



Param Puja Ma

Arpana

Newsletter

ARPANA TRUST, Madhuban,
Karnal, Haryana, India
June 2018

Arpana Ashram Events

Sadhana Day

The Arpana family gathered together on 9th March 2018 at Madhuban to pay devotional homage to Param Puja Ma, who on 9th March 1958, embarked on a journey of devotional enquiry, which proved to be a handbook of spiritual guidance for all aspirants. Today and forever, her words inspire us to tread the path towards joy and freedom of the Spirit.

Maha Samadhi Divas



She is not gone, for we hear her words every moment, every day in *satsangs* and in our heart. She told us, "The Scriptures are not merely a discourse. They hold the Lord's command." Ma speaks to our very heart. She reveals the mysterious knowledge of spiritual living in its varied hues to the enquiring mind of each seeker in accordance with the seeker's capacity to put those Supreme Truths into practice.

16th April, 2018 was a beautiful day of commemoration of the Divine Soul who still guides each one of her children with love and kindness.

Remembering Chhote Ma and her Priceless Gift to us – Urvashi!

Our unbounded gratitude to Puja Chhote Ma who was remembered on 10th May, the anniversary of her passing, at special functions at Arpana Ashram and Molar Bund, Delhi. Thanks to her, the treasure of Spiritual Knowledge that flowed forth from Ma, was captured in writing in precious granths... over 70 in number! This treasure of Spiritual Knowledge, named 'Urvashi', was dedicated with love by Chhote Ma as her special gift to us and to posterity.



Delhi Programmes

Dr. Gaiind Visits Arpana's Education Programmes



Dr. Raghu Gaiind, Neurologist Consultant (Retd.), Guy's Hospital, London, and Founder of The Arpana Charitable Trust, UK, visited Arpana's Education Programmes, which give children from the most disadvantaged segments of society a chance for a quality education and good careers, on April 17 & 18, 2018.

In Vasant Vihar, Dr. Gaiind was delighted to see Arpana's beautiful Rejoice Centre, which Arpana UK had raised the funds to build, being used to full capacity for the 'Gyan Arambh' program for underprivileged children. Tuition classes are being conducted for classes 1-9 in English, Hindi, Science, Math and Computers.

At Arpana's Education Centre in Molarbund, Dr. Gaiind interacted with several ex-students who are doing well, students from senior classes and primary students.

Scholarship Program at Arpana's Rejoice

At Arpana's Rejoice Centre in Vasant Vihar, on 2nd May, 33 scholarships were given to 'Gyan Arambh' students of Standards 1-9 for proficiency in Maths, English, Hindi and overall competency. 12 students also received prizes for an on-the-spot Art Competition. Mrs. Meenakshi Mathur, Director Education Program, also introduced the NIIT certified Computer Course and Spoken English classes for adults.



Organic Farming

On 6th May, Arpana held an organic farming session at Arpana's Rejoice Centre in Vasant Vihar for 17 women, who are mothers of Arpana students, with a view to better health for their children as well as a possible income generation source for underprivileged women. Each registered parent received bags of organic seeds and organic manure which are easy to grow in their own homes. The produce can also be sold to their employers and others for much needed added income.



Arpana is deeply grateful to magnanimous donors for its Scholarship and Tuition Support Programs for the underprivileged in Vasant Vihar and Molar Bund

Himachal Activities



Training Camps for Farmers' Cooperative Societies

One day training camps were organized for the two Farmers' Cooperative Societies facilitated by Arpana for subsistence farmers in Himachal Pradesh. They were conducted by Dr. Santosh Bharai, of the Farmers Science Centre in Saru, an expert in vegetable growing. The camp for the Ravi Valley Farmers' Cooperative Society in village Bhadian Kothi was held on March 19, 2018 and attended by 9 men and 46 women farmers. The camp for the Gajnoi Farmers' Cooperative Society, was held on March 20th and attended by 13 men & 41 women farmers.

Arpana's deeply grateful thanks for grants from the Tides Foundation, USA, enabling us to carry out these rural development programs in Himachal Pradesh

Free Specialty Camps

Daily clinics are held at Arpana Health Care & Diagnostic Centre, Upper Bakrota, Dalhousie, which was set up for hill folk in surrounding areas and remote villages, unable to get modern medical care. However, many of these patients require further consultations, so Arpana arranges for Specialists in free camps. These are eagerly awaited by hill folk unable to travel to the doctor or afford the fees.

A free Multispecialty Camp was held on 22nd April. The Chief Guest, Dr. Mrs. Kiran Chadha, IAS (Retd.), inaugurated the Camp and also generously donated an Oxygen Concentrator, an urgent need for emergency cases. 139 patients were examined in the five camps on

1. **Gynaecology** – Dr. Hemant Sharma, MD
2. **Orthopaedics** – Dr. Prashant Rana, MS
3. **Orthodontics** – Dr. Sanjeev Verma, BDS
4. **Dermatology** – Dr. C.B.P. Singh and
5. **General Medicine** – Dr. C.B.P. Singh.



Dr. Rana, Ortho Surgeon, with patient

Free Surgical & ENT Camps were held on May 5 & 6.

In the **Surgical Camp** Dr. Y.P. Gandotra, MS (Gen.Surgery) saw 42 patients, 5 of whom underwent surgery at his Pathankot Hospital at half the prevalent rate.

The **ENT Camp** was conducted by Dr. Punit Prashar (MS). 66 patients were seen and free tests provided. Hearing aids were provided at very reasonable rates.

Arpana's heartfelt gratitude to the Baij Nath Bhandari Public Charitable Trust for sponsoring Specialty Camps for hill folk in Himachal

Haryana News

Exposure Visit to Skills Training Institute

Over 150 women from 118 self help groups formed by Arpana from 65 villages, visited the Punjab National Bank's Skill Training Institute in village Kachwa, which is running a free program under the Ministry of Rural Development to provide skills for self employment.

Skills training is offered on making detergents, *papad*, pickles and preserves for sale as well as mushroom farming. Trainees get a government recognized certificate with which they can apply for a business loan. A group of 30 men or women can even arrange training in their own village, with expenditure being borne by the Institute.



Mr. Lalit, Director Training Institute, talks to SHG women

Our deep gratitude to the Tides Foundation and the International Disaster & Relief Fund, both of the USA, for grants for rural development programs in Haryana



OCT Machine for Arpana Hospital

An Optical Coherence Tomography (OCT) machine system was donated to Arpana Hospital by Specsavers, one of the biggest chains of opticians in the world, through the Chairman of Arpana Guernsey, Peter Roffey, who spoke to Dame Mary Perkins, CEO Specsavers, of the need of our Eye Department for this advanced technology for retinal imaging and analysis. Dame Mary's spontaneous magnanimity in providing this machine, is enabling many poor and rural patients, access to this crucial equipment.

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.

Information & Resources Office: 91-184-2390905 Executive Director: 91-9818600644

emails: at@arpana.org and arct@arpana.org

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

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