



## 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

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**Save the Date**  
**Saturday 17<sup>th</sup> May 2014**  
**For**  
**Vedic Vivah Mela**  
*(Matrimonial Get Together)*

### Venue

**ARYA SAMAJ (Vedic Mission) WEST MIDLANDS**  
(Charity Registration No. 506019)  
**ERSKINE STREET, NECHELLS, BIRMINGHAM B7 4SA**  
**TEL: 0121 359 7727**

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

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

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**For General and Matrimonial Enquiries**

**Please Ring**

**Miss Raji (Rajashree) Chauhan**

**(Current Office Manager)**

**Office Hours**

**Monday to Friday between: - 2pm to 6pm,**

**Except Wednesday: - 10.30am to 1.00pm**

**Tel. 0121 359 7727**

# Unequal Intellect

अक्षवन्तः कर्णवन्तः सखायो मनोजवेष्वसमा बभूवुः ।

आदधनास उपकक्षास उ त्वे हृदा इव स्नात्वा उ त्वे ददृश्रे ॥ ऋग् १०.७१.७

akshvantah karnavantah sakhaayo manojavashvasamaa babhuvu |  
aadadhanaasa u tve hradaa iva snaatvaa u tve d adrishre ||  
RigVeda 10.71.7

## Meaning in Text Order

akshavantah = possessor of eyes, karnavantah = possessor of ears,  
sakhaayah = acquiring education in the same environment, manojaveshu =  
in mental apprehension , asamaa = unequal, babhuva = are, aadadhanaasa =  
up to mouth in the ocean of knowledge, upakakshaasah = up to armpit, u =  
and, tve = some, hradaa = pond , iva = like, snaatvaa = have bathe,  
dadrishe = are seen.

## Meaning

There are people in the world who are possessed with eyes and ears,  
receive the education in the same environment still their concentration of  
the mind and effort is not the same. Therefore in the pond of knowledge  
some are seen bathing up to mouth and others up to arm pit.

## **Contemplation**

When the students are studying in a classroom from the same teacher though they are gifted with the same standard of hearing power and eye sight but the observation of the mind of every listener is not the same. It mainly depends on the concentration of mind and the quality of intellect. Some are just up to the mouth of knowledge and others are up to the arm pit in the pond of knowledge. Some acquire so much knowledge that they go very deep in the water. They are so deep in knowledge that any one can come and have deep immersion in their knowledge.

The question arises why this difference is? The fundamental reason behind this is the intellect of an individual and how much hard work, concentration of mind and keen desire is in an individual. Natural intellect is not in our control, it is a gift of God but the hard work, concentration of mind and keen desire is prerogative of every individual.

This inequality in the quality of intellect is different in any individual. As in the field of knowledge the state of mind of different people is different. All can not achieve the same standard as the states of mind of different people is different.

In Sanskrit literature, Bhavabhuti, in UtraRamacharitam has also mentioned the same theme through one of his actress who was a student in the Ashram of Vamiki, there were two students Lova and Kusha who are so intellectually bright that she was unable to compete them therefore she left the Ashram. She stated that it is not the fault of Guru, he distributes knowledge equally to every one. It is my fault that I am unable to grasp in the same depth.

**Krishan Chopra**

## अध्यात्म के शिखर पर-६

आचार्य डॉ. उमेश यादव

ईश्वर के गुण-कर्म स्वभाव को जानना और तदनुरूप मानना ही आस्तिकता है । ईश्वर साकार नहीं, निराकार है । साकार तो कभी सर्वव्यापक नहीं हो सकता और सर्वज्ञतादि गुण भी नहीं रख सकता । पर परमेश्वर सर्वव्यापक भी है और इसी कारण सर्वज्ञ भी । सर्वशक्तिमान भी वह है । वह सर्व शक्तिमान होने से संसार की उत्पत्ति, स्थिति वा प्रलय तथा सब प्राणी जगत्को पाप-पुण्य की कर्मव्यवस्था में बाँधकर उन्हें यथावत्फल प्रदान करता है । सर्वशक्तिमान का यह अर्थ कदापि नहीं है कि ईश्वर जो चाहे ; वही कर दे । ईश्वर भी वही कार्य करता है, जो उसके गुण-कर्म-स्वभाव के अनुसार है । वह दण्ड-व्यवस्था को बदल नहीं सकता । चोर को छोड़ नहीं सकता, व्यभिचार नहीं कर सकता, किसी का चुल्हा-चक्की नहीं कर सकता इत्यादि क्योंकि यह सब कार्य उसके गुण-कर्म-स्वभाव के विरुद्ध है । अगर वह दण्ड माँफ भी नहीं कर सकता तो फिर, उसकी स्तुति आदि क्यों करें ? यह एक मार्मिक प्रश्न है । स्तुति-प्रार्थना-उपासना का फल ही पृथक् है । इन्हें हम अलग-अलग जानें ।

स्तुति- स्तुति से ईश्वर से प्रीति, स्व गुण-कर्म-स्वभाव में सुधार, व आत्म-विश्वास में वृद्धि होती है ।

प्रार्थना- प्रार्थना से निरभिमानता(विनम्रता), उत्साह और सहाय की प्राप्ति होती है । इससे आवश्यक अभाव मिट सकेगा ।

उपासना- उपासना से परब्रह्म से मेल और उसका साक्षात्कार होकर आनन्द की प्राप्ति होती है ।

इस कारण हमें निष्ठापूर्वक ईश्वर की स्तुति-प्रार्थना और उपासना करनी योग्य है । ईश्वर-प्रेमी , सच्चा उपासक व सच्चा प्रार्थी कभी जीवन के गलत मार्ग पर नहीं जा सकता । गलत मार्ग पर कदम रखते ही परमेश्वर की ओर से लज्जा, शंका तथा भय पहले ही मन में आ जाता है । ऐसे ही अच्छे कार्य को करते हुये प्रसन्नता, उत्साह और निडरता जैसे भाव भी परमेश्वर की ओर से ही आते हैं । ऐसा होने पर उपासक अच्छे मार्ग पर चलने से कभी पीछे नहीं हटता । बस यही जानना ही ईश्वर के करीब रहने के लिये पर्याप्त है ।

अब हम यह भी जान लें कि स्तिति-प्रार्थना और उपासना में क्या अन्तर है ?

स्तुति-ईश्वर के गुण-कर्म-स्वभावों को गाना स्तुति है ।

प्रार्थना- आवश्यकतापूर्ति हेतु ईश्वर से माँगना ही प्रार्थना है । ध्यान रहे कि वास्तव में आवश्यकता हो; अभाव हो और साथ ही अनुकूल दिशा में पुरुषार्थ भी हो । जिस वस्तु की जरूरत है ; उसकी प्राप्ति हेतु अनुकूल दिशा में पुरुषार्थ भी करते रहना और उसमें सफलतार्थ प्रभु से विश्वास और प्रेमपूर्वक प्रार्थना करते रहना ही सच्ची व पूर्ण प्रार्थना है ।

उपासना-स्थान व काल का भेद तो है ही नहीं ईश्वर और जीवात्मा में-ऐसा यथावत् जानकर, पर ज्ञान का भेद अवश्य है; ऐसा जानें तथा सर्वज्ञ ईश्वर को जानने के लिये सत्य ज्ञान का अनुशीलन करें । प्रभु के साथ यम, नियम, आसन, प्राणायाम, प्रत्याहार, धारणा, ध्यान और समाधि ऋषि पतञ्जलि-कृत अष्टांग-योग की सार्थकता में सम्बन्ध बनावें, तभी सच्ची उपासना सिद्ध होकर परमानन्द से मेल और उसका साक्षात्कार हो सकेगा । यह सब पुरुषार्थ से सम्भव है; अतः पुरुषार्थ से हम कभी जी न चुरायें ।

## ओ३म्

### ईशोपनिषद्पर वेद-कथा-विवरण

दिनाँक ३ फरवरी से ९ फरवरी २०१४ तक स्थानीय आर्य समाज भवन में आचार्य डॉ. उमेश यादव द्वारा प्रस्तुत वेद-कथा का संक्षिप्त विवरण माध्यन्दिन शाखा यजुर्वेद के ४०वें अध्याय से ली गयी यह उपनिषद् 'ईश' शब्द से प्रारम्भ होने के कारण ही ईशोपनिषद् कहलाती है। इसमें १८ मंत्र हैं। सभी मंत्रों पर मान्य आचार्य जी ने एक सप्ताह में ही अत्यन्त रोचक, सरल और ज्ञानवर्धक तरीके से विस्तार से व्याख्या अपनी प्रवचनात्मक शैली में की। इस में डॉ. नरेन्द्र कुमार, श्री हरीश मल्होत्रा और अपनी माता जी के साथ कुमारी सुमन भारद्वाज ये चारों नियमित रूप से आते रहे तथा अत्यन्त प्रभावित हुये। ऐसे वैदिक विचार बार-बार चलते रहें; ऐसी उन सब की इच्छा बनी। यहाँ विवरणार्थ कुछ विन्दुओं में ही वेद-कथा का सार प्रस्तुत किया जाता है।

परमात्मा से यह सारा चराचर जगत् आच्छादित है। प्रभु-प्रदत्त जो भी पदार्थ आपके पास है, उन्हीं सांसारिक पदार्थों से सन्तोष करो। दूसरों के धन की लालच मत करो अर्थात् अपने पुरुषार्थ और परमेश्वर में विश्वास करो। १०० वर्षों तक सभी कर्मों को करते हुये ही जीने की तमन्ना करें। इस प्रकार कर्म तुझ मनुष्य में लिप्त नहीं होता। मोक्ष तक पहुँचने के लिये और कोई दूसरा मार्ग नहीं है। अतः सदा निष्कामता से कर्म करना ही उचित है। आत्मा के विपरीत कार्य करने वाले आत्म हन्ता मरकर भी असुर्य=प्रकाशरहित और घोर तम से आच्छादित स्थानों/योनियों को प्राप्त होते हैं। ऐसे लोग इस जीवन में भी दुःखी रहते हैं और मरकर भी निश्चित रूप से दुःखी ही रहते हैं। अत एव हमें सदा आत्मा के अनुकूल मन, वाणी और शरीर से आचरण करना चाहिये।

परमात्मा अपने गुण-कर्म-स्वभाव का धनी है। वेगरहित होकर भी मन से तीव्र गतिमान है। इन्द्रियों की पहुँच से बाहर है। इसी परमेश्वर में वायु, जल आदि सब

पदार्थ विद्यमान हैं। ईश्वर गतिमान होकर भी गति में नहीं आता क्योंकि कोई जगह नहीं, जहाँ उसे जाना है। वह दूर से दूर और पास से पास है। वह तो सबके अन्दर-बाहर सर्वत्र विद्यमान है। ज्ञान के अभाव में ही वह हमसे दूर प्रतीत होता है, वैसे वह सदैव हमारे साथ ही है। इसीलिये आगे कहा कि जो मनुष्य सम्पूर्ण भूतों चराचर जगत्को उस ब्रह्म के अन्दर और ब्रह्म को सम्पूर्ण भूतों के अन्दर देखता है; वह घृणारहित हो अपने-पराये का भेद हटाकर विश्वप्रेम में रँग जाता है साथ ही उसका मोह व शोक भी भँग हो जाता है।

ब्रह्म की विशेष पहचान यह है कि वह सदा सर्वदा सर्वत्र पहुँचा हुआ, शरीररहित, फोड़े-फुँसी, नस-नाड़ी आदि तमाम बन्धनों से रहित, परम बलवान, शुद्ध और सर्वथा पापरहित है। वह कवि=क्रान्त-दर्शी/सर्वद्रष्टा, मनीषी=सर्वज्ञ, स्वयम्भूः=स्वयं सिद्धि में दूसरों के मोहताज नहीं, यथातथ्यतः= ठीक-ठीक अर्थान् = सभी प्रजाओं को पाप=पुण्यों के लिये फल-दाता है। मानव सद्विद्या से परमेश्वर को यथावत्ज्ञानकर अविद्या अर्थात्मिथ्या ज्ञान से बचते हुये सच्ची कर्मोपासना द्वारा मृत्यु को सफलतापूर्वक लाँघकर अमृत अर्थात्मोक्ष-आनन्द को प्राप्त कर सकता है। इसी सद्विद्या और सच्ची कर्मोपासना के द्वारा असम्भूति=नहीं उत्पन्न होने वाली तीन अनादि सत्ताओं ईश्वर, जीव व प्रकृति को यथावत्ज्ञानकर सम्भूति=कार्यरूप सृष्टि के सही-सही उपभोग, उपयोग और व्यवहारों से असम्भूति-कारणरूप प्रकृति के ज्ञान-बोध से मृत्यु को लाँघना और सम्भूति-कार्य-जगत्के व्यवहारिक ज्ञान से अमृत को पाना सम्भव हो सकेगा। याद रहे कि जड़ को चेतन, दुःख को सुख और झूठ को सच्य समझ लेना ही मिथ्या ज्ञान है। इसी वजह से सत्य का मुख जो स्वर्णमय पात्र से ढँका हुआ है; उसे हम जान नहीं पाते। अतः उपासक प्रभु से विनम्र प्रार्थना करता है कि उस सत्य धर्म को

यथावत्ज्ञानने के लिये मिथ्या ज्ञान रूपी अज्ञानता को मिटा कर स्वर्णमयी पात्र का आवरण हटा दे ताकि उस परम सत्य को यथावत्ज्ञान सकें । प्रार्थी वाखूबी अपनी समस्त विखरी शक्तियों को एकत्र करना चाहता है और सद्ज्ञान से समस्त सूर्यादि प्रकाशों में परम कल्याणतम विद्यमान प्रकाश को देखना ही अपना ध्येय समझता है । परमेश्वर स्वयं अपना परिचय दे रहे हैं कि इन सूर्यादि प्रकाशों में विद्यमान परम प्रकाश वे स्वयं ही हैं ।

जीवात्मा अमृत और शरीर भस्मान्त है । शरीरों में आने वाला वायु और अनिल रूप जीव अमृत है, कभी नहीं मरता है पर इस शरीर का अन्त भस्म हो जाना ही है । वेद के इस वचन-”भस्मान्तं शरीरम्” से ही सारा वैदिक जगत्मृत शरीर को प्रज्ज्वलित अग्नि को समर्पित कर देता है ताकि शरीर के सारे अग्न्यादि पंच तत्त्व जलकर वातावरण में मिल जाये और शरीर-दाह के लिये दुनियाँ में भूमि-संकट भी न रहे । मरते समय जीव अपने को सामर्थ्यशील बनाने हेतु ”ओ३म्” का स्मरण करे और मानव देह में रहते हुये भी कर्मशील बना रहे । मनुष्य अपने अतीत कर्मों को भी याद करे ताकि बुरे कर्म हुये हों तो उसका भविष्य में सुधार हो सके और अच्छा किया है तो उसे यादकर भविष्य में वैसा ही करने के लिये उत्साहित हो सके ।

अन्ततः प्रकाशस्वरूप अग्निरूप तेजस्वी ईश्वर से धनैश्वर्य हेतु सुपथ पर चलाने की प्रार्थना है क्योंकि वही परमेश्वर सब ज्ञान-विज्ञान व कर्मों को यथावत्ज्ञानता है । साथ ही विपरीत मार्ग पर चलाने वाले पापों से बचाने की भी प्रार्थना है और इस तरह साधक मनुष्य प्रभु की भूरि-भूरि प्रशंसा गाता हुआ ही अपना जीवन विताना चाहता है, तभी कहता है कि ”भूयिष्ठां ते नमः उक्तिं विधेम” हम नमनभाव से तुम्हारी खूब ही प्रशंसा गायें । इस प्रकार उपासक परमेश्वर की उपासना करे और अपना जन्म-जन्मान्तर सुधारे ।

यह इशोपनिषद्का मानवमात्र के लिये सर्वश्रेष्ठ उपदेश है । जितना जीवन में उतारेंगे, उतना ही जीवन उत्तम बनेगा ।

## The Advantages Of Cucumber

1. Being 96% water, cucumbers are great for keeping you hydrated.
2. Cucumbers relieve heartburn and hot skin after sunburns or just spending the day in the sun. They are also full of skin-lavishing minerals like magnesium, potassium and silicon, and are used in spa treatments all the time for this reason.
3. They flush out toxins effectively, and may even help dissolve kidney stones.
4. Cucumbers are full of antioxidants – especially vitamins A, B, and C that boost immunity and give you more energy when you are feeling lethargic.
5. Cucumbers can help you lose weight by offering great nutrition and high-water content.
6. Slices of cucumbers on the eyes can reduce puffiness and redness.
7. Several studies show that compounds in cucumbers help to fight cancer.
8. They stabilize blood pressure.
9. They refresh the mouth and gums, while even healing diseased gums.
10. Cucumbers aid in digestion due to their fiber and water content.
11. Silica is great for the hair, nails and skin – so cucumbers are a beautifying food.
12. Cucumbers can soothe joint pain due to their high levels of antioxidants.
13. This great food lowers uric acid levels, making it a potential solution for those with gout
14. Cucumbers support the pancreas for insulin production, so they are great for diabetics.
15. They reduce bad cholesterol due to the presence of plant sterols.

## **SUMMARY REPORT OF SPECIAL GENERAL MEETING HELD ON 23.02 2014**

As the quorum for the meeting was not complete Dr. Narendra Kumar, Chairman of The Board Of Trustees asked the opinion of present members whether to hold the meeting today. The members present agreed to hold the meeting as scheduled for today.

Dr. Narendra Kumar welcomed and thanked the members and Mr. Peter Copsey, Solicitor from MFG Solicitors firm in Kidderminster for attending the meeting. He explained to the members why it was necessary for Arya Samaj (Vedic Mission) West Midlands to convert to a Incorporated Organisation. This was basically to protect the future members of The Board Of Trustees being sued in person. Till now Arya Samaj (Vedic Mission) is an unincorporated Charity and is not a legal entity thus members of the Committee can be sued on a personal basis. In year 2012 The Charity Commission of England and Wales introduced “Charitable Incorporated Organisation” to give a legal status to organisations like ours. The Charitable Incorporated Organisation or CIO is intended to provide benefits of Incorporation to registered Charities within a more attractive legal framework that is regulated purely by the Charity Commission of England. Once our Arya Samaj is converted to CIO, in future any claim against our Samaj will be in the name of Arya Samaj West Midlands and not the Trustees. As long as the members of The Board Of Trustees act properly and reasonably with due care and in the best interest of the Samaj they will not be sued in person.

Mr. Copsey explained to the members the benefits and disadvantages of “Company Limited By Guarantee” and “Charitable Incorporated Organisation”. Dr. Kumar asked the opinions of members. It was a unanimous decision of members to go for Charitable Incorporated Organisation status.

Dr. Kumar explained to the members about Model Constitution for CIO advocated by the Charity Commission. He told the members that he has included every aspect of our present constitution, as approved on 27th October 2013, in to the Association Model constitution for CIO recommended by the Charity Commission. In fact the Association Model Constitution for CIO is a more

detailed document than our present constitution. He also assured the members that this constitution is very democratic and will avoid the repeat of unfortunate incidence as occurred in year 2013. After a lively discussion Association Model Constitution for CIO was approved by the members. Members also agreed for the Trustees to apply to the Charity Commission for CIO status and a new charity number.

The members also agreed for The Board of Trustees to carry out transfer of assets and undertakings of our Samaj to the CIO in future, to dissolve the unincorporated Arya Samaj West Midlands charity in accordance with our constitution and then to apply to the Charity Commission to have the Unincorporated Charity removed from the register of Charities.

Towards the end elections were held for the members of The Board Of Trustees. Dr. Arvind Sharma told the members that 10 members have applied for the post of 9 trustees. So the members voted for all ten applicants. Following members were elected as Trustees.

- 1.Mr. Harish Malhotra
- 2.Mr. Krishan Chopra
3. Dr. Narendra Kumar
4. Mr. Rajiv Datta
5. Mr. Shailesh Joshi
6. Dr. Umesh Kathuria
7. Dr. Arvind Sharma
8. Mr. Satya Prakash Gupta
9. Mr. Sanjive Mahandru

The present members also agreed and approved that the newly elected members of The Board of Trustees of today will continue when our Samaj becomes a Charitable Incorporated Organisation in future.

At the end Dr. Kumar thanked all the present members and Mr. Copsy for their contribution to the meeting.

Meeting finished about 1.20pm after reciting Shanti path by Acharya Umesh Yadav and members present.

## *From Us to You*

In line with these sentiments “Shaheedo ki chitayon par lagenge har baras mele, vatan par marne valon ka yehi baaki nishan hoga”, India’s Republic Day was celebrated in Arya Samaj West Midlands on Sunday 2nd Feb 2014, with great gusto, enthusiasm and pride. As usual after the Agnihotra the cultural Programme started with the Flag hoisting by Mr Pradhan from the CGI and other dignitaries of West Midlands. All & one collectively recited the National song with great reverence. Due to some hiccups with the New Flag, Cultural program started at 12.20 instead of 1200 hence finished 1340 instead of 1330. But the audience was great & calmly co-operated. Mostly, people are adverse to the speeches but contrary to the norm, this time acc. to the feedback, everyone appreciated Dr Narendra Kumar’s talk about our unsung heroes and specially the life of Shyamji Krishan Varma (protégé of Swami Dayand ji) who had sacrificed his youth, wealth & family life for our nation. Dr Kumar and Miss Roshni Joshi in their talks paid well deserved tribute to the other staunch national but so far unsung heroes of Arya Samaj. This was well received. Dances performed by Divya Arya children were mesmerising. Audience gave them hearty ovation. Everyone thoroughly enjoyed the poem by Mrs Prinja and the patriotic songs by Smt Renu Agarwal & Mr John Prem Mall. They expressed their joy by joining in, clapping rhythmically in tune with them. Though each item presented was very appropriate, enjoyable and eye-opener but the highlights of the whole thematic programme were; again the talk by Dr Kumar and Roshni Joshi. Mr Sabbapathi CBE expressed his gratitude in his message reiterating the fact that Arya Samaj has done & is still doing so much for the nation and the community. Need of the time is to let this truth be known to the common masses out there as well. Mr Pradhan, from CGI’s office answered some of the questions raised in the songs and talks; through the President’s message. In the end, Mr Sanjeev Mahandru gave information to the public about the services of State bank of India in the UK and thanked them for providing Rishi Langar for the event. According to the views of the some 125 strong audiences, every item was very relevant, informative and was presented in a superb manner & was immensely enjoyed & genuinely appreciated by one & all. It is true that-That nation is great who never forgets its martyrs who gave their all for their country. Vande’ Matram

## **Havan performed by our learned priest Acharya Dr Umesh Yadav for**

08.02.2014 Cremation and Shanti-havan on for Late Mr. Shivagan Dhanjeebhai Pokar(94yrs old) f/o Mr. Amrit Lal, Mr Ramnik, Mr. Praphul Chandra and Mr. Becher Lal Pokar and 4 daughters Ratanven, Prabhaaven, Saralaven and Jassiven, However he leaves behind 14 grand children , Hiten Pokar is the eldest and 9 great grand children .

## **Thanks for being Yajman sponsoring Rishi- Langar in Arya Samaj West Midlands in our Sunday Satsang**

- **02.02.2014** : State Bank Of India in the celebration of thhe Republic Day of India
- **09.02. 2014** : Mr. Shailesh Joshi and family in the memory of their late mother Mrs Shanta Joshi on her 85th Jayanti.
- **16.02 .2014** : Mr Ashok Kumar Pandey for the 100th Jayanti celebration of their late father Mr Amar Nath 'Desh'. Desh ji was a very active founder member of the Arya Samaj in west Midland. He was a one time President and Patron of Arya Samaj West Midlands.

**Member or non member wishing to be a Yajman in the Sunday congregation please contact Acharya Dr Umeh Yadav on 0121 359 7727**

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

Mrs Asha Verma	£10	Mr Prem Nanda	£21
Mr Viresh Joshi	£21	Mr Shailesh Joshi	£61
Mr K.K. Laroiya	£50	Mr Ved Prakash	£51
Mr Rishi Sapolia	£21	Mr Ahok Kumar Pandey	£166

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

Mr Amrit Lal and brothers	£70	Mr Joginder Sharma	£21
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## RISHI LANGAR DONATION

Mr Shaileh Joshi

£90

State Bank of India

On 16th February Rishi Langar was arranged by Mr Ashok Kumar Pandey

• **Day centre is again starting on Wednesday 22nd January after the winter break. Emphasis would be on keeping healthy and fit with yoga and Pranayam. Hot vegetarian Lunch is available.**

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

**Tel. No. 0121 359 7727.**

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

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

### How Can We Be Happy?

Once a group of 50 people was attending a seminar.

Suddenly the speaker stopped and decided to do a group activity. He started giving each one a balloon. Each one was asked to write his/her name on it using a marker pen. Then all the balloons were collected and put in another room.

Now these delegates were let in that room and asked to find the balloon which had their name written, within 5 minutes. Everyone was frantically searching for their name, colliding with each other, pushing around others and there was utter chaos.

At the end of 5 minutes no one could find their own balloon.

Now each one was asked to randomly collect a balloon and give it to the person whose name was written on it.

Within minutes everyone had their own balloon.

The speaker began— exactly this is happening in our lives. Everyone is frantically looking for happiness all around, not knowing where it is.

**Our happiness lies in the happiness of other people. Give them their happiness; you will get your own happiness.**

And this is the purpose of human life.

Is this not what you are looking for?