



Arpana

Newsletter

ARPANA TRUST, Madhuban,
Karnal, Haryana, India
August 2024

Param Pujya Ma's Centennial!

**Celebrating Janamashtmi and
Param Pujya Ma's 100th Birth Anniversary**

Whispers of Blessings slipped in with the dawn on 26th August, the Auspicious Day which commemorated the birth of Lord Krishna and Param Pujya Ma. Joyous anticipation permeated the air as devotees, family and friends gathered at Arpana Ashram in dedication, prayer and thanksgiving for the precious gift given to them – the Guru of their hearts, Param Pujya Ma.

Ma's Divine Bhajans Performed at Aashirvad on 25th & 26th August

Their enchanting singing and dancing to Ma's glorious words of love and wisdom, entranced the audiences.

- **The Urvashi Academy Singers**, led by Shri Krishan Arora, melodiously vocalized Ma's *bhajans*... resulting in the reverberation of *bhakti* in Aashirvad's amphitheater on 25th August.

- **Vinita Gupta** sang Ma's *bhajans*, gloriously celebrating Janamashtmi and paying Homage to our Divine Guru in the Aashirvad Hall on 26th August.

- **Nitisha Nanda and her Odissi Dance Troupe** danced with grace and brilliance to Param Pujya Ma's matchless *Bhajans*, entralling all with their interplay of devotion and art on 26th August.



The Tree of Life

A blossoming tree (*tabebuia rosea*) was planted on 25th August in Arpana Ashram in memory of our Beloved Ma. A twin tree was also planted in Aashirvad the same morning as a reminder of the One who gave us knowledge, love and purpose – and the hope of divine fulfillment!

Arpana Hospital

Emergency Department Inauguration

On 15th July 2024, Arpana Hospital proudly upgraded its Emergency Department from 4 beds to 10.

The inauguration was graced by Mr. Harvinder Kalyan, MLA. Dr. R. I. Singh, Medical Director, esteemed Trustees, Mr. Harishwar Dayal, Mr. Ravi Dayal and Ms. Abha Bhandari, along with medical and administrative staff, attended the event.



This upgrade ensures that the community receives timely, high-quality emergency care, reflecting Arpana Hospital's commitment to providing compassionate healthcare for all.

ECO Machine Donated to Arpana Hospital by Life Insurance Corporation

The LIC has generously donated a state-of-the-art ECO Ultrasound Machine to Arpana Hospital. This advanced diagnostic tool will significantly enhance the hospital's ability to provide accurate, fast medical assessments, particularly in emergency and critical care situations.

Arpana is grateful to the Life Insurance Corporation for supporting health care initiatives and enabling Arpana Hospital to benefit needy patients.

Haryana Empowerment Programs

Mobile Technology Training for SHG Leaders

Since March 2024, Mr. Bhatnagar and his team have been training SHG leaders in mobile technology. A directory of 1,000 SHG women with smartphones was created. Zoom meetings were held to discuss SHG rules and solve group issues. By July 2024, 400 women participated in training.

They learned how to:

- Send photos & videos
- Edit messages
- Send current and live locations
- Use the Google app
- Conduct meetings on WhatsApp and Zoom to strengthen and sustain the program



Arpana is deeply grateful to Mr. Ravindra Bahl, and The Baij Nath Bhandari Public Charitable Trust for supporting Arpana's Haryana Development programs

Delhi Education Programs

State Bank of India Ladies Club Support Arpana Education Center

The Ladies Club of State Bank of India graciously donated Rs. 40,000 to



Arpana for purchasing CCTV cameras and furniture at a charity program on 3rd May.

Mrs. Bani Rajgarhia, Vice Chairperson of the Arpana Education Centre, New Delhi, received the contribution which

would enable Arpana to serve the community more effectively.

ETASHA Holds Career Counselling for Arpana Senior Students

ETASHA, an NGO for Career Counseling, helped 152 Arpana students of classes 10-12, to make informed career decisions. Online orientation sessions were held on June 11, in 4 slots. Four career guidance workshops were held on June 12-13, at Arpana Trust.



Online Inlingua classes held at Arpana Trust

Mr. Vikram Bajaj, M.D. of Inlingua, New Delhi, generously offered free spoken English classes to 37 interested students. The program includes daily online classes from Arpana's computer lab and weekly offline sessions at Inlingua's South-Ex Center.

Summer Camp Activities in Arpana's Gyan Arambh Program, Vasant Vihar



- Story Telling for enhanced language skills
- Library use to improve reading
- Promoting Science by doing practical experiments
- Art, Craft and Games for creativity
- Skits and Dramas boosted self-confidence
- Fireless Cooking for self-sufficiency

Arpana is deeply grateful to Mr. S.M. Shivadasani (Oman), Arpana Canada, IDRF (USA), Caring Hand for Children (USA) and Baij Nath Bhandari Public Charitable Trust for supporting Arpana's Education Programs

Himachal Pradesh

Arpana's Free Medical Camp in Himachal

Arpana arranged the first free Medical Camp for 141 patients in Jatkari Panchayat, one of the most remote areas in Himachal. Dr. Mongotra, MBBS, conducted the camp on June 16, at the Forest Rest House in Laangha Village. With little access to healthcare, many suffer silently for years due to lack of resources. Those battling diseases without access to treatment were very grateful for the relief provided.



Arpana deeply appreciates the support from the Baij Nath Bhandari Public Charitable Trust, which made the camp possible.



Record Training for Self-Help Groups

In July, Arpana organized a four-day training program for 196 women from 81 self-help groups to empower the women to fill out the group records themselves.

SHG woman shows how to calculate interest to her peers

Arpana is deeply grateful to Mr. Ravindra Bahl and Baij Nath Bhandari Public Charitable Trust, for supporting Arpana's programs in Himachal Pradesh

EMPOWER VULNERABLE WOMEN AND CHILDREN AS THEY REACH FOR THEIR DREAMS!

<p>ARPANA TRUST EDUCATION FOR DISADVANTAGED CHILDREN</p> <ul style="list-style-type: none">• Tuition support for classes 1-12 pre-school Classes for toddlers, cultural activities.• Vocational training classes. <p>HUMANE VALUES FOR AN EQUITABLE SOCIETY</p> <ul style="list-style-type: none">• Dramas, Publication, Satsangs• Charitable grants for the vulnerable• Health/Socio economic assistance <p>DONATE ONLINE</p> 	<p>ARPANA RESEARCH & CHARITIES TRUST PROVIDES MODERN HEALTH CARE THROUGH</p> <ul style="list-style-type: none">• Arpana Hospital for free /affordable health care.• Arpana Medical centre, Himachal <p>EMPOWERING WOMEN</p> <ul style="list-style-type: none">• Self Help Group & SHG Federations.• Micro - Credit, Income generation, community development <p>EMPOWERING THE DIFFERENTLY ABLED</p> <ul style="list-style-type: none">• Differently Aabled Persons Organizations for health, assistive devices, certifications and income generation. <p>DONATE ONLINE</p> 
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DONATIONS TO ARPANA ARE 50% TAX EXEMPT UNDER SECTION 80G, INCOME TAX ACT 1961

Cheques in favour of Arpana Trust to be sent to:
Information & Resources Department
Arpana, Madhuban, Karnal- 132037, Haryana
Email: arct@arpana.org | at@arpana.org

Donations through Direct Bank Remittance:
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Arpana Research & Charities Trust; Bank Account No. 675010100100014,
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