



Arpana Highlights



January to September 2017
Celebrations

"The awards Arpana has been given are celebrations of our Beloved Param Puja Ma's legacy of Love and Service. Ma inspired this service to create opportunities for our disadvantaged and underserved communities to have better lives, greater dignity and respect."

Arpana's Executive Director, Harishwar Dayal, and Aruna Dayal, head of the Rural Development Team receive the award in Chennai on 8th September 2017.

Excellence in Human Endeavour

Arpana has been awarded the prestigious 20th Mahaveer Award for 'Excellence in Human Endeavour in the field of Community & Social Service' by Bhagwan Mahaveer Foundation.



Award for Women Empowerment Program

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

GOLD! Best Women's SHG in Himachal

Arpana's group 'Arti Mahila Bachat Samooh' in village Chattar 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.2,50,000/- from Rs. 10,000/- per farmer per annum. NABARD recognized this amazing success.

Empowering Women in Haryana

Arpana has facilitated over 800 women's Self-Help Groups (SHGs) comprising 11,500 women. Arpana provides information on health, gender awareness and local governance. SHGs have savings of over Rs.19 crores and have taken 5,574 loans to run small businesses.

Village Women Become Trainers!

After two years of training workshops, 100 selected village women blossomed into full fledged Trainers. They successfully organized a campaign for preventing seasonal diseases throughout Arpana's target area.

These new Trainers organized women leaders from 743 SHGs to use role plays, songs, banners and flash cards to present health information, including the making of ORS. The women leaders mobilized 102 street meetings attended by 8,488 villagers.

This is a huge step towards full self-sufficiency for these women's groups!



Arpana is deeply grateful to the India Development & Relief Fund and to Tom Sargent and Tides Foundation, all of USA, for supporting programs in Haryana.

Gram Panchayat Raj - Progress Report

- 1.2 teams of SHG trainers presented lively street plays to 800 men and women, promoting community participation in upcoming gram sabhas.
- 2.49 women from Arpana's SHGs have been elected to various panchayats.
3. Trainings and workshops were organised to enhance the capacity of elected representatives to fulfil the needs of the women they served.

Currents of Change: Demonetization & Cash Crunch!

In just 3 days, over 650 village women in 83 villages were taught to fill cheque books, NEFT forms, get ATM cards and utilize ATMs! 70% of inter-lending in Arpana's SHGs was through NEFT or by cheque by March 2017!

The Differently Able – A New Initiative

Arpana surveyed 55 villages and found 123 people suffering from hearing disability. An Exposure visit to the Noida Deaf Society was organised on 9th June for 5 children with their parents, members of the village Disability Committee and Arpana staff members. The parents were greatly encouraged to see what these children can learn and jobs they can obtain.

Arpana also organized special camps in which Karnal doctors examined 42 children from 6 villages.



Changing the World - Child by Child!

Arpana is educating about 2,000 underprivileged children by providing tuition support, pre-school education, assisting community creches and vocational training for young people in the slum resettlement colonies of Molar Bund and in Vasant Vihar, New Delhi. Classes for spoken English and Computer Certificate Courses are also held.

Felicitating Arpana Students

12th Class students were felicitated at the Arpana Centre in Molar Bund on their achievements in the CBSE Examination. **29 of the 34 passed with first division marks!**

It is a matter of great pride that 16 are attending Delhi University, 2 are taking Professional courses, 7 are taking correspondence courses, 3 are taking the UNNATI management course and 6 are taking other short courses! This is an amazing achievement from children who statistically would have dropped out of school!



Mr. Vivek Saxena, CFO Aviva Pvt. Ltd, presented Certificates. Congratulations and best wishes to all!



Wouldn't you like to sponsor a child?

Each child has a dream but... children from underprivileged families usually drop out of school in the 4th or 5th standard. Arpana's endeavour is to keep them in school and enable them to reach for their dreams! You can help with their future!

- ☺ - 1 child - Rs.833/- per month or Rs.9,996 per year.*
- ☺ - A class of 30 children - Rs.25,000/- per month or Rs.3 lakhs per year.*

Girls Scholarship Program

In the disadvantaged sections of our society, young girls carry the huge spirit-breaking burden of their poor circumstances, coupled with gender discrimination in all facets of life.

The Arpana Community Centre, Vasant Vihar, is instituting scholarships of Rs. 1000/- per month to deserving and meritorious girls from Classes 9-12 of the local Government School.

Deep gratitude is extended to Caring Hand for Children (USA), Essel Foundation, New Delhi, and Aviva Pvt. Ltd. for support for education.

This ostensibly insignificant support could make the difference between a girl becoming a maid like her mother... or an independent woman with dignity and self esteem.

Only with your help will Arpana be able to raise an initial corpus of Rs 5 Lakh to fund these scholarships. Please join hands with us! Any amount is not small.*



*Donation form at the back of brochure

Rural Lifeline - Arpana Hospital



Upgraded 12 Bed ICU

The 6 bedded ICU at Arpana Hospital was replaced by an urgently needed 12 bed unit. This was inaugurated on 9th March to honour the memory of the late Dr. J.K. Mehta, Founder Arpana Medical Services.

A Blood Bank for Arpana Hospital

Construction has started on a Blood Bank at Arpana Hospital, to be completed by year's end.

Upgradation of Neonatal ICU

An overhead warmer, an LED phototherapy unit, an air conditioner and UPS were installed in the neonatal care unit. This modernisation helps treat babies with conditions like prematurity, sepsis, dehydration, fever and neonatal jaundice.

Arpana thanks the newly formed Arpana Canada for this much needed upgradation.



Orbit and Oculoplasty now Available

From January 2017, Orbit and Oculoplasty services became available in Arpana's Ophthalmology Department for repairing drooping and baggy eyelids, watery eyes or tumours of eyelids. Also, artificial prostheses are available for painful blind/shrunken eyes for eyes to appear normal.

Dr. Nidhi Mittal Rana, visiting orbit and oculoplastic surgeon, provides these important services.



Green Laser Donated

Dr. Michael Quinn from Northern Ireland, on his visit to Arpana in 2007 with his son, David, donated a Green Laser, vital for quality eye surgery, to Arpana Hospital. This year they have replaced the old equipment with a new, state-of-the-art Green Laser.

They raised funds for this equipment through many activities including bicycling through Rajasthan!

Medical 'Skill India' Training Courses

Arpana has partnered with Drishtee Foundation, a skill training academy approved by the Government of India, to set up training courses under the Pradhan Mantri Kaushal Vikas Yojna. Six trainings (2-months each) have been completed for the following courses:

1. Emergency Medical Technicians - 82 students
2. General Duty Assistants - 90 students



Hospital Village Outreach

Camps for Diabetic Retinopathy and Glaucoma

A Diabetic Retinopathy Camp was held at Gharaunda, for 154 patients. 24 required eye operations and 37 were detected with diabetes. Along with counselling, patients were given free medicines.

Four Glaucoma Camps were held at Samalkha, Mustafabad, Dakhwala Gujran and Andheda Dilawara. Out of 359 patients, 46 required operations. Arpana provided 34 of these with free or subsidized cataract surgeries.



Angrejo

Free Pediatric Surgeries

18-year-old Angrejo from Gharaunda and 8-year-old Janvi from Andheda Dilawara, had been suffering from cataracts for many years.

After unsuccessfully seeking help in other hospitals, they were brought to Arpana and operated upon for free. Both girls can now see - and look forward to a brighter future.



Janvi

Arpana is deeply grateful to CBM for support for eye camps and surgeries



Cervical and Breast Cancer Camps

Arpana held sessions in villages in early 2017 to train women to spread information, stressing the importance of early cancer detection and motivating women to attend screening camps.

8 screening camps were conducted with 528 patients examined. Those requiring investigations were referred to the Hospital for free or subsidized ultrasounds, PAP smears, and surgical consultations, FNAC and Lab Investigations.

Dr. Achla Batra, Safdarjung Hospital, New Delhi, performed colposcopies and procedures, like hysterectomy and removal of retained CuT, for camp patients at Arpana Hospital.

Grateful thanks to Krishan and Geeta Mehta and Asian Initiatives for Hospital programs and cancer screening camps.

Memorial Camps at Budhakhhera

Medical and Eye Camps in memory of Dr. J.K. Mehta, Founder Arpana Medical Services, were held at Budhakhhera Dispensary. 280 patients attended the Camp. Dr. Ela Anand, FRCOG, personally conducted Gynae & Obstetrics clinics. 144 eye patients were also screened, diagnosed and given requisite medicines.

We are grateful to the J.K. Mehta Charitable Trust for sponsoring the camps.



Health & Development in Himachal

Speciality Camps – a Lifeline for Hill Folk

Free Speciality Camps, held at Arpana's Health Care and Diagnostic Centre, Upper Bakrota, Dalhousie, Himachal Pradesh, allow hill folk access to Specialists, whom they would otherwise be unable to see. Patients came from remote Salooni, Tissa, Churah Sub-division and Banni (Jammu area).

Gynaecological Surgeries: Arpana arranged for 9 patients from previous camps to have free surgeries at Satyam Hospital, Sultanpur, Chamba, performed by Dr. Hemant Sharma, MD Obstetrics & Gynaecology.

Seven Camps have been held in 2017



**Dr. (Col) G.V. Ram Das
prescribing medicine**

1. Eye Camp by Dr. Chhabra, MBBS, DOMS, who examined 97 eye patients.
2. Gynaecology Camp by Dr. Hemant Sharma MD Obstetrics & Gynaecology, who examined 53 gynae patients.
3. Neurosurgery & Spine Camp by Dr. (Col.) G.V. Ram Das, MCh. Neurosurgery (AIIMS), Professor of Neurosurgery & Spine from Maharishi Markandeshwar University, Mullana, Ambala, who examined the 165 patients.
4. Paediatrics Camp by Dr. Tanu Goel, MBBS, DMCH, DHHM, Arpana Hospital (Haryana), who treated 30 children.
5. Medical Camp by Dr. R.I. Singh, MBBS, MD, FIMS, Arpana Hospital (Haryana), who examined 118 patients.
6. Endoscopy Camp by Dr. Rahul Gupta, DNB, FIMS, MNAMS, Consultant Gastroenterologist, New Delhi, assisted by Dr Aman Gupta, MBBS, provided endoscopic procedures for 60 patients.
7. Orthopaedic Camp by Dr. Prashant Rana, Orthopaedic surgeon, examined 145 patients with his 8-member team. This was the first Orthopaedic Camp held at Bakrota Centre and was very successful.



Dr. Rahul Gupta operating

Our grateful thanks to the Bajj Nath Bhandari Public Charitable Trust for sponsoring these Speciality Camps.

Farmers' Cooperative Producers Societies



The Gajnoi Society, formed in 2015, has 52 members while the newly formed Society in Badia Kothi has 104 members. They elected their presidents and working committee members and made a practicable business plan for collective purchase of high quality seeds and equipment as well as collective marketing of produce by consensus. Farmers started collective marketing from March 2017.

Arpana is deeply grateful to the Indian Development & Relief Fund, Tom Sargent and the Tides Foundation, all of the USA, for supporting programs in Himachal.

Disseminating Eternal Values

Preserving the Treasure of 'Urvashi'



Video and audio tapes of Param Pujya Ma's discourses, containing the most precious knowledge of life and living, called 'Urvashi', and which had been on now almost defunct media, have been painstakingly recovered on digital media over the past 4 years. Original manuscripts in Param Pujya Ma's own handwriting, as well as newspaper write ups on her earlier life, are also being meticulously preserved in a 'Preservation Room' with controlled temperature and atmosphere.

Arpana at the World Book Fair

'Urvashi', Param Pujya Ma's elucidations of the Scriptures (i.e. the Srimad Bhagavad Gita, the Japuji Sahib, the Upanishads and answers to the most profound Vedanta questions), were made available to the public at the New Delhi World Book Fair held in January 2017. Musical offerings included bhajans by Dr. A.K. Anand and the Ishavasyopanishad, sung by Usha Mangeshkar, with the Prayer shloka sung by Lata Mangeshkar.



Spiritual Talks

Arpana's Centre at Vasant Vihar was the venue for enlightening talks by renowned personalities.



Nithya Shanti

Nithya Shanti spoke on 'Transcending Stress in Daily Life' and 'The Joy of Giving & Forgiving', enthralled audiences with his insights.

TS Ananthu, eminent researcher, environmentalist and thinker, spoke on 'Thinking, Creativity and the Creator'. Scientists and engineers inundated him with questions, as did others, including parents interested in child development.



T S Anantu

Arpana Trust and Arpana Research & Charities Trust are both approved under Section 80G of the Income Tax Act, 1961, giving 50% tax relief for donors in India.

FCRA Registration No. for AT is 172310001 and ARCT is 172310002

Cheques details: Donations to AT:

Cheque in favour of: 'Arpana Trust'

Donations to ARCT:

Cheque in favour of: 'Arpana Research & Charities Trust'

Please send cheques to:

Arpana Information & Resources Dept.
Madhuban, Karnal, Haryana 132 037.

Online Donations:.....

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Please let us know by email when you transfer funds online: 'at@arpana.org' and 'arct@arpana.org'

Websites: www.arpana.org www.arpanaservices.org

Donors to AT and ARCT in USA can donate directly to: Mr. Jagjit Singh, AID for Indian Development, 84 Stuart Court, Los Altos, CA 94022-2249

Donors to ARCT in USA can donate directly to: Mr. Vinod Prakash, President, IDRF, 5821 Mossrock Drive, North Bethesda, MD 20852

Donors to ARCT in Canada can donate directly to: Arpana Canada, c/o Mrs. Sue Bhanot, 7 Scarlett Drive, Brampton, Ontario L6Y 3S9, Canada



Practicing Spirituality

Income Generation – Embroidered Love



For many women in Haryana who are not able to go outside the home to work, Arpana's program for handicrafts production and sales has been a lifeline, enabling them to supplement the family income, feed their children, send them to school, get them married and even set them up in small businesses.

Arpana Shops – All Proceeds to Charities

1. **Devotion**, E-22 Defence Colony, New Delhi
Tel: 011 24331136, +91 9871284847
2. **Arpana Shop**, Arpana Trust, Madhuban, Karnal, Haryana, Tel: +91 98996303566
3. **Arpana Social Workers Home**, 7 Model Town, Karnal, Haryana. Tel: 01842265412

Portraying Eternal Values

With the appointment of Mrs. Niriti Vaid as Director of Arpana's Music & Drama Division, Arpana's cultural activity was infused with new energy. Many like-minded persons came together to enact stories told by Param Pujya Ma about saints and sages from our cultural heritage.

'Shabri', a loved story from the Ramayan, as told by Param Pujya Ma, was presented in Karnal in August 2017. It portrayed the highest Vedantic themes, highlighting the eternal values so relevant in today's society.



"Love transcends untouchability"



We, at Arpana, depend on your support for our programs.
Please fill out the following and send to (details overleaf):

I would like to become a part of Arpana's programs by supporting:

- | | |
|--|--|
| <input type="checkbox"/> Women Empowerment (ARCT) | <input type="checkbox"/> Disseminating Humane Values & Drama (AT) |
| <input type="checkbox"/> Arpana Hospital & Outreach Camps (ARCT) | <input type="checkbox"/> Education for the Underprivileged (AT) |
| <input type="checkbox"/> Farmers Clubs (ARCT) | <input type="checkbox"/> Scholarships for Disadvantaged Girls (AT) |
| <input type="checkbox"/> The Differently Abled (ARCT) | <input type="checkbox"/> Handicrafts program |

I would like to donate Rs. _____ to the Program ticked above.

Cheque/Cash _____ Dated _____ Bank _____

Name: _____

Address: _____

Telephone: _____ Email: _____

Cheque and address details overleaf