



Param Pujya Ma

Arpana

Newsletter

ARPANA TRUST, Madhuban,
Karnal, Haryana, India
August 2011

Igniting Values

A Sacred Space

Param Pujya Ma teaches that service is the most perfect way of life, identification with the other is the ideal emotional state and understanding that all are one is the ultimate Truth.

To perpetuate Her memory, we are now endeavouring to build a *Samadhi Sthal* where

people can nourish the values and knowledge that She embodied and taught, and thus gain the happiness that comes only through abidance in one's Self. A canopy and other facilities are required to complete this *Samadhi* complex. May each one whose heart has been touched by Her sublime life, love and words, become part of this *yagya*, and join us in constructing a garden memorial for our Beloved Ma.



Urvashi Lalit Kala Academy



On May 22, Pujya Chhote Ma inaugurated the Summer Camp of the Urvashi Lalit Kala Academy in Karnal, where 1,000 children have been trained in the past 9 years. Here, 'Urvashi' is performed as songs, dances, theatre and music.

The Director, Prof. Krishan Arora, a renowned musician, taught Indian Classical vocal and instrumental music.

Other classes included Kathak and western dance, theatre, calligraphy & crafts. 75 children participated in the Annual Function at the OPS Vidya Mandir on June 26th. Instrumental music, songs, Kathak & contemporary dances were performed as well as skits and plays on social issues.

An inspirational paeon for inner freedom



Delhi Students

Diligent Delhi-ites

All of the children from Arpana's Educational Support Facility in the slum resettlement colonies in south Delhi passed their annual school exams. 147 out of 700 obtained first division marks and 46 children had marks above 80%.

All 39 tenth standard students passed their Tenth Board Exams with first division marks! Five students had marks above 80%.

Speaking English in 3 Months!



Before joining the 11th standard, these students eagerly participated in a 3 month English course led by popular volunteer, Shari Daniels from USA. They worked intensively, using quizzes and competitions to achieve better speaking, comprehension and writing skills. The students visited a college & trade school fair, learned that virtually all advanced training was held in English. and felt their 3 month summer course was well worth it!

Special Gratitude for Support for Education in Slum Resettlements is extended to: *Arpana Charitable Trust, UK, Aviva Life Insurance Co., Gurgaon, Caring Hands for Children, USA, MDRT Foundation, USA, & Mr. J Ahuja, N. Delhi, Essel Foundation & Mrs. Reva Nayyar, New Delhi*

Arpana Hospital Update

Guernsey Overseas Aid Commission Gifts a Vitrectomy Machine



*Ms. Jean Prichard, Mr. Ian McCrae
and Mr. Peter Roffey of Guernsey visit
Chhote Ma*

Guernsey has just sent a grant for a vitrectomy machine as part of Arpana's program to identify and control diabetes, a growing threat in rural areas of Haryana. A vitrectomy machine is vital to save eyesight in many severe cases of Diabetic Retinopathy.

Now, patients living between Delhi and Chandigarh, who cannot afford the fees of private practitioners, need not become blind due to this diabetic condition.

Special gratitude to the Guernsey Overseas Aid Commission for their grant for a vitrectomy machine for Arpana Hospital

Arpana Hospital Sponsors Free Endoscopy, Colonoscopy Camps

Dr. Rahul Gupta of Delhi, a Trustee of Arpana Group of Trusts, volunteered to hold a free Endoscopy Camp on May 15, with Dr. R.I. Singh. 21 patients were seen. On July 31, Dr. Gupta volunteered again, performing 5 Endoscopies and 1 more Colonoscopy procedure.



Cervical & Breast Cancer Screening Camp



Dr. Ela Anand, screens patients

A cervical and breast cancer screening camp was held at Arpana Hospital on May 22-23, 2011. 241 patients were screened for gynecological, surgical and physiotherapy problems.

Pap smears were taken and ultrasound, mammographies and Fine Needle Aspiration Cytologies were done. 5 patients were operated. Free treatment was given to the underprivileged.

Colposcopy Follow-up Camp

A colposcopy camp was organised on June 6, 2011, as a follow-up to the Cervical and Breast Cancer Screening camp. This was conducted by Dr. S.K. Das, renowned Gynae oncosurgeon from Delhi, and Dr. Ela Anand. Colposcopy was performed for 13 patients.

Special gratitude to The Dr. J K Mehta Charitable Trust for sponsoring the Cervical & Breast Cancer Screening Camps and the Follow-up Colposcopy Camp

Himachal Pradesh Happenings

Arpana Holds Free Medical & Cardiology Camps in HP

Dr. Ajay Karol, DMR, MD, from Delhi, and Dr. R I Singh, MD, of Arpana Hospital, conducted free medical & cardiology camps in Dalhousie, on May 27-29.

158 patients were treated for 27 types of health problems. 35 patients had ECHO cardiology procedures.

Patients came from Jammu & Kashmir and from remote areas in Chamba District.



Dr Ajay Karol examines camp patient

Special Gratitude to the Bajj Nath Bhandari Public Charitable Trust, New Delhi, for sponsoring free Endoscopy, Medical & Cardiology Camps in HP.

A Mission Motivates a College Team from USA

A team of 4 college students from the University of Virginia, USA, are studying ways in which Arpana can help young people of remote hamlets in Himachal Pradesh get the knowledge and skills they need for jobs/ building their own small businesses. Shivesh Puri (grand-nephew of the Arpana Charitable Trust UK's Chairman, Dr. Raghu Gaiind), Maggie Graham, Julian Henderson and Ingrid Hakata Isia interacted with youth in many mountain communities, talked with industry leaders and district officials, and conducted a preliminary survey to prepare their proposal for Arpana.

They were assisted by Harshil Parikh, based in Mumbai, and encouraged by Dr. Ishwar Puri, Department Head of Engineering Science and Mechanics at Virginia Tech (USA). Dr. Raghu Gaiind and Dr. Susan Gaiind made a special trip to Arpana in Himachal Pradesh to discuss viable projects for underprivileged youth with the team.



Maggie (one arm raised on left) and Ingrid (right) join in the exuberance of Himachal girls who are filled with hope for a better future through developing their skills and knowledge.

Special gratitude to Tom & Barbara Sargent and the Tides Foundation, USA, for sponsoring medical and development programs in Himachal Pradesh.

We, at Arpana, depend on your support for our programmes.

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 to support humane values and for medical & 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 132 037

Please inform us by email or telephone whenever you transfer funds to Arpana.

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