



## **What is Arya Samaj?**

Arya Samaj, founded by Maharshi Dayanand Saraswati, is an institution based on the Vedas for the welfare of universe. It propagates universal doctrines of humanity. It is neither a religion nor a sect.

# **ARYAN VOICE**

YEAR 35

10/2011-12

MONTHLY

APRIL 2012

**Celebrating**

**Arya Samaj Sthapana Diwas**

**And Baisakhi**

**Sunday 15<sup>th</sup> April**

**Starts 12 noon after Havan**

**Vedic Vivah Mela 2012**

**Saturday 5<sup>th</sup> May**

**Full details see pages:3&10**

**ARYA SAMAJ (Vedic Mission)WEST MIDLANDS**

**(Charity Registraton No. 506019)**

**VEDIC CULTURAL AND SPIRITUAL CENTRE**

**ERSKINE STREET, NECHELLS, BIRMINGHAM B7 4SA**

**TEL: 0121 359 7727**

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**Website: [www.arya-samaj.org](http://www.arya-samaj.org)**

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**For General and Matrimonial Enquiries Please Ring**

Mr Nagin Bhai Chauhan  
(Office Manager)

**Office Hours**

Monday to Friday :- 2pm to 6pm,

Except

Wednesday :- 9.30am to 1.30pm

**Tel. 0121 359 7727**

## **VEDIC VIVAH MELA (Matrimonial Get Together) 2012**

**Date:** Saturday 5<sup>th</sup> May 2012

**Venue:** Arya Samaj West Midlands, Erskine Street, Nechells, Birmingham B7 4SA (Road Map available on our Website)  
[www.arya-samaj.org](http://www.arya-samaj.org)

**Time:** 12 noon 6 pm time line, (Please note that if you arrive later than 12.30 pm, you will be allowed to attend the get-together, however, we cannot promise that you will be able to fully participate and benefit from the sequence of the programme lined up for the afternoon) for detailed programme please see the flyer on page 10.

**Cost: £25.00**

**Buffet:** Vegetarian meal included with soft drinks (no alcohol will be allowed or served)

### **How will it work?**

Members will meet each other for a period of 3 to 4 minutes, during which you will be able to chat and find out about each other. When the time is up, a bell will sound; you will change partner and repeat the process.

If you want to be contacted through e-mail could you please send your name and reference no. to [enquiries@ara-samaj.org](mailto:enquiries@ara-samaj.org) so that we can access the accurate address in our contact list.

We will explain the above and other details of the event between 12.00 and 12.30 pm at the venue, so it is important that you arrive on time so as to participate and benefit fully from the line up of the programme for the day.

**What you need to do now:**

This Get-together is strictly for Arya samaj west Midlands registered matrimonial service candidates only. So if you are not registered as yet and wish to benefit from this event where you can meet personally number of prospective partners hurry up and join. Forms are available on our website [www.arya-samaj.org](http://www.arya-samaj.org). Or tel. 0121 359 7727

This time we have decided to limit the number of participants, so please send your application well before the day of the event because it is first come first served basis. For the smooth running of the event, all the information must be processed and the paper work completed for the participants on their arrival. And as such applications received after 1<sup>st</sup> May, 12 would not be entertained. But please do not wait till the last date. It might be too late.

Please send a cheque for £25.00 made payable to 'Arya Samaj West Midlands', write your Arya Samaj Matrimonial reference number on the back of the cheque. You will only be allowed entry by ticket, bought in advance. Regrettably no entry tickets will be available on the day. If you come on the day without an entry ticket it would be a wasted journey.

So what are you waiting for? Look no further and think no further! Send in your reference number and cheque today! We offer a participative audience, an exciting line up for the evening, the prospect of meeting that special someone and dinner!!

We look forward to welcoming you to an event which we believe will be full of fun and excitement.

## Yoga and Self-Realization: Mind Control

We are currently in the midst of discussing the inner sciences with respect to human beings. We have seen that a human being is a composite of body, mind and soul. The soul is our consciousness. The gross body and soul are connected through a subtle body, called mind. Last month we broadly discussed the human mind and observed that it is the most fascinating thing we know of. Now we want to discuss another aspect of the human mind in the present background and interest of Yoga.

Nowadays Yoga has become popular worldwide. Its knowledge owes its existence to the classical treatise of Yoga-*Sūtra* authored by Patanjali several thousand years ago. However, its present popularity has come with a heavy price of misunderstanding about this great science. This is not the time to discuss what wrong ideas are prevailing in the name of Yoga and that must be postponed to a later occasion. However, we would now like to discuss certain aspects of the human mind in light of Patanjali's Yoga. Patanjali has presented an excellent exposition of the human mind in presenting the strategies towards self-realization. His objective is to "get to know the soul" – self-realization. The irony is that a human being gets to know so many objects of the world through the instruments of body and mind, but the greatest challenge for us is to know our own soul.

The principal reason for the above challenge is that mind is so swift and miniature. Indeed, it is absolutely necessary for mind to be swift and subtle so that we can function in the world as we do. But, then, our dependence on mind brings us to a point that we cannot bring it to rest even when we would want it. Today we live in the age of hyper-activity and multi-tasking. So much so that even when we intend to go to sleep, the mind continues to function. Sometimes, we may lie sleepless for hours. Even if we

are able to go to sleep, we continue to dream. Dreams give rise to a poor quality of sleep because they do not permit adequate rest to the mind. This aggravates the situation to a point that it may become still more difficult to enter into sleep. A restless mind is prone to stress and other consequential health related problems. At a physical plane, stress can lead to a number of disorders. At a more subtle level, it can lead to deterioration in our behavior due to anger and depression. This can then disturb inter-personal relationships.

Such state of affairs in the present fast moving and competitive world has led a great interest in Yoga practices. People all over the world are trying to learn [breath control](#) and [mind control techniques](#) to calm down mind. Patanjali's Yoga principles can help us gain control on the mind domain. Mind control has dual advantages. First, we are better equipped to give much needed rest to the mind domain. Second, we can concentrate better by reducing distractions leading to better quality of work.

The above advantages of the Yoga practices are a tip of iceberg only and are incidental in nature. The main objective of Yoga is to explore and experience beyond the mind domain. Once the mind domain is calm and restful then the soul can get to know itself truly. Otherwise, it knows what mind brings to it. In so far as the inner sciences and its applications to our own self is concerned, the true Yoga helps us achieve self-realization. In other words, our proficiency in inner sciences requires us to conduct scientific experiments within the laboratory in a manner explained by Patanjali, a great inner scientist. The laboratory for an inquisitive inner scientist is that person's skeleton itself. We must follow Patanjali's procedures correctly to reproduce the results Patanjali mentioned.

If we succeed in these experiments then there are enormous benefits to obtain. We are enlightened with true **experiential knowledge** with regard to our tiny spirit that resides in the core of our body-mind combine. Furthermore, we emerge with a healthier body-mind combine. We will have another opportunity in future to discuss Patanjali's Yoga principles at length. Suffice it to say now; Patanjali's Yoga helps us gain better control of mind so that we can bring it to a still and calm state. Then, one can explore further inward of the mind domain and experience the nature of the spirit. Next month we will try to enter into the so-called mind domain, which we have hitherto treated as a black box. We will discuss its three units and their functions.

- Dr Harish Chandra  
B. Tech. (IIT Kanpur)  
Ph. D. (Princeton, USA)

"स्वाध्याय परिवार" के संस्थापक श्री पाण्डुरंग आठवले शास्त्री जी का वह पत्र कि जिसमें उन्होंने महर्षि दयानन्द को श्रद्धांजलि दी है

-

आदरणीय सत्यकामजी,

सप्रेम नमस्ते !

आर्य समाज ने राष्ट्र के पुनरुत्थान और नवजागरण में जो महत्वपूर्ण भूमिका निभाई है, उससे सभी सुपरिचित हैं । उसके संस्थापक प्रातः स्मरणीय स्वामी दयानन्द सरस्वती तथा उनके कार्यो को आगे बढ़ाने में सर्वस्व स्वाहा करनेवाले पूज्य स्वामी श्रद्धानन्दजी के आप दौहित्र हैं, भला आप क्यों न वेद प्रचार-प्रसार के परम पुनीत कार्य में दत्तचित्त हो; इसका तो कहना ही क्या ? स्वामी दयानन्द सरस्वती सोई हुई आर्य जाति को सदैव झकझोर कर जगाते ही रहें । जो जाति आत्म-गौरव को खोकर मृत-तुल्य बन गई थी, उसे उसके प्राचीन गौरव को दिखाकर जीवित और तेजवंत करने में उन्होंने अहर्निश प्रचंड पुरुषार्थ किया । धर्म जो कि मानवता का प्रेरक, पोषक तथा पालक है, अत्यन्त विकृत बनकर केवल अंधविश्वास और पाखंडों से भरपूर अतः सत्त्वहीन किंवा अर्थहीन-सा लगने लगा था, वेदशास्त्र के नाम पर अनेकतः अज्ञानता तथा भ्रान्ति फैली हुई थी, स्वामीजी ने लोगों को सद्धर्म का पुनर्दर्शन कराया । उन्हें सच्चे निर्दोष वैदिक धर्म का राजमार्ग दिखाया । ऋषिप्रणीत वैदिक प्रवृत्तिवादी पुरुषार्थी जीवन-पद्धति को लोगों के सामने रखा । आर्य जाति को जगाकर तेजस्वी और पुरुषार्थी बनाया । अपने बहुमूल्य जीवन को उन्होंने वैदिक धर्म की पुनः स्थापना में लगा दिया । संसार के सामने वेद-प्रतिष्ठा को

सुस्थिर किया । लोगों को बहुविध सिद्ध करके दिखा दिया कि वैदिक धर्म ही सार्वभौमिक एवं युग्युगीन शाश्वत और सच्चा मानव धर्म है और इसी के द्वारा मानव का निश्चित कल्याण हो सकता है । समस्त आर्य जाति स्वामीजी के गौरवपूर्ण कार्यों के प्रति सदैव कृतज्ञ रहेगी । मैं उनके प्रति श्रद्धान्वित हूँ ।

आर्य समाज स्वामीजी के गौरवपूर्ण वैदिक एवं सांस्कृतिक कार्य को आगे बढ़ाने में सतत प्रयत्नशील रहेगा ऐसी मुझे पूर्ण आशा है ।  
आपका ही,

पाण्डुरंग शास्त्री

[सन्दर्भ ग्रन्थ - गुजराती पुस्तक "नवजागृतिना अग्रदूत श्री नारायणजी रामजीभाई लींबाणीनो संदेशो", पृष्ठ १७४-१७५, लेखक और प्रकाशक - शिवगण कानजी वेलाणी, वेलाणी होस्पिटल, भूज, जि० कच्छ, गुजरात, प्रथम आवृत्ति, वि०स० २०४४, अक्टूबर १९८७ । इस पुस्तक में लिखा गया है कि श्री पाण्डुरंग शास्त्री ने महर्षि दयानन्द और आर्य समाज को अंजलि प्रदान करता हुआ यह पत्र पं० सत्यकामजी विद्यालंकार को लिखा था । यह पत्र आर्य समाज - सान्ताक्रूज के ३५वें वार्षिकोत्सव पर प्रकाशित "श्रद्धा" नामक पत्रिका में से उक्त पुस्तक में उद्धृत किया गया है ।]

प्रस्तुतकर्ता - भावेश मेरजा



**ARYA SAMAJ WEST MIDLANDS IS HAPPY TO PRESENT...**

**VEDIC VIVAH MELA  
ON  
5<sup>TH</sup> MAY 2012**

**AT  
188 INNKERMAN STREET,  
ERSKINE STREET,  
NECHELLS,  
BIRMINGHAM  
B7 4SA**

**PROGRAMME:**

- ***12pm-1pm: Arrival and Refreshments***
- ***1pm-2.30pm: Session 1  
(with additional comfort break)***
- ***2.30pm -3.00pm: Light Lunch***
- ***3.00pm-4.30pm: Session 2:  
(with additional comfort break)***
- ***4.30pm-6.00pm: Closing address  
and time to mingle.  
(Programme subject to change)***

**Tickets price £25 members ONLY**

***Vedic  
Vivah  
List***

***April  
2012***

## Living with Arthritis

Arthritis is not a life sentence, but it can be life changing. Simple daily tasks can become difficult and painful, while managing family life and juggling work can be exhausting.

Adjusting isn't always easy. But there are many people, services, products and benefits that can help.

Getting medical help and treatment for arthritis is important, but so is helping your self – and it's never too early to start.

Although there is no cure for most forms of arthritis, there is a lot you can do to minimise the effect of arthritis on your everyday life.

Eating a well-balanced, healthy diet is important when you have arthritis. As well as providing you with all the nutrients you need, this will help you maintain a healthy weight.

In general, a healthy diet is one that is:

- High in fruit and vegetables
- High in starch and fibre
- Low in fatty foods and salt
- Low in added sugars
- Managing your weight

Adopting a healthy diet can help you lose your weight. Carrying extra weight adds extra pressure on weight bearing joints such as the back, hips, knees, ankles and feet. Losing even a few kilos can make a significant difference.

If you are trying to lose weight, vegetables should make up half of your plate; carbohydrates a quarter; and protein a quarter. Reducing the size of the portions on your plate will also help.

Exercise is an important part of weight loss and control, so make sure you incorporate that into your daily routine..

All alcoholic drinks contain calories – something people often do not realise. Cutting down on alcohol will help you lose weight and will be good for you too. Alcohol can interact with arthritis medication or make some side effects worse.

Interaction between food and arthritis

There is a lot of debate about whether what you eat affects your arthritis but there is no definite connection between food and flare-ups. However, certain foods may help reduce pain and inflammation. There is some evidence that eating oily fish can help people with arthritis. It is thought that omega-3 polyunsaturated fatty acids, contained in oily fish, could ease the symptoms of inflammatory arthritis. You should try to eat oily fish twice a week. Our [Healthy Eating and Arthritis booklet](#) contains more information on foods that could help your symptoms.

You may feel that certain foods make your arthritis worse. If you decide to avoid these foods, you might need to take supplements to ensure you are getting all the vitamins and minerals your body needs. Some people with arthritis recommend trying 'special diets', which might exclude a certain type of food. You should always get advice from your GP and/or a dietician before starting a special diet. Never begin a diet that involves stopping medication without discussing it thoroughly with your doctor.

### Supplements

Most people should get the nutrients they need through their diet without taking supplements. If you do decide to take supplements, check with your doctor as some of these can interact with your prescribed drugs.

Registered Charity Nos: 206563, SC038693 Registered office:  
18 Stephenson Way, London NW1 2HD

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## वैदिक राजधर्म-भाग-13

### आचार्य डॉ. उमेश यादव

निवर्तेतास्य यावद्भिरतिकर्तव्या नृभिः। तावतोऽतन्द्रितान् दक्षान् प्रकुर्वीत  
प्रचक्षणान्॥

तेषामर्थं नियुञ्जीत शूरान् दक्षान् कुलोद्गतान्। शुचीनाकरकर्मान्ते भीरून्तन्निवेशने॥  
दूतं चैव प्रकुर्वीत सर्वशास्त्रविशारदम्। इङ्.गिताकारचेष्टज्ञं शुचिं दक्षं कुलोद्गतम्॥  
अनुरक्तः शुचिदक्षः स्मृतिमान् देशकालवित्। वपुष्मान्वीतभीर्वाग्मी दूतो राज्ञः  
प्रशस्यते॥ मनु.7. 61-64.

उपयुक्त श्लोक मंत्री व राजदूत के गुणों की व्याख्या करते हैं। मंत्री की योग्यता निर्धारित करते हुये कहा कि राजा द्वारा यह समझना उचित है कि मंत्री ऐसे हों जिनमें उनके कर्तव्य पूर्णतः सिद्ध हों और वे सब मंत्रीगण (अतन्द्रितान्) आलस्यरहित, (दक्षान्) दक्ष और (विचक्षतान्) बड़े चतुर हों। यह भी ध्यान देना आवश्यक है कि जो शूरवीर, निपुण, कुलीन और निडर हों तो उन्हें बाहर के काम में और अगर वे (शुचीन्) पवित्र हों पर (भीरून्) डरपोक हों तो उन्हें भीतरी कार्यभार दे देने चाहिये। इसी में राजा की समझदारी है। ऐसा करने से राजा के पास नियुक्त सभी पदाधिकारियों और कर्मचारियों की उपयोगिता सही हो पायेगी। अब दूत की नियुक्ति के बारे में बतलाया जा रहा है कि दूत के गुण कैसे हों ? अंतिम दो श्लोकों में कहा गया कि दूत ऐसे हों जो सर्व शास्त्रों को जाननेवाले हों और बड़े चतुर हों जो बाहर-भीतर के इशारों व भावी चेष्टाओं को बुझने वाले हों। ऐसे चतुर दूत ही पूरी तत्परता से और ठीक समय पर कार्य को सही तरीके से निपटा सकेंगे। यहाँ इन दूतों को भी शूची, दक्ष और कुलीन होना बताया गया। ईमानदारी, तत्परता और कार्य में नैतिक श्रेष्ठता भी तभी सम्भव हो पायेगा जब राज्य में नियुक्त दूत इन गुणों से ओतप्रोत होंगे। इसी श्रृंखला में दूत के और भी नैतिक गुणों को यहाँ उभारा गया। अनुरक्त, शुचिदक्ष, स्मृतिमान और देशकाल की परिस्थितियों को चतुराई से भाँपने वाला हो। अनुरक्त होना यह बतलाया गया कि वह कार्य में सदा उत्साही, प्रेमी और निष्कपटी हो। शुचिदक्ष से उसकी ईमानदारी और कार्य में चतुराई का होना प्रकट होता है। इसी तरह देशकालविद् और स्मृतिमान होना यह दर्शाता है कि उसे समसामयिक पुरानी बातों का ख्याल भी

रहे और समयानुसार वह अपने आप को ढाल भी सके। इतना ही नहीं, वह वपुष्मान सुन्दर सुडौल और वलिष्ठ भी हो। वाग्मी- देश-काल के अनुसार चतुराई से बोलने वाला भी हो। (दूतों राज्ञः प्रशस्यते) राजा का दूत इस प्रकार हो जो कुशल वक्ता भी हो और सदैव निर्भयता से काम करे।

यह विचारणीय है कि आज राजधर्षण में छल-कपट, अनाचार, झूठापन और यहाँ तक कि व्यभिचार जैसे कुकर्मों का भी आगमन हो गया है पर वैदिक राजधर्म इन सब बुराइयों से दूर रहे, इस दर्शन को कायम रखने हेतु राजा को सर्वत्र सजग रहने का निर्देश देता है। उपर्युक्त श्लोकों के माध्यम से मंत्री व दूतों की व्याख्या जो की गयी है, नितान्त एक उच्च आदर्श का निर्माण दृष्टिगोचर होता है। आज की राजनीति इसीलिये भ्रष्ट राजनीति मानी जाती है क्योंकि यहाँ नैतिक मूल्यों की न्यूनता दीखती है। जिन राजकर्मचारी या राजधर्म चलाने वाले मंत्री या दूतों में कुछ अच्छे गुण दीखते भी हैं तो वे भी देश-काल-परिस्थिति से मजबूर होकर अनैतिक भावधारा में ही बह जाते हैं। दूसरी तरफ जो बुराइयों से समझौता नहीं करते, उन्हें गुण्डे मार देते हैं या उन्हें दुःखी कर मार्ग से हटा देते हैं। अच्छे लोग कम होने और दुष्ट, छली, झूठे, चरित्रहीन लोगों की अधिकता होने से राज्य में अनैतिकता ही अधिक फैलती है अतः हमें अपने-अपने कर्तव्यों की पूर्ति में या राजधर्म के जिम्मेवार पदों पर नियुक्ति के समय हर हालत में ध्यान देना होगा कि उच्च, आदर्श, नैतिक, कुलीन, सच्चे और कर्मठ जिम्मेवार लोगों की ही नियुक्ति हो जिससे सर्वत्र वैदिक राजधर्म ही प्रलक्षित हो।

## Welcome to Night

आ प्रागाद्भद्रा युवतिरहः केतून्त्समीत्सति।

अभूद्भद्रा निवेशनी विश्वस्य जगतो रात्री॥ सामवेद 608

aa praagaad bhadraa yuvatih ahanah ketun sameertsati labhood  
bhadraa niveshnee vishvasya jagato raatreeh ll  
Saam Veda 608

### **Meaning in Text Order**

aa praagaat = evening has approached, bhadraa = blessed,  
yuvatih = maiden, ahanah = day, ketun = light, sameertsati=  
drives away, abhut = be , bhadraa= blissful, niveshini= source of  
rest and relaxation, vishvasya = all, jagatah = universe, raatrih =  
night.

### **Meaning**

A blessed maiden in the form of night is approaching; she is driving back the light of the day. The blissful night has brought the realm of rest and relaxation for the universe.

### **Contemplation**

In this mantra, the night is described as a blessed maiden. It is a significant attribute to night because it brings the message of rest and relaxation for the entire universe. The night time is like a sweet lap where all the human beings, creatures, plants and vegetation feel peace and tranquillity. It provides the rest, peace and comfort to the sick people. A person who is accustomed to vanity, jealousy, hatred and violence forgets all about that in deep sleep. All the worries of day time, struggles of life, attachments and detachments with others all disappear from the mind in deep sleep. The beauty of deep sleep in the night is peace and tranquillity.

Deep sleep provides tranquillity to our mental faculty which is the abode of all thinking and decisions. After deep and peaceful sleep, when the day is dawning and we get up, a serenity of mind is worth feeling. A purity of the mind presents a unique experience. It generates the state of our mind full of enthusiasm, new zeal and ready to face new challenges of life. There is no dullness or haziness on the horizon of our mind.

However, this is the story of physical sleep, beside this sleep there is also a spiritual sleep which is known as “yog nishaa”. It is also called divine night. It is a stage where a person becomes introverted and detaches the senses from the outside world and mental faculty reaches to the stage where it is not contemplating any subject and this stage is known as samaadhi. This is the mother of peaceful sleep for those who travel on the path of yoga.

The mantra says, the night is not an old lady but on the contrary ever young maiden, which does not decay. It releases from the bondages of the world. O night! Let us welcome you from the fathom of our heart.

- Krishan Chopra

# FROM US TO YOU

“*Yatra Naryastu pujayante’ ramante tatra Devta*” being the dictum of Vedic Values and Vedic Culture, International Women’s day and Mother’s day combined were celebrated in ASWM on 18<sup>th</sup> March 2012 with great piety, sobriety and respect. After the Sunday Havan, Thematic programme started with a talk by our young member Mr Hiten Pokar who highlighted the Basic qualities expected from an Arya Mahila to propagate Vedic values in herself, her children and thus in society and be a major contributor in creating a harmonious world, quoting the Ved Mantras. Then Patron Mr G Chandra ji honoured Our three esteemed Arya Mahila’s for their life long contribution to Arya Samaj and to the upliftment of Women at large. The message given by Ms Sudershna Aggarwal to start doing the right thing any moment, message of Mrs N Prinja for women to awaken the 8 types of Vedic Shaktis-Shri, Kirti, Dhriti, Kshma, Smriti, Wani & Medha in herself to combat the degradation thrown on them in today’s commercial world and the facts highlighted by Mrs Kavita Vachkanvi about, even the safest place ‘the Womb’ proving to be the most horrendously unsafe for females, and the work she is doing for women over the Net; gave the glimpses of their passionate work, to the audience. Song on Maa by Mrs Renu Agarwal in her melodious voice touched everyone, so did Dr K Kanhaiya’s poem, requesting a Maa -Why don’t you make your Aanchal so big to take the whole universe under your wing. That way there will be only love & harmony everywhere.’ Mrs Arun sabharwal’s poems on the plight of women- and then challenging that today’s women can stand for herself- Need not accept Banvaas like Sita for no fault of hers. The event finished with Rishi Langar.

Om Shanti

Om Shanti

Om Shanti

## **The Mongoose and the Brahmin's Wife**

This is another good story from the collection of Panchatantra. Once upon a time, there lived a Brahmin by the name of Deva Sharma with his wife. His wife delivered a son and they were happy to have their first child. The Brahmin wanted to have a pet animal to protect the child which would also be a companion to the child. The Brahmin kept his proposal before the Brahmani. She found the proposal acceptable and the Brahmin went to bring a pet.

Deva Sharma went round the village and after much toil, got a mongoose as an escort to his child. Brahmani didn't like the idea to keep a mongoose for her child. But as the pet was already brought, so she accepted it. Now, both of them started loving the mongoose as their own child. Yet, the Brahmani never left her son alone because she did not trust the mongoose, fearing that it could harm her son.

One day, the farmer and his wife had to go out of the house leaving the child at home. The farmer confirmed that the mongoose would take care of the child while they would be away. So, they left the mongoose and the child at home and went out. Soon after they left, a cobra entered the home. Finding danger to the son of the Brahmin, the mongoose attacked the cobra. They had a bloody combat and the mongoose succeeded in killing the cobra.

After this, mongoose heard the footfalls of Brahmin's wife and went at the door to greet her. Brahmani was trembled to see the blood stained mouth of the mongoose. She inferred that the mongoose had killed the child. Without a second thought, she threw a heavy box on mongoose and the mongoose died at the spot. Brahmani quickly entered the house to see her child and to her great surprise, she found her child sleeping quietly in the cradle.

As soon as, she saw a snake bitten into pieces lying near the cradle, she realized that the mongoose had saved her child. The Brahmani was struck by grief that she had killed the mongoose that was like a sibling to her son. She cried loud at her hasty action.

**Moral: Don't act in haste. Think and Act.**

# Why Marriage?

An Interactive Seminar  
To

probe the basic question why we get married

An event in the series of Breakthru Seminars at Arya Samaj West Midlands held on fourth Sundays by:

1. Dr Harish Chandra, Vedic Scientist, and
2. Raaj Shamji, NLP Expert

**Sunday, 27<sup>th</sup> May 2012; 3 to 6 pm**

followed by snacks, drinks and an

Opportunity to socialize with participants & to make friends!

Fee: £20 members of our matrimonial services /£30 others  
[£15/25 if Cheque reaches us on or before 30<sup>th</sup> April 2012,

Cheque payable to Arya Samaj West Midlands]

Register early for limited space!

------(cut here)-----

## Registration Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Email: \_\_\_\_\_

Mobile: \_\_\_\_\_

Membership No. \_\_\_\_\_ Male  Female

I wish to attend the Why Marriage? Seminar.

I have enclosed a cheque of £15/20/25/30

Signature:

Date:

## **CONGRATULATIONS TO**

Mr Swaraj Kumar and Mrs Vijay Laxmi for being blessed with grandson Henry A.S. Narula son of Susanna and Mr Samant Kumar Narula.

Pranav on his 18<sup>th</sup> birthday, son of Janesh and Mrs Namrata Gupta. Mr Amit and Mrs Rupmeet Mehta for the birth of son Riyan.

## **YAJMANS IN SUNDAY CONGREGATION**

19.02.2012 Mr Arya Mitter and associates  
(Punjab National Bank, Birmingham Branch)

*Thanks to Mrs Arun Sabharwal for donating quality Bone China Dinner service*

## **DONATIONS TO ARYA SAMAJ WEST MIDLANDS**

Dr U Kathuria	£21	Mrs Swaran Talwar	£10
Dr. P.D. Gupta	£31	Ms. Jasica Sinniah	£5
Dr Dev Kumar (Roshan) Bhujiawan	£10	Mr Samant Kumar Narula	£51
Dr Chetan Verma	£10	Mr Rajiv Aggarwal	£21
Mrs Satya Passi	£10	Mrs Arun Sabharwal	£101
Mr Dilip Valambhia	£20	Mr M.M. Sharma	£5
Mr and Mrs Parvin Ghai	£21	Mrs Sudershana Aggarwal	£11

## **DONATIONS TO ASWM through PRIEST SERVICE**

Dr Janesh and Mrs Namrta Gupta	£51	Mr Amit and Mrs Rupmeet Mehta	£32
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## **DONATIONS through Seminars of Vedic Missionary**

Session ,Warwick	£96	Session, Birmingham	£159
Session, London	£205	Session, Liverpool	£193
Breakthru, Birmingham	£95		

## **DATES FOR YOUR DIARY(Revised)**

Arya Samaj Sathapna Diwas (10 <sup>th</sup> April)	Sunday	15 <sup>th</sup> April
Vaisakhi (13 <sup>th</sup> April)	Sunday	15 <sup>th</sup> April
Vedic Vivah Mela	Saturday	5 <sup>th</sup> May
Seminar (Why Marriage)	Sunday	27 <sup>th</sup> May
Gayatri Mahayajna	Sunday	24 <sup>th</sup> June
AGM + Open Forum for Public Suggestions	Sunday	15 <sup>th</sup> July

**Ved Prachar on Radio XL** [7am-8am] **First Sunday of every month** by our learned speakers.

1st Apr, 6th May, 3rd Jun, 1st Jul,

**Arya Youth Group Meditation s** in Arya Samaj Bhawan Every FRIDAY Evening 7pm-8.30pm

Detailed information of all these events would be published in Aryan Voice nearer the time. Or contact ***office***

*Tel. No. 0121 359 7727.*

E-mail- [enquiries@arya-samaj.org](mailto:enquiries@arya-samaj.org),

Website: [www.arya-samaj.org](http://www.arya-samaj.org).

Every effort has been taken that information given is correct and complete. But if any mistake is spotted please inform the office.