



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

9/2011-12

MONTHLY

MARCH 2012

Sunday 18TH March

**Arya Samaj West Midlands celebrates
Women's Day / Mothers' Day**

Starts with Havan: 11am

ARYA SAMAJ (Vedic Mission) WEST MIDLANDS

(CHARITY REGISTRATION No. 506019)
VEDIC CULTURAL AND SPIRITUAL CENTRE
ERSKINE STREET, NECHELLS, BIRMINGHAM B7 4SA
TEL: 0121 359 7727

E-mail- enquiries@arya-samaj.org

Website: www.arya-samaj.org

CONTENTS

Notice for -Vedic Vivah Mela (Matrimonial Get Together)		3
Yoga and Senior Citizens	Mr. Kewal Ahluwalia	5
The Human Mind Pt.2	Dr Harish Chandra	6
Mantra	Mr Krishan Chopra	8
Flyer -- Vedic Vivah Mela (Matrimonial Get Together)		10
Vedic Vivah List		11
□□□□□ □□□□□□□ □□□ 12	□□□□□□ □□. □□□□□ □□□□	22
From Us To You		24
Museum that brings out the Vedic Point of view of History	Anjali Jhingani	26
The Mice that ate Balance	<i>Children Corner</i>	28
Bowel Cancer awareness	<i>Health Corner</i>	30
News (□□□□□□□□□ □□□□□□)		31

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

Date: Saturday 5th May 2012

Venue: Arya Samaj West Midlands, Erskine Street, Nechells, Birmingham B7 4SA (Road Map available on our Website)
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 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. 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 1st 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 for the senior citizens

Old age is an extremely fear stage of life when one starts dreading the onset of diseases, aches and pains and decay of beauty and youth. But, old age may need not necessarily associated with these negative factors if suitable measures are taken to make this stage of life as smooth and pain-free as possible. Most old people reconcile themselves to having to take countless medicines and be in and out of hospitals the counter the effects of the diseases and discomforts that old age brings with it. Yoga for rejuvenation is used by a few, but they immediately understand its advantages. But, all this can be done away with if a healthy lifestyle is adopted.

Yoga to counter aging is a discipline that is suitable to all aging people; one need not be afraid of intense workouts or physical strain that an aged body cannot support. While doing any yoga asanas you don't have to twist yourself in to a pretzel. Mild and easy yoga asanas with some pranayms (Breathing exercises) such as Kapalabhati , Anuloma Viloma, Brahmari and Bhastrika can be performed by anybody and help you in retaining your vigor, vitality and building up your energy reserves to live your life in a wholesome manner and thus yoga to counter aging is effective. It is vital that you practice yoga to counter aging, to ensure that you take care of your body at this critical age as with the right kind of activities.

Kewal Ahluwalia

The Human Mind: An Overview

(Contd.. from Aryan Voice February 2012)

Its memory is another sphere of yet greater intrigue and that resides further inward. How we store the incoming knowledge and then retrieve it will baffle any human being. Not only the sound and vision data but the same related to taste, touch and odor are of far greater intrigue. Imagine, you are drinking a cup of coffee and its taste acquired by the taste buds gets registered to the mind and then you, the soul, begin to feel that you 'like it.' Then you compare the present taste with the taste of the coffee you had a day before in another place. In this simple instance, you have the present taste of the coffee – the incoming sensation brought in by the taste buds. Furthermore, for sake of comparison, you retrieved the taste of coffee you had a day earlier and that was stored in your memory unit. Then you compare both the taste and conclude which one you like more. A property like taste of coffee, and how do we quantify and classify it, then how does the mind store the knowledge in its memory; how does it retrieve it; how the two data are compared and a conclusion is drawn, and all this happens in a flick of a second – these functions and the associated time scales are mind boggling.

Besides being instrumental in our functions related to knowledge and karma, and its memory in thinking and decision-making, mind is capable of coming up with a new idea altogether different from any of its ideas it has stored in its own memory. It comes as a flash on the mind and then the mind builds up on this intuitive flash to shape a new brilliant idea. Scientists and philosophers come up with something intuitively at a most unexpected place and time. We are told that Archimedes obtained a flash about the buoyancy force exerted by the displaced water when he was about to enter into a pool of water. The mind functions as a clean slate in such instances. This is another area of intrigue associated with mind.

Finally, with the help of mind we can gain better control on it and take a few moments off from it. Making it quiet, calm and still and then getting disconnected from it, is the objective of a serious Yoga

practitioner. Then the soul has some moments by itself, leading to self-realization – an experiment in inner sciences.

In summary, the functions of the human mind are:

1. To provide connectivity to the soul's inherent property of consciousness up to the domain of the body, leading to our different states of waking, dream and sleep;
2. To activate the motor organs for karma and indulge in karma;
3. To activate the organs for knowledge and receive knowledge signals from them;
4. To store and retrieve knowledge in its memory and process the present and stored data in decision-making;
5. To function as a clean slate to obtain a flash of intuitive knowledge;
6. To facilitate its master, the soul, to disconnect from itself should it desire to explore deep towards self-realization – the self-less act of getting out of the way and becoming even unimportant to the point of irrelevant.

This being the overall picture of the infinitesimally small and miniaturized domain of mind, we can expect that the exercise to explore its understanding will be highly mind boggling. Next month, we will present another overview of the mind domain based on the Yoga principles that are becoming increasingly popular worldwide in the present times. We will try to understand the strategies that Patanjali developed in his classical treatise on Yoga and the rationale behind it in so far as the mind domain is concerned.

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

सहस्रशीर्षा पुरुषः सहस्राक्षः सहस्रपात्। स भूमिं सर्वत
स्पृत्वात्यतिदशाङ्गुलम्।। यजु.31.1

sahasrasheershaa purushah sahasraakshah sahasrapaat .
sa bhumim sarvata spritvaa atyatishtad dashaangulam ..
Yajur Veda 31.1

Meaning in Text Order

sahasra = thousands, sheershaa = heads, purushah = God ,
sahasra = thousands, aakshah = eyes, sahasra = thousands, paat
= feet, sah = He , bhumim = earth, sarvatah = from all
directions, spritvaa = enveloping, atyatishtit = pervaded,
dashaangulam = in ten directions.

Meaning

God has infinitive mental power, numerous power of vision, His
speed is immeasurable, His presence is not only around earth
but He is also present in all ten directions.

Contemplation

This is the first mantra of the purusha sukta of Yajurveda. All
the mantras of Purush Sukta with minor difference are in Rig
Veda also. The subject of the mantras is to make us to
understand the infinite power of God. The language of the
mantra is simple so that even an ordinary person can understand
the essence of the Majestic Power of God.

In this mantra God is called Purushah because He is engrossed
in the entire universe with His existence. This word is
compound of two words puri + shyah. He is sleeping or in other
words omnipresent in the entire universe. The soul is called
purushah as well as it is pervaded in entire body. Though God is
formless but this is a way to explain that His power of thinking

is so great that it cannot be measured. His power of seeing is immense. Nothing is hidden from His eyes. He is omnipresent. He is present everywhere.

He is so great still the sense organs are not able to comprehend Him. To make it crystal clear the mantra describes that He is present in all the ten directions.

Although, He has surrounded the earth from all directions yet the eyes cannot see Him, ears cannot hear Him. The tongue cannot taste Him. Neither nose can smell Him nor He is subject of touching.

Therefore sages has described in words of Upnishad that na tatra chakshurgachati na vaag gachati no manah Neither eyes can see Him, nor speech can describe Him. These eyes can only see the subtle things not minute . In Upnishadas, He is described as anoryinaam , He is minute than minute even minute than atom. God of such amazing qualities is worthy of worship and adorable by all

Krishan Chopra

**To realize the purpose of life in mundane world, one must know the character of our total environment as well as the purpose of life and must connect it with the needs of our human nature in its universal search for happiness.
(Guru Granth Sahib)**



ARYA SAMAJ WEST MIDLANDS IS HAPPY TO PRESENT...

**VEDIC VIVAH MELA
ON
5TH 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*

*March
2012*

**For the full list
Please go to the
Member Section
of this Website**

वैदिक राजधर्म-भाग-12

अपि यत्सुकरं कर्म तदप्येकेन दुष्करम्। विशेषतोऽसहायेन किन्तु राज्यं महोदयम्॥
तैः सार्द्धचिन्तयेन्नित्यं सामान्यं संधिविग्रहम्।स्थानं समुदयं गुप्तिं लब्धप्रशमनानि
च॥

तेषां स्वं स्वमभिप्रापमुपलभ्य पृथक्

पृथक्।समस्तानाञ्चकार्येषुविदध्यादधितमात्मनः॥

अन्यानपि प्रकुर्वीत शुचीन् प्राज्ञानवस्थितान्।सम्यगर्थ

समाहर्तृन्मात्यान्सुपरीक्षितान्। मनुस्मृति7.55-57&60

यहाँ यह भाव दर्शाया गया है कि राज्य के कार्य को किसी एक के ही ऊपर नहीं छोड़ा जा सकता। अपि यत्सुकरं कर्म तदप्येकेन दुष्करम्-राज्योचित चाहे कोई श्रेष्ठ कर्म ही क्यों न हो, फिर भी एक पर निर्भर करना कठिन है और उचित भी नहीं। अगर कोई राज्याधिकारी (विशेषतोऽसहायेन) विना किसी की सहायता लिये भी कार्य वा निर्णय करे तब भी राज्यं महोदयम्-उस राज्य महोदय को अकेला न छोड़ वल्कि उसके कार्य वा निर्णय को सम्मिलित रूप से समझ कर ही राज्य में स्थापित करना चाहिये। यहाँ संगठनात्मक कार्य वा निर्णय को ही उचित समझा गया है। इसी को सामान्य भाषा में प्रस्ताव पारित करना कहा जाता है।

हाँ, राजा या सभापति राज्य के अन्दर हर गतिविधि को परस्पर मित्रता या विरोधियों में हो रहे विग्रह अर्थात् विरोध आदि को सबके बीच रह कर भी चुपचाप देखता रहे और उचित स्थान, अपना उदय काल आदि अनुकूल समय पाकर राज्य में सुख-शांति की स्थापना वा दुश्मन पर वार करने की योजना बनाये। सबकी राय एक-एक कर जानकर सबके कार्यों में सर्वहितकारी नियम लागू कर सामाजिक परतंत्रता के आधीन ही निर्णय लेना चाहिये। राजा या सभापति स्वयं को सबके साथ मिला दे और अपनी प्रभु-सत्ता को भी कायम रखे—यही दूसरे श्लोक का तात्पर्य है।

इन श्लोकों के आधार पर राजा या सभापति की निम्न लिखित आठ नीतियां और स्पष्ट हो रही हैं।1-सबसे मिलकर शांत रहे, 2-मित्रता या शत्रुता को मन में ही गुप्त रखे, 3-सही स्थान व समय पर कार्य करे, 4-अपने उदय काल के सही मौके पर ही शत्रु पर वार करे, 5-समय पर ही वह अपने रहस्य को विद्वान मंत्रियों के आगे

खोले,6-दुश्मन को जीतने के लिये प्रबल प्रयास करे, 7-दुश्मन पर काबू कर राज्य को अपने आधीन करे और 8- राज्य में पूर्ण शांति की स्थापना कर राज्य को उपद्रव रहित बनावे।

तेषां स्वं स्वमभिप्रायमुपलभ्य-राजा अन्य सबके विचारों को अलग-अलग सुनकर सबको समझे लेकिन समस्तानाम् कार्येषु-सर्वहितकारी कार्यो में सामाजिक परतंत्रता के आधीन ही निर्णय करे। इसी में राजा अपना हित जाने। यहाँ महर्षि दयानन्द सरस्वती द्वारा स्थापित आर्य समाज का दसवाँ नियम सार्थक हो रहा है। “ सब मनुष्यों को सामाजिक सर्वहितकारी नियम पालने में परतंत्र रहना चाहिये और प्रत्येक हितकारी नियम में सब स्वतंत्र रहें”। व्यक्तिगत प्रत्येक हितकारी कार्य में सब स्वतंत्र हैं पर सर्वहित सामाजिक कार्य के निर्णय में सब परतंत्र रहें। यह नियम राजा व राजा के हर पदाधिकारी के साथ भी लागू होता है। इस तरह अन्यानपि प्रकुर्वीत शुचीन् प्राज्ञान् अवस्थितान्-अन्य सभी साथ जुड़े हुये मंत्रीगण भी पवित्र आत्मा, विद्वान्, सभी अर्थों को भलीभाँति समझने वाले और सुपरीक्षित हों। जो ऐसे उत्तम गुण-कर्म-स्वभाव वाले अमात्यान्—मंत्रीगण हों, उन्हीं को राजा अपने साथ जोड़े। सचमुच इन्हीं मौलिक गुणों से भरे व्यक्तित्व वाले सदस्य ही एक वैदिक राष्ट्र को बनाने में और उसे सुचारू रूप से चलाने में मदद कर पायेंगे। वे स्वयं को भी उत्तम चरित्र में संतुलित रखने व सबके बीच प्रभावशाली बनाये रखने में सक्षम कर पायेंगे। राष्ट्र तो उनकी बनायी उत्तम नीतियों पर ही आधारित होता है। इसीलिये वैदिक धर्म सदैव राज-व्यवस्था में उत्तम गुण-कर्म-स्वभाव युक्त सदस्यों का ही पक्षधर है जिससे राज्य में सर्वत्र सुख-शांति व सफलता बढ़ती रहे और सर्वत्र आनन्दमय वातावरण रहे

आचार्य डॉ. उमेश यादव

FROM US TO YOU

Another feather of astounding success of ASWM events, gets added to the cap of the President Mrs V Cale and her team of friends & volunteers. India's Gan Tantra Diwas 2012 was celebrated in Arya Samaj West Midlands on 29th January with great gusto, enthusiasm and pride with record breaking attendance of 250 people enjoying themselves thoroughly. Chief Guest Vice Consul Mr O D Tyagi, Deputy Lord Mayor of B. Ham Councillor Len Gregory, Deputy Lady Mayoress, Gillion Gregory, Dr & Mrs Taunque, Esteemed Mr K Laroia of Britannic Warehouse, friends, family and staff along with other local dignitaries, representatives of other organisations and our most enthusiastic members of different Communities graced the occasion. They expressed extreme pleasure & awe on the way the whole event was organised and conducted. As the notion of Gan Tantra originally came from the Vedas, Arya Samaj in line with the Vedic guidance of 'Saath mil kar chalo', the EC of Arya Samaj is specifically thankful to Mrs Jyotsna Thanki of HCB, to Indian Ladies Club, Punjab National Bank B Ham for adding to the patriotic atmosphere in celebrating National Parv of India. After Havan & then Flag-Hoisting, 22 children as young as 4years of age personifying the Great Men/Women of India (who had made this dream of India being a great Republic come true), paid their tribute in a very heart-tugging manner. Patriotic poem by Mrs Nirmal Prinja, Song by Mrs Chanchal Jain, A Song by Mr Gulshan Dhingra of Radio Sanjhi Awaz, Songs by Miss Drupti Vaja stole everyone's heart. The dances by both 'home grown' groups of Divya Arya children and the Senior group mesmerized the audience. Each & every item was very relevant, informative, presented in a superb manner & was immensely enjoyed & genuinely appreciated by one & all. Mr Tyagi of CGI, Mrs Rama Joshi of ILC, and Deputy Lord Mayor

Mr Gregory then briefly shared their views with the audience expressing how impressed they were with the performances and the services Arya Samaj is giving to the society, and appreciated the immaculate organising skills of the President. All the speakers promised their personal as well as professional support to the ASWM. We are deeply grateful to our Volunteers who performed their duties so devotedly to make this function such a roaring success. Our special thanks go to Dr Roshan, Ameeta Bhojihavon for the eye catching décor of the stage & the Bhawan, and Mr Ashok Sarna for the photography. Thanks to Mr Rajiv Datta usual duty to install the national flag. Thanks also goes to Mrs Singhal, Mrs Pramda Vohra and to Sanjive Mahandru for looking after the guests so well. It will be remiss on our part not to mention our most respected Mr S P Vohra and Mr Harish Malhotra for performing so many duties simultaneously. Hats off to their Multi- tasking spirits. Without their sense of responsibility, dedication and presence of mind the function with 250 strong attendance would not have been so smoothly successful. May we all always be readily geared to perform our duties and thus take the society forward in real ‘Vedic Gan-Tantrik’ way. In that spirit in spite of having a knee replacement Minu Agarwal conducted the programme with the quotes from the scientists and philosophers of all nations about the contribution of Vedas to the world. May we keep progressing in the true sense of:

‘Om Agnay Naye Supataha Raye’.

Om Shanti

Om Shanti

Om Shanti

Frenchman Francois Gautier Has set up a museum that brings out The Vedic point of view of history

Anjali Jhangiani

"From the integer zero to complex mathematical calculations and even surgical techniques, the contribution of the Vedas is integral to the entire world," claims Francois Gautier, founder of FACT foundation, an organisation that brings attention to forgotten or neglected issues through awareness campaigns, conferences, exhibitions, films and research papers on art, culture, history and human rights abuse

The organisation has set up a museum in Wadagaon, near Marathwada Mitramandal Institute of Technology, which displays paintings, photographs and films based on themes that cover the spectrum of Indian history, from the Vedas to a peek into the future of India.

Launched on January 14, the museum is akin to an art gallery. Adjacent to the museum, there is a temple dedicated to Mata Bharati and Chhatrapati Shivaji Maharaj, as an initiative by FACT to revive the worship of Mother India and get inspired by historic personalities who have contributed to society. Pune-based architect Sheetal Harpale has designed this Sri Yantra temple. Visitors are also welcome for the aarti, which is performed at the temple at the time of opening and closing of the museum.

"Entry to the museum is free for all. The aim is to bring forth historical facts to create an awareness about heritage and history from the Vedic point of view," informs Gautier. Spread across five acres, the museum highlights several dark periods of history such as the Inquisition in Goa by the Portuguese, the

Sufi persecution, the Ahmedi persecution, agitation against Buddhism, the prosecution of early Syrian Christians of Kerala and more. The aim behind showcasing the tumultuous episodes is to remind people of the consequences of division and thereby inspire a sense of brotherhood and mutual love for cultures, races and religions.

"Currently, we are displaying exhibitions based on themes revolving around Shivaji Maharaj, Hindu tolerance throughout the ages, Aryan invasion along with 10 rotating exhibitions," says Gautier.

"The rotating exhibitions will feature paintings, photographs and films from our archives at FACT. We have a team of historians in Rajasthan who commission painters to illustrate their research work on different aspects of Indian history. Now, we have displayed exhibitions on topics such as the issue of Naxalites, Kashmiri Pandits, minority communities in Bangladesh and more," he adds.

From 9 am to 6 pm, all seven days of the week

At Wadagaon Shinde, ahead of Marathwada Institute of Technology, Wadagaon, Shinde Road.

Call 9970204411

The Mice that ate Balance

Here is another interesting story from the album of Panchatantra. Once upon a time, there lived a rich merchant in a village, by the name of Jveernadhana. He was the owner of a big business. The village, in which he lived, was situated near a river. Once, due to heavy rains the river was flooded. The whole village got submerged in neck deep water. The crop, houses and factories in the village were damaged and hundreds of people and cattle perished in the flood.

Due to this flood, the merchant had to suffer heavy losses in the business. He decided to leave the village and try his luck in a new place. His plan was to earn a lot of money and then come back to his native village to restart his business. With this intention, he sold off all his possessions and paid off his debts. Now, Jveernadhana was only left with a heavy iron balance that belonged to his ancestors. It was not possible for him to carry such a heavy iron balance.

Jveernadhana went to say goodbye to his friend Janak and requested him to keep the balance for him till he returned. Janak readily agreed to his friend's request and said, "Don't worry; I'll keep it safe for you. You can take it back after you return home." Jveernadhana thanked Janak for his helping attitude and kept the balance with him. Jveernadhana left the village in order to accomplish his target.

For many years, Jveernadhana traveled far and wide, trying his luck. By this time, Jveernadhana had done good business and earned a lot of money. He returned to his village. He started his business again. He went to visit his friend Janak, who greeted him warmly and both of them talked for hours. When it was time to leave, Jveernadhana asked his friend to return his iron balance.

Janak replied, "Friend, I am sorry to say that I don't have your balance with me anymore. There are a lot of mice in my house. They ate up your balance." Janak knew that the balance would fetch him good money so he was reluctant to return it. Jveernadhana was amazed to hear Janak's explanation. He thought, "How can mice eat iron". Still, he kept calm and said, "Don't feel sorry, Janak. The mice have always proved a threat

to everyone. Let us forget about it."

Janak was happy to hear such words from Jveernadhana. While leaving the place of Janak, Jveernadhana said to Janak," Can you send your son with me? Actually I have brought a gift for you and your son will come with me, I'll handover the gift to him". Janak happily sent his son Ramu with Jveernadhana.

Jveernadhana locked up Ramu in a room of his house. By the night, Janak got worried and came to ask about the whereabouts of his son. Jveernadhana replied, "I'm sorry friend. When we were on the way, a hawk swooped down and carried away the boy". Janak shouted, "How can a hawk carry off a young boy?" Janak accused Jveernadhana of lying. He insisted that a hawk could not carry off a fifteen year-old boy.

Jveernadhana repeatedly claimed that a hawk carried away Janak's son. A big fight ensued and ultimately, the matter was taken to court. When the magistrate heard Janak's side of the story, he ordered Jveernadhana to return the boy to his father. Jveernadhana said, "My Lord, How can I, when a hawk has already carried away the boy." The judge reprimanded Jveernadhana, "Shut up! How can a bird carry away a young boy in his talons?"

Jveernadhana politely replied, "It can, my lord. If mice can eat my iron balance, why can't a bird carry away a grown up boy." The magistrate got confused and then Jveernadhana narrated the whole story to the judge. Everyone in the courtroom burst out laughing. At last, Janak apologized for his mistake. The judge ordered him to return the iron balance to Jveernadhana and asked Jveernadhana to return the boy to Janak.

Moral: Never try to deceive a friend

Awareness of Bowel Cancer

How do I spot it?

The symptoms of bowel cancer can include blood in your poo or looser poo. You should see your doctor straight away if you've had either of these symptoms for 3 weeks or more. Other bowel cancer symptoms include:

- A pain or lump in your tummy
- Feeling more tired than usual for some time
- Losing weight for no obvious reason

Not all symptoms mean it's bowel cancer. They can be due to other conditions, such as haemorrhoids (piles), which may still need treatment. But don't try to diagnose yourself. Go and see your doctor now to find out for sure. If you know anyone with any of these symptoms, insist they see their doctor.

How important is it to see my doctor?

You're not wasting anyone's time by getting your symptoms checked out and, if it's not serious, your mind will be put at rest. However, if it turns out to be a condition such as bowel cancer, early detection can make all the difference. Over 90% of those diagnosed with early stage bowel cancer are successfully treated. A trip to your doctor's surgery could save your life.

Best Wishes to

Mr J.P., Mrs Santosh Sethi , for having a havan for the well being of their family: Sarita ,Ian, Indra and Sachin Healey; Rita, Harish Sarina and Sarika Parmar, Rajinder and Anupma Sethi and Varinder ,Victoria Maya and Seloni Sethi on Sunday the 29th January at Arya samaj Bhawan.

Also to (for performing havan at their residence for general well being)

- Mr.Vikas Bali & Mrs. Isha Bali, son and daughter in law of Mr Rajive and Mrs Puja Bali
- Mr. Simon Mrs Vinita Hill (son in law and daughter of Mr. Rajan & Mrs Manorama Sasan) , Ambika and Joe.

Thanks to Mrs Sudershan Singhal for keeping her New Year Resolution for donating Ghee for Havan.

YAJMANS IN SUNDAY CONGREGATION

22.01.2012 Mrs Nirmal Prinja and Family

29.01.2012 Mr.J.P. , Mrs Santosh Sethi and family

DONATIONS TO ARYA SAMAJ WEST MIDLANDS

Mrs Nirmal Prinja	£21	Shiekha Dutta	£21
Mr Arya Mittra	£100	Mr Suraj Prakash Marwaha	£200
Punjab National Bank		Brother, Mrs Snaju Gupta	
Mr J.P. Sethi	£101	Mr J.M. Batle	£25
Mr Hiten Pokar	£25	Mrs Sudershana Aggarwal	£16

RISHI LANGAR DONATION

Mrs Nirmal Prinja	£105	Mr J.P. Sethi	£625
Mr Arya Mittra	£150		
Punjab National Bank			

DONATIONS TO ASWM through PRIEST SERVICE

Mr Vikas and Mrs	£30	Mr Simon and Mrs Vinita Hill	£21
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Isha Bali

DATES FOR YOUR DIARY(Revised)

Womens' day/Mother's Day	Sunday	18 th March
Arya Samaj Sathapna Diwas (10 th April)	Sunday	15 th April
Vaisakhi (13 th April)	Sunday	15 th April
Vedic Vivah Mela	Saturday	5 th May
Seminar (Why Marriage)	Sunday	27 th May
Gayatri Mahayajna	Sunday	24 th June
AGM + Open Forum for Public Suggestions	Sunday	15 th July

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

4th Mar, 1st Apr, 6th May, 3rd Jun, 1st Jul,

Arya Youth Group Meditation Sessions 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,

Website: 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.