



Param Pujya Ma

# Arpana

## Newsletter

ARPANA TRUST, Madhuban,  
Karnal, Haryana, India  
December 2017

### Arpana News

#### Celebrating the Divine Flow of Urvashi

Param Pujya Ma, through the intensity of her devotion, and abidance in the Supreme, endowed the Supreme gift of pure knowledge to mankind.

This divine flow of knowledge, named 'Urvashi', if partaken with devotion and an intense intent to abide in the Truth, has the potential to wash away the impurities of heart and mind, much like the Ganga is known to wash away all impurities and to establish the aspirant in the Essence of the Supreme.

On 2<sup>nd</sup> October, the Arpana family gathered at Arpana Ashram, reiterating their sincerity of purpose to share the Divine flow of Urvashi with all. Arpana Trust was created for the purpose of preserving and disseminating this divine flow of Spiritual knowledge which leads one to imbibe eternal values of love, joy, compassion.



*Celebrating Urvashi at Ma's Samadhi Sthal*



Aastha Goswami, with her melodious rendering of Urvashi Bhajans, led the celebrations of Urvashi Divas in Arpana's Mandir. Members of Urvashi Lalit Kala Academy, led by Mr. Krishan Arora, sang their beautiful collective chorus of Urvashi bhajans.

**Bhajan sandhyas**, initiated by Mr. Arora in Karnal, started with the first beautiful sandhya at the home of Reena Arora, one of the first 'students' of the Academy.

## Rejoicing in Arpana Hospital's Mission to Provide Health Care for Rural Folk



At the 37<sup>th</sup> Anniversary of Arpana Hospital on 2<sup>nd</sup> October, Dr. Ela Anand, one of its Founding Members, speaks of Param Pujya Ma's vision – that all rural folk have access to modern health care – and Arpana's mission to fulfill this calling. With excellent facilities and equipment, and support from magnanimous donors, Arpana is proud to say: NO PATIENT IS TURNED AWAY

DUE TO INABILITY TO PAY.

## Emergency Care Workshops in Haryana & Himachal

Northern Ireland Paramedical Officers held a 6 Day workshop at Arpana Hospital in Haryana and a 3 Day workshop in Arpana's Centre in Himachal Pradesh.



*Frank shows how to immobilize a patient with spinal injuries*

These splendid paramedical professionals of the Northern Ireland Ambulance Services, inspired by Dr. Davinder Kapur, Surgeon General, and a long time Arpana friend, and organised by Mr. Frank Armstrong, Divisional Training Officer, volunteered to come to India as trainers for Arpana personnel.

In Himachal, Mr. Frank Armstrong, Mr. Mark Anderson and Ms. Cherith Poots gave training in First Aid and CPR to 5 Health workers and 15 Asha workers.

*Mark and Cherith demonstrate how to aid a choking patient*



*Shawna teaches CPR to nurses*

In Haryana, Mr. John Spratt, Mr. Graham Thompson and Ms. Shauna Loughran, effectively trained about 100 persons at the Arpana Hospital workshop. These included nurses, paramedics, rural workers, self-help group leaders and students in Arpana's EMT and PA courses. The Irish instructors warmly praised many students in Arpana's Emergency Medical Training course who showed a quick grasp of emergency procedures.

**Arpana is deeply grateful to Dr. Davinder Kapur, Mr. Frank Armstrong and all the paramedical officers from the Northern Ireland Ambulance Services!**

# Haryana Rural Empowerment

## Arpana's SHG Members Honoured



'Women Farmers Day' was announced by the Honorable Agriculture Minister, Mr. Radha Mohan Singh, to be observed on 15<sup>th</sup> October. In Sikander Kheri Village, in Haryana, this celebration was attended by 25 women farmers from Arpana's self-help groups.

A trophy was presented to Smt. Prabha, President of Nirmal Dhara Dugdh Samiti, one of Arpana-facilitated women's milk co-ops.

Two women members of SHGs in village Taprana were awarded trophies for mushroom production. Women learnt many new techniques and also got free soil and water testing of their fields.

## All India Workshop for Women Farmers Day

The Indian Council of Agricultural Research organised an All India Women's Workshop at Delhi's National Agriculture Science Complex with Mr. Radha Mohan Singh, Agriculture Minister, as chief guest. 500 women farmers participated.

Arpana sent Mr. Ish Bhatnagar Program Coordinator, Mrs Kamlesh and Mrs Kanta from Arpana-facilitated milk co-ops.



*Mrs. Kamlesh, President of Anmol milk co-op, shares successes of their Cooperatives at the Workshop*

**Arpana sends gratitude to IDRF (USA) and Tides Foundation (USA) for support**

## Delhi Programs



Children's Day was celebrated on 14<sup>th</sup> Nov. in Arpana's Vasant Vihar Centre to recognize 15 children who will receive scholarships in the coming school year. Mrs. Mala Pal, initiator of the program for scholarships, presented a promisory installment to each of the students. About 100 parents and students attended where students talked of their dreams.

**Arpana is grateful to Essel Foundation, New Delhi, Aviva Co. Ltd., Caring Hand for Children (USA) and Mrs. Mala Pal for educational support**



## Embroidered Love

Arpana Handicrafts Sale at the home of Drs. Raj and Indar, Rahul and Lena Gupta – a time when family, friends, patients, neighbors and acquaintances enjoy time together, time to marvel, time for gratitude and time to give!



*A Collection of Designs...  
A Swirl of Colors...  
Items of Desire...*

Bedspreads... Quilts... Table  
Cloths... Napkins... Towels...  
Tray Tea Cozies... Mats...  
Nightwear... Baby Frocks...

Magnanimous customers buy  
gifts bringing security to a village  
home, peace of mind to a  
mother, education for a child...



Arpana is deeply grateful to the hundreds of magnanimous folk who made the Sale in the Gupta's New Delhi home on October 6-8, so successful. These exquisite items are embroidered with astonishing skill by rural women in Haryana – many of whom are unable to work outside the home, but can contribute to their children's education, marriage and well being through their handicraft production earnings.

*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 132037**

Send your contributions for health & development services in Haryana & Himachal to:

**Arpana Research & Charities Trust, Madhuban, Karnal, Haryana 132037**

Send contributions in USA to:

**Mr. Vinod Prakash, President, IDRF, 5821 Mossrock Drive, North Bethesda, MD 20852**

**Mr. Jagjit Singh, AID for Indian Development, 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.

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