

***With profound gratitude and deep appreciation for
Professor Narinder Kapur's support –
For poor & needy families***

Thakro Devi

Thakro Devi of village Phaura, Panchayat Jatkari, District Chamba, Himachal Pradesh.

Thakro Devi widow of Shri Somyina was grief stricken when her husband Somyina passed away after a long illness. Owing to Somyina's persisting ill health, Thakro has been the only wage earner for the family of 5 persons. Over the last 4 years, the struggle to subsist has been a severe. Her eldest child is a daughter, of 18 years: she has 2 sons, one is 13 years and one is 11 years.

Thakro Devi, with the help of relatives, found a match for her elder daughter and appealed to all her village folk and to Arpana for help. "We barely have enough for our monthly rations. I will be grateful for any small amount for my daughter's wedding."

Thanks to Dr. Narinder Kapur's help, Thakro Devi was given assistance in kind, and also a cash gift of Rs. 5000/- which was a blessing, enabling her to host the wedding feast.



Thakro Devi

Manakh Ram

Manakh Ram belongs to village Kabra in the dense forests of Jatkari Panchayat accessed only by foot by a trek of 15km, from the road head. This village is 20km from the town of Chamba.

Kabra is a backward village. The farmers are dependent on rainfed agriculture enabling them to grow a single crop, which often is not enough to sustain a family. Manak Ram is 80 years old and his wife is 58 years old. They have 3 daughters and live in deep poverty. The eldest daughter's marriage was fixed, but the family had no resources. Neighbours helped in with materials and Arpana stepped in, to assist the family, thanks to Dr. Kapur's grant. The gift of Rs. 5000/- from Dr. Kapur has made this assistance possible. Manak Ram is extremely grateful.



Manak Ram

Bubbly

Bubbly is still caught in the grip of sorrow and suffering. She lost her husband Tilak just 3 months ago. Tilak was suffering from depression and committed suicide, leaving behind 3 children; all below 10 years of age.

Bubbly and Tilak had a small plot of land and she now tills it alone. There is no cash crop nor is the yield of the single crop enough to sustain this poor, vulnerable family. Dr. Kapur's grant enabled Arpana to help Bubbly with rations and other necessities. Arpana's team will continue to support her and help to get her government entitlements and child support.



Bubbly with her children

Preeto

Preeto was widowed one year ago, when her husband Shri Bhilo fell into a ravine and died. The family lives in village Mathla in Jatkari Panchayat.

The village is remote and difficult to access, Preeto has struggled to make ends meet and was full of anxiety when her elder daughter's engagement took place. We are grateful to Dr. Narinder Kapur that we were able to help her with a cash gift of Rs. 5000/- to help her in her daughter's wedding. She and her family of a daughter and 2 sons, is extremely grateful for the helping hand in a time of need.



Preeto

Geeta

Geeta's late husband Chatru Ram died 15 years ago. She tilled their small land holding to subsist. She has 2 daughters whom she got married after mortgaging her home and selling her small amount of jewelry.

She is now 50 years and stays chronically sick. She makes a small livelihood by doing agricultural labour. She had no money to travel and bear the expenditure for medical treatment when she was referred for treatment to a nearby town.

When she was given help of Rs. 5000/- her eyes filled with tears, "whoever you are, friend, wherever you are, thank you for helping this widow", We are all grateful to Dr. Kapur for this help.



Geeta

Subhash

Subhash from village Modipur, is a young man of approx 25 years and suffers from disability in both legs. He was hopeless and felt life had nothing to offer him. When Arpana started a self help group for disabled persons, he was persuaded to join. The regular meetings became a source of new and useful information for Subhash.

He was helped to get his medical certificate and monthly stipend. He then took a small loan to set up a road side stall for cycle repair. This enabled him to make a small earning and his hopes and dreams took flight. He worked to set up a Kiosk and involve his father in selling Tea, along with own cycle repair. A gift of Rs. 10,000/- from Dr. Narinder Kapur enabled Subhash set up a proper Kiosk of which he is proud owner. He is working hard and is deeply grateful for this help in building an asset for himself !



Subhash is hard at work, and has a resolve to build a new life!

Kiran

Kiran is Smt. Gyanwati's daughter. Gainwati has a part time job and her husband Jai Kumar is a daily wages laborer. They have a son and daughter and were able to make ends meet.

However her elder sister died 2 years ago, and owing to difficult family circumstances, Gainwati had to assume responsibility for her sister's 3 children. This meant a huge financial burden on Gainwati's small family budget. Gainwati appealed to Arpana to help in the education of her elder daughter who has been getting a first division in 9th & 10th grades. She hopes her daughter will complete her 12th grade and be able to do graduate studies.

However extra tuition support, books etc. are all expenses which she and Jai Kumar cannot afford. Thanks to Dr. Narinder Kapur, Arpana gave an educational stipend to Kiran for 2014-2015, of Rs. 6000/- so that she can get tuition support and improve her score and so continue to aim for a good vocational course. Kiran is extremely relieved and happy for the support. Her parents are deeply grateful.



Gainwati with her children and those of her sisters

Ranjeet

Ranjeet, a young man from village Unchasamana was injured in an accident. At the time of accident, his wife had no money at all to pay for immediate medical relief. The Arpana team assisted with this small amount and then ensured relief by having his insurance processed.

Rahul

Rahul, a bright young boy of 14 years belongs to village Madanpur. He is disabled and is also mentally a little backward, but has a strong spirit to achieve. There were 2 disabled members in his family. His elder brother, who died recently: his father has a spine ailment and so cannot work as a laborer, which was his occupation. His mother is the sole bread winner. His sister is younger to him. With Dr. Kapur's help, Rahul will get a scholarship for one year for in a vocational skills and life skills course. The amount of Rs. 15000/- will get him admission in the hostel where all his needs will be looked after.

The NGO 'Tapan' where Rahul will be admitted is managed by a dedicated soul, Dr. Sujata. She is confident that she can help Rahul build a future for himself. He will be enrolled in the hostel. This will ease the load on his mother too. We are grateful to Dr. Narinder Kapur for enabling us to assist this extremely vulnerable and unfortunate family.



Rahul
