



# Arpana

## Newsletter

ARPANA TRUST, Madhuban

Karnal, Haryana, India

June 2016

## ARPANA NEWS

### Sadhana Day, Ram Navmi & MahaSamadhi Divas

Sadhana Day was celebrated on 9th March 2016 at Madhuban. On this day Param Pujya



Ma began her journey of devotional enquiry, elucidating scriptural secrets, long buried in ancient scriptures. These inspire listeners to tread the path towards joy and freedom of the Spirit.

Ram Navmi was observed with friends and devotees at Arpana, Madhuban, on April 15.

On April 16, devotees commemorated Param Pujya Ma's Samadhi Divas. Hearts overflowed with love and gratitude for how she has transformed our lives.

### In Loving Memory of Pujya Chhote Ma

On 10<sup>th</sup> May 2015, the Arpana family lost our most beloved Pujya Chhote Ma. Taking up the reins of Spiritual teaching after Param Pujya Ma's Samadhi in 2008, Chhote Ma brought peace into troubled hearts and light into darkened lives as she explained Param Pujya Ma's message called 'Urvashi'.

Her death anniversary was celebrated at Arpana Mandir with family and friends from North India.



### Arpana Canada is Registered!

Arpana Canada has been officially registered for tax-exempt charitable status with the Canadian Revenue Agency, as of March 21, 2016. Donations can be sent by check in the name of 'Arpana Canada' to: Mrs. Sue Bhanot, 7 Scarlett Drive, Brampton, Ontario L6Y 3S9, Canada (+1-905-450-0184). Thank you Sue, Naman, Kerry and all at Arpana Canada!

# ARPANA HOSPITAL

## Dialysis Machine



All of us at Arpana are deeply grateful to our generous friends from Northern Ireland, who have magnanimously donated a Dialysis Machine to Arpana Hospital, enabling the treatment of chronic renal patients.

## Cervical and Breast Cancer Camp

This camp for women was held at Arpana Hospital, April 2-3. Dr. Ela Anand, FRCOG (Gynaecologist), Dr Vivek Ahuja, MBBS, MS (Surgeon) and Dr. Kavita Rani, (MBBS, MS in Gynae), examined 68 patients from 33 villages.

## HIMACHAL ACTIVITIES

### Awareness Workshop

A workshop held on Feb. 11 in remote Bhariyakothi Village, was attended by 35 SHG women, who heard about Government's new schemes for educating their daughters..

### Sponsored by NABARD

1. The Saru Agricultural Institute conducted capacity building training at Arpana's Gajnoi Centre on Feb.27 for 35 members of the Farmer Producers Coop Society.
2. A two week training program on Patchwork was organized at Arpana Centre, Gajnoi. 30 self help group women participated.



### Free Gynae Camps & Operations

Dr. Hemant Sharma, Obstetrician & Gynecologist, did free Gynae check-ups for 36 patients in February and March and did 11 free operations, at Satyam Hospital, Sultanpur, Chamba, sponsored by Arpana.

Dr. Sharma examined 121 patients at a free Gynae Camp on April 17 at Chilli (Tissa). 8 were designated for free operations sponsored by Arpana.

### A Free Endoscopy Camp sponsored by BN Bhandari Public Charitable Trust

Dr. Rahul Gupta conducted endoscopies in a camp at Arpana Health Care & Diagnostic Centre, Bakrota, Dalhousie, on May 20-21. The total OPD in this camp was 105.

**Quilts, blankets and old clothes** were distributed to 32 very poor families in the area who were happy and relieved to receive this assistance.

# DELHI PROGRAMS

## Arpana's Vasant Vihar Community Centre – 'Rejoice'

Programs are being set up in Arpana's Vasant Vihar Community Centre, 'Rejoice.' Our goal is to make this a platform for munificent seniors to give back to society.

### Musical Evenings at 'Rejoice'

To share music and to encourage young musicians, we have held three beautiful musical evenings:

1. Sarod Recital by Shri Malhar Rakshit
2. Recital by Dr. Aparajita Brahmachari
3. Sitar Performance by Shri Adnan Khan



### Education for the Underprivileged



Classes have been started in 'Rejoice' for 22 bright underprivileged children, 3 days a week, in Spoken English and Computer Skills. The principal of the local government school said she would send as many students as we could handle!

With space for 7 classes, at 5 sessions a day, we need 35 volunteer teachers.

### Computers have been provided by:

- a. Mr. B.R. Chawla (8 computers).
- b. The BN Bhandari Public Charitable Trust (3 computers/ comm. equipment).
- c. The Embassy of Austria (10 good used CPUs).

**Inauguration of Computer Centre:** Mr. BR Chawla inaugurated the centre on April 8.

### English Workshops for Class XII Girls

25 underprivileged Class XII girls attended a workshop, April 22 & 23, held by Mrs. Kiran Bhatt, a founder of the CBSE English curriculum, culminating in a month long project, drawing self portraits and poignantly articulating their dreams.

### Home Entertainment Centre

Inaugurated by donor, Mrs. Barbara Mahajan, on May 4, to teach by entertaining children.

### Interactive Nutrition Session

Eminent Nutritionist, Mrs. Veena Aggarwal, held a lively interactive session on the latest discoveries in nutritional health.



### Meetings of Interest

1. The Gracious Living Foundation
2. Mrs. Neelam Mohan, Founder of Panchvati, a lovely home for the elderly.
3. HCSA, with Heidelberg University, Germany, interested in the elderly.
4. Mr. K.M. Noordeen, founder of the largest Hospice organisation in India.

# Haryana Rural

## Celebrating Women's Day: "We are going toward the light, after a long night!"

A mounting sense of self esteem, hope and dignity arose in 7,000 women members of Arpana self help groups.

On Mar.20<sup>th</sup> they organised a celebration for Women's Day and their achievements, in village Kutail.



1. IG, Ms Manjari, exhorted the women to continue to build on their strengths
2. The Mayor of Karnal, Mrs. Ranu Bala Gupta, applauded the confidence and energy of the women.
3. Mr. Kalyan, MLA, congratulated the women on crossing the abyss of poverty. He led the women in a pledge against oppression, gender bias and to continue to stand for social justice.

## Handicraft Sale at Chandigarh



The eagerly awaited Arpana Handicraft sale was held March 18-20 at Aroma Hotel, Chandigarh. The amount generated from the sale will help disadvantaged women earn a livelihood and help alleviate poverty.

Arpana trains rural women in quality hand embroidery, and markets the quality goods produced.

These beautiful hand embroidered products are also sold at Arpana's New Delhi outlet, 'Devotion', E-22 Defence Colony, and its shop at Arpana, Madhuban, Karnal, 114 kms. north of Delhi on National Highway I.

*Arpana is deeply grateful to all our magnanimous supporters who enable us to carry out these programs for the underprivileged.*

**We, at Arpana, depend on your support for our programs**

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 Arpana Trust is 172310001

FCRA Registration No. for Arpana Research & Charities Trust is 172310002

Send your contribution for dissemination of humane values & medical and community welfare services in Delhi

to: **Arpana Trust, Madhuban, Karnal, Haryana 132 037**

Send your contributions for health & development services in **Haryana & Himachal** to: **Arpana Research & Charities Trust, Madhuban, Karnal, Haryana 132 037**

Send contributions in USA to AID for Indian Development, Mr. Jagjit Singh, 84 Stuart Court, Los Altos, CA 94022-2249

Send contributions to Arpana Canada, c/o Mrs. Sue Bhanot, 7 Scarlett Drive, Brampton, Ontario L6Y 3S9, Canada

Please let us know by email or telephone, whenever you transfer funds to Arpana

Arpana Hospital: 91-184-2380801, Info & Resources Office: 91-184-2390905,

Email: [at@arpana.org](mailto:at@arpana.org) & [arct@arpana.org](mailto:arct@arpana.org)

Contact: Mrs. Aruna Dayal, Director Development, Mobile 91-9873015108, 91-9034015109

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