, table cloths, towels, etc. These are marketed in Arpana's shops, exhibitions and in homes of friends to provide income to the village women.

### Arpana Shops –All Proceeds to Charities

1. Devotion, E-22 Defence Colony, New Delhi, Tel: 011 24331136, 9871284847, [arpanadevotion@gmail.com](mailto:arpanadevotion@gmail.com)
2. Arpana Shop, Arpana Trust, Madhuban, Karnal, Haryana, Tel:9896303566, [publications@arpana.org](mailto:publications@arpana.org)
3. Arpana Social Workers Home, 7 Model Town, Karnal, Haryana, Tel:0184-2265412 (contact through website [www.arpanaservices.org](http://www.arpanaservices.org))

## National & International Recognitions

- WHO awarded Arpana its prestigious Sasakawa Health Prize for innovative rural health services
- Bhagwan Mahaveer Foundation presented their esteemed 20<sup>th</sup> Mahaveer Award for 'Excellence in Human Endeavour.'
- HRH Prince Charles made a personal visit to Arpana.
- India's National Commission on Women honored Arpana for "empowerment of women, gender equity and justice."
- The Himotkarsh National Integration Award for Arpana's programs in Himachal Pradesh in two consecutive years
- The Government of India has recognized Arpana as a "scientific organization for research in the social sciences."
- The State of Haryana has given many awards for Arpana's Family Planning activities and intensive Eye Programs.
- The Haryana Institute of Fine Arts presented its premier award for social service to Arpana.

*With Gratitude to all our friends and donors for their compassion in reaching out, to touch with hope, those who suffered silently, in the shadows of poverty, ignorance and social stigma.*

You are cordially invited to visit our programs in Haryana, Himachal Pradesh and New Delhi

Contact Persons: Mr. Harishwar Dayal, Executive Director, Mobile: 91-9818600644

Mrs. Aruna Dayal, Director Development, Mobile: 91-9991687310

**FCRA Registration Number:** for Arpana Trust is 172310001: for Arpana Research & Charities Trust is 172310002

**Donations to Arpana Trust & Arpana Research & Charities Trust are exempted from Income Tax as follows:**

**India:** 50% tax relief under section 80G of the Income Tax Act 1961. Send to: Arpana, Madhuban, Karnal, Haryana 132037

**USA:** IRS 501 (c) not-for-profit agency, giving 100% tax relief for donations from the USA.

1. Aid for Indian Development, Mr. Jagjit Singh, President, 84 Stuart Ct, Los Altos, CA 94022; [jagsingh@comcast.net](mailto:jagsingh@comcast.net)
2. India Development & Relief Fund, Mr. Vinod Prakash, 5821 Mossrock Dr, N. Bethesda, MD 20852; [idrfaq@yahoo.com](mailto:idrfaq@yahoo.com)

**Canada:** Arpana Canada, Mrs. Sue Bhanot, 7 Scarlett Dr., Brampton, Ontario L6Y 359; [suebhanot@rogers.com](mailto:suebhanot@rogers.com)

Emails: [arct@arpana.org](mailto:arct@arpana.org) and [at@arpana.org](mailto:at@arpana.org)

Websites: [www.arpana.org](http://www.arpana.org) & [www.arpanaservices.org](http://www.arpanaservices.org)

Facebook: Arpana Trust

Facebook: Arpana Services