



## **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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## **Events: Sunday Congregation**

**3<sup>rd</sup> April: Mother's Day**

**10<sup>th</sup> April: Arya Samaj Sthapana Diwas**

**17<sup>th</sup> April: Baisakhi Celebration**

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## INNER SCIENCES THROUGH THE OUTER WORLD

This title may sound odd and yet it is very true. A proper perspective of the inner sciences can be developed only if we are able to see the entire world in its totality, the tiny world within us and the infinitely large world outside. A deeper insight must be developed to probe into all the wonderful things that exist in the world. We must ask questions, such as, how does a little bud blossom into a flower? What makes the flower petals separate from the flower and fall onto the ground one day? What is it in the flower that gives rise to a new plant with the same kind of more and more flowers? Is there any great artist or designer behind these events? What makes it repetitive that the events of the same kind take place with a particular type of flower anywhere on the earth? How is it that the flowers are so colorful and beautiful? Do they have any purpose in their existence?

Should there be a creator or designer behind all that we see in the infinitely grand universe around us, then what would be the attributes of that entity? Would it be a conscious being? It must be so, otherwise, how could it have the intelligence and knowledge, and the ability to make these things. What are the motives behind the creation? So to say, is there any purpose in all that we see? Indeed, isn't it true that I didn't come into this world out of my own accord? I am not quite aware of it. I don't seem to recall exercising my choice in selecting my parents, my place and time of birth, and so on. Who decides all this, why and how? All these are intriguing questions, to say the least. But they

seem to be very much inter-connected and they may hold the key to the destiny of my life.

We have a choice. On the one hand, we can ignore these intriguing questions and lead the life just to survive, and while doing so, we maximize the pleasures of life. But this choice doesn't really work out for very long. Nobody is interested in falling into the traps of the painful experiences but nevertheless everyone does fall into one or more such traps – be it an accident, a chronic illness, betrayal by a loved one, finances going into disarray, or a clash with another person or community. Probably, there is nobody in the world who did not want to simply eat, drink and be merry but his/her plans were knocked down by the more powerful external forces, sometimes known and sometimes unknown, but mostly, beyond our control. The message is very clear on the walls. For this reason, we cannot overlook the other choice and that is to attempt to answer the above intriguing questions. That is the principal difference between us and other species of animals, birds, etc.

Therefore, a good choice would be to utilize our intellectual faculty to understand the world we live in – its beauty and design, and furthermore, its agenda. For this to happen in a systematic and scientific manner, we must probe inward of all that exists in the world. This is the choice declared by the title of this article that we must develop inner sciences through what we see in the outside world besides what is within us. Therefore, CIS includes everything under its scope of study – both, the world within us and the world outside of us.

While the first series of articles on "An Introduction to the Center for Inner Sciences" comes to its conclusion with the present article, next month will begin its second series of articles broadly under the title of fusion of science and spirituality. After an introductory article, we will move on to "the world within us" and then to "the world outside."

As promised a couple of months ago, I will discuss in an article that will appear sooner than later, why matter is not amenable to direct perception (*pratyaksa*). Indeed it is other way around that spirit can be perceived directly and matter is always known indirectly through inference (*anumana* ). This assertion must be new to most of the readers. I am conscious about the enormity of what I am saying, and therefore, I am duty bound to explain my stand within the next few articles before we begin to conduct an exploratory journey to know what a human being is. What is our consciousness? Where does it reside? Is it a singularity or is it continuously distributed throughout the body? Is our consciousness same as that in other living species? What makes my different states of waking, dream and sleep?

Furthermore, is there a purpose in the world we live in? Is it made by chance or is it well-designed? These answers could help us find the objectives of the human life. Next month I will present a broad outline of the second series of the SpiritMag articles attempting to create a fusion of science and spirituality.

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स्त्री दिवस  
राजीव थेपरा

सुनो....सुनो.....सुनो....सुनो.....  
ओ देवियों....  
ओ संसार की तमाम नारियों...  
बालाओं...कन्याओं....  
इस,बीते महिला-दिवस के बाद...  
तुम्हारे ऊपर अब किसी पुरुष का  
कोई अत्याचार नहीं होगा....  
संसार-भर के मीडिया में  
महिला-दिवस के प्रचारित होने के बाद  
सहम गया है संसार-भर का पुरुष....  
और कसम खा ली है उसने कि....  
अब नहीं करेगा वह नारी का अ-सम्मान  
तो हे सम्पूर्ण नारियों....  
अब विश्व-विजेता हो तुम...  
और अब आगे चलेगी तुम्हारी ही मर्जी  
अब चार साल से बारह साल की बच्चियां  
नहीं फेंक दी जायेंगी कहीं कुकर्म के बाद...  
और किसी चलती लड़की पर,  
कभी तेजाब नहीं फेंका जाएगा....  
अब कोई अरुणा नहीं पड़ी रहेगी....  
सैंतीस साल तक किसी अस्पताल के बिस्तर पर...  
और ना ही पच्चीस सालों तक लड़ना पड़ेगा,  
किसी भंवरी देवी को कचहरी में न्याय.....!!

कोई किसी नारी को जीते-जी....

किसी तंदूर में नहीं भूनेगा....

और ना ही कोई आरूषी अपने ही माँ-बाप से

हत्या का शिकार बन पाएगी.....

और तो और अपने इस भारत में

अब कहीं कोई दहेज-हत्या नहीं होगी....

यहाँ तक कि किसी मनचले की किसी....

छेड़खानी का शिकार भी नहीं बनेगी कोई लड़की....

और रात को अकेले चल सकोगी तुम सब भयहीन,सड़कों पर

और सारे पियक्कड़ और क्रोधी पति भी आठ मार्च के बाद

अपनी स्त्री को अपने जुल्म का शिकार नहीं बनायेंगे...

और ना ही अब समझी जायेगी किसी स्त्री की योनि...

अपनी तिजोरी के धन या जमीन की भांति अपनी मिलकियत

हे दुनिया की तमाम देवियों...

कितनी आशावादी हो ना तुम सब....

अब तो मैं भी तुम सबकी तरह इस आशा का शिकार हो चुका हूँ

ऐसा लगता है कि किसी(ब्राहमण) ने ठीक ही कहा है....

कि साल अच्छा है.....(चाहे बरसों पहले.....!!)

आठ मार्च के बाद ऊपर लिखा हुआ ही होगा....

यानी कि कोई जोर और जुल्म नहीं होगा तुमपर....

यह सब होगा और जरूर होगा.....मगर....

तुम सबकी मृत्यु के पश्चात.....!!

(अभी-अभी आज के प्रभात-खबर में पढ़ा कि बीती रात

या दिन बारह साल की एक बाला को

कुकर्म करके हत्या कर खेत में फेंक दिया गया)

## Blessing of Sarasvati

Krishan Chopra

चोदयित्री सूनृतानां चेतन्ती सुमतिनाम्।

यज्ञं दधे सरस्वती॥ ऋग्वेद 1.3.11

**chodayitri sunritaanaam chetanti sumatinaam.**

**yajnam dadhe sarasvati. Rig Veda 1.3.11**

### Meaning in Text order

chodayitri = inspiration , sunritaanaam = sweet and truthful, chetanti = instructess of right mind, sumatinaam= virtuous intellect, yajnam= noble deeds, dadhe = upholds , sarasvati= speech.

### Meaning

May the sarasvati (the truthful and pleasant speech) inspire our noble virtues, awaken our intellects and upholds sublime deeds.

### Contemplation

Those who are blessed with abundant wealth, they even cherish to have the blessings of **Sarasvati**. After obtaining wealth a person can command all respects in the world which wealth can shower upon a person but the blessing of sarasvati is not easy to possess.



This is our general traditional concept that the scholars and learned people are bestowed with the blessings of sarasvati.

In this mantra sarasvati means the speech and there are two adjectives for the speech. The first one is **sunritaanaam** which means true, gentle, sweet, pleasant, kind and sincere speech. It is important that our speech should be truthful and should not injure the feelings of others. Only pleasant speech is not enough, there should be truthfulness. When we follow this process in life, it means we are following the pattern of sublime method of life (janamaya jeevan).

The second word is **sumatinaam**. It keeps our mental faculty with sublime and beneficial knowledge for us and for others.

The other blessing of Sarasvati is that it always stimulates our mind to engage us in noble activities. Noble activities contain double blessing, betterment for self and beneficial for others. When we have malicious thinking for others then we should understand that Sarasvati has left us. Whenever we use harsh words for others and make a false statement we should clearly understand that Sarasvati has abandoned us. Its blessing is no more with us.

It is due to Sarasvati that a continuous flow of pleasant and truthful thoughts flow in our minds and our true resolve and sweetness will keep Sarasvati always with us. This is the Sarasvati which is upholding the righteousness and sublimity in our lives. The blessing of sarasvati will remain with those who follow this principle whether the person is literate or not it makes no difference.

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We would be celebrating the Arya Samaj Sthapana Diwas this month. The formal organization known as the Arya Samaj was an aid in fulfilling Maharishi Dayananda's promise to his preceptor to reveal the true meaning of the Vedas and revive the Vedic culture. However, Dayananda's prime mission in life was not the forming and maintaining of an organization or institution.

Maharishi Dayananda was a social reformer and religious leader of the highest calibre. He was an adamant follower, exponent, and practitioner of the Vedas. Swami Dayananda had absolutely no craving for worldly applause and was completely unconcerned and unperturbed by the censure of the superstitious, the ignorant, and the selfish. Swami Dayananda spoke the Truth and practiced it too.

### **What is the Meaning of Arya?**

The word Arya means a noble human being—one who is thoughtful and charitable, who thinks good thoughts and does good actions—he or she is an Arya.

### **Arya Samaj of the 21st Century**

For the Arya Samaj (the formal institution) to make an impact in the next century and beyond, its members must take special care to imbibe the purity and depth of Maharishi Dayananda. It is not enough that we merely follow his words to the letter—we need to enter into the spirit of that great soul and realize the essence of his teachings. It is imperative that all narrow-minded sectarian views be shunned, and that every Arya whole-heartedly embrace the universal principles that were practiced and propagated by Maharishi Dayananda. These are the same universal principles that were practiced by the Sages and noble people since times immemorial, and will continue to be practiced by good people until the end of time.

**Om Shanti-Shanti-Shanti**

*Vedic  
Vivah  
List*

*April  
2011*

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

## PANCHATANTRA TALES

The Panchatantra is a legendary collection of short stories from India. Originally composed in the 2nd century B.C, Panchatantra is believed to be written by Vishnu Sharma along with many other scholars. The purpose behind the composition was to implant moral values and governing skills in the young sons of the king. The ancient Sanskrit text boasts of various animal stories in verse and prose. During all these centuries, many authors and publishers worked hard to make these fables accessible and readable by a layman. The grand assortment has extraordinary tales that are liked, perhaps even loved by people of every age group.

The Panchatantra is the best guide to enroot moral values in children since its each tale has a moral lesson in its end. The Panchatantra is a great book where plants and animals can speak and converse with human beings too. The etymology of term 'Panchatantra' suggests that it is a combination of two words, 'Pancha' (five) and 'Tantra' (practice/ principle). So, the five principles or practices illustrated by Panchatantra are 'Mitra Bhedha' (Loss of Friends), 'Mitra Laabha' (Gaining Friends), 'Suhrubhedha' (Causing discord between Friends), 'Vigraha' (Separation) and 'Sandhi' (Union). Here are provided some of the popular tales from Panchatantra.

### THE ASS HAS NO BRAINS

This is one more interesting story from the album of Panchatantra. Once upon a time, there lived an old lion. The lion, the king of the forest had grown old. He became frail and due to this, he could not hunt for his food. Many a times, he didn't get even a single animal to eat. With each passing day he became more and more weak. He realized that like this he could

not live for long. Somehow, he had to manage for the food, otherwise he would definitely die. He thought that how could he arrange for his food? After much of the thought process, ultimately he decided that he should have an assistant.

The lion thought that a fox would be the best person to handle this position. He summoned the fox and said, “Dear friend, I have always liked you because you are intelligent and clever. I want to appoint you as my minister and advise me on all the affairs of the forest”. The old lion also asked the fox, that he was the king of the forest; so he should not have to hunt for his food. In respect to this, the fox’s first duty as minister was to bring him an animal to eat everyday.

The fox didn’t trust the lion, but he could not even refuse the king. The fox said, “Your Majesty, I am happy, that you have chosen me to serve you. I accept your offer”. The lion was pleased to hear such words. After the conversation, the fox went out to find an animal for the lion. On the way, he met a fat ass. The fox went to the ass, “Friend, where have you been all these days? I have been looking for you for the past many days”.

The ass asked, “Why? What happened? Is everything alright?” The fox replied, “I have got good news for you. You are very lucky. Our king, the lion has chosen you to be his chief minister. He asked me to meet you and inform you about his decision.” Ass was scared of the lion and said, “I am afraid of the lion. He might kill me and eat me up. Why has he chosen me as his chief minister? I don’t even fit enough to be a minister. “

The clever fox laughed and said, “Dear, you don’t know your great qualities. You have a special charm of your own. Our king is dying to meet you. He has chosen you because you are wise, gentle, and hard working. You must not lose your greatest

chance in life. Now, come with me and meet our great king. He will be really happy to see you". So, the poor ass was convinced and got ready to go along with the fox.

As soon as they reached the lion's den, the ass got scared and refused to move forward. At this, the fox said to the lion, "Your majesty, the chief minister appears to be very shy and hesitates to come near you". The lion himself came forward and said, "I like such modesty". He limped towards the ass. The ass got so scared that he ran to save his life. The lion became angry and shouted at the fox, "You have played a trick on me. I was so hungry that I wanted to eat him at once. Go and bring that ass back. If you don't, I will kill you."

The fox replied," Your Majesty, you were in a hurry. You should have left it to me, to bring him near enough. But I will try again". The fox went back to the ass and said, "You are a funny fellow. Why did you run away like that?" The ass replied, "I was too scared. I thought that the lion was going to kill me".

The fox said, "What a fool you are? If the king wanted to kill you, he would have done so. You could not have escaped by running away. The thing is, the king wanted to tell you a secret about the kingdom and he did not want me, to hear it. Now, what will he think about you? Doesn't matter, Come with me and apologize for your mistake. You don't realize that by serving the king, you will be the second most powerful animal of our forest. Imagine, all the other animals will respect you and seek favors from you."

In this way, the fox managed to attract the ass to go back to the lion. When the fox and the ass approached, the lion was hungrier than ever. But this time he kept a smiling face and said, "Welcome, my dear friend. It was unkind of you to have run

away like that. Come near me. You are my chief minister.” As and when the ass came closer, the lion pounced on him and killed him instantly. The lion thanked the clever fox and was happy to get the food.

As the lion sat down to take his meal, the fox said, “Your Majesty, I know you are very hungry and it is time for your dinner, but the king must take a bath before his meal”. The lion thought it was a good idea and said, “You are right. I should go and bathe first. You keep a watch on the carcass of the ass”.

The fox silently sat down to keep a watch of the ass. He was very hungry and thought to himself, “I took all the trouble of getting the ass here. It is I who deserve the best portion of the meal”. Thus, the fox cut open the head of the ass and ate up the whole brain. When the lion returned and looked at the ass, he felt that something was missing. He found that the head of the ass had been cut open. He inquired from the fox, “Who came here? What happened to the head of the ass?”

The fox pretended to be innocent and reminded the lion, “Your Majesty, You have given a powerful blow on the head of the ass when you killed him”. The lion was satisfied with the answer and sat down to take his meal. Suddenly, he shouted, “What happened to the ass’ brain? I wanted to eat the brain first”. The fox smilingly replied, “Your Majesty, Asses have no brains. If this had any, he would not have come here a second time”.

## **HOW TO EXERCISE YOUR EYES**

We all know how important it is to keep our bodies fit by doing things like going to the gym, jogging, and swimming. But, did you know that you can exercise your eyes as well?

Eye exercising will keep your eyes healthy and help minimize eyestrain. Here are some easy to follow steps and tips to exercise your eyes and keep them healthy!

**Palming Exercise** - Sit comfortably on a chair. Rub your hands together until they feel warm. Close your eyes and cover them lightly with your cupped palms. Avoid applying pressure on your eyeballs. Place your palms so that the nose remains uncovered, and the eyes remain behind the slight hollow of the palms. Make sure that no light rays enter the eyes, and leave no gaps between fingers or between the edge of the palms and the nose. You may still see other lingering traces of colors. Imagine deep blackness and focus on the blackness. Take deep breaths slowly and evenly, while thinking of some happy incident; or visualize a distant scene. After your eyes see nothing but blackness, remove your palms from your eyes. Repeat the palming for 3 minutes or more.

Close your eyes tightly for 3-5 seconds, then open them for 3-5 seconds. Repeat this 7 or 8 times.

Close your eyes and massage them with circular movements of your fingers for 1-2 minutes. Make sure you press very lightly; otherwise, you could hurt your eyes.



Press three fingers of each hand against your upper eyelids, and hold them there for 1-2 seconds, then release. Repeat 5 times.

Sit and relax. Roll your eyes clockwise, then counter-clockwise. Repeat 5 times, and blink in between each time.

Focusing Exercises - Sit about 6 inches (150 mm) from the window. Make a mark on the glass at your eye level (a small sticker, black or red, would be perfect). Look through this mark and focus on something far away for 10-15 seconds; then focus on the mark again.

Hold a pencil in front of you at arm's length. Move your arm slowly to your nose, and follow the pencil with your eyes until you can keep it in focus. Repeat 10 times.

Look in front of you at the opposite wall and pretend that you are writing with your eyes, without turning your head. It may seem difficult at first, but with a bit of practice it is really fun. The bigger the letters, the better the effect.

Imagine that you are standing in front of a really big clock. Look at the middle of the clock. Then look at any hour mark, without turning your head. Look back at the center. Then look at another hour mark. Do this at least 12 times. You can also do this exercise with your eyes closed.

Focus on a distant object (over 150 feet or 50 m away) for several seconds and slowly refocus your eyes on a nearby object (less than 30 feet or 10 m away) that's in the same direction. Focus for several seconds and go back to the distant object. Do this 5 times.

Focus on an object in the distance (as far as possible) with a low contrasting background. Do this for a few minutes every half hour or so. This does not improve your vision, nor does any other technique.

It can, however, maintain your best eyesight level during the day and prevent significant further vision deterioration.

Make up and down eye movements starting from up to to down. Do this 8 times. Then do the side to side eye movement, starting from left to right. Repeat this 8 times. Make sure not to add pressure to your eyes! It only worsen your vision!

## Tips

It's more important to do the exercises regularly than to do them for a long time. Even 30-60 seconds of eye movement every hour is very helpful. For example, when your computer takes its sweet time to do something, most people just stare at the poor thing and waste the time, but you can make a few circles with your eyes. Even the first day you do this, you should notice that, when you finish working, your eyes aren't as tired as usual.

Taking short breaks from near work (e.g. staring at a computer monitor) to stare out to the distance also relieves some strain.

Palming is a good method to help your eyes feel better. You close your eyes and put your palms over them, this will rest your eyes.

Blink the eyes many times.

Splash your eyes with cold water repeatedly when feasible, and especially when your eyes are strained.

## वैदिक राज धर्म-1

आचार्य डॉ. उमेश यादव

वैदिक राज धर्म की समग्रता को समझने के लिये राष्ट्र के विभिन्न पहलुओं पर विचार करना है। इसके लिये ऋग्वेद में यह बताया गया है कि विद्या-विकास, धर्म-ज्ञान तथा राजनीति ये राष्ट्र के तीन प्रमुख क्षेत्र हैं जिनके अन्तर्गत सारी राजव्यवस्था अनुशासित की जा सकती है। इससे तीन प्रकार की सभायें आयोजित होती हैं। राजा को चाहिये कि वह इन तीनों सभाओं को विधिवत् स्थापित करे और इन्हें सार्थक रूपरेखा प्रदान कर इस तरह संचालित करे कि इससे प्रजा की समग्र रक्षा हो तथा प्रजा सब ओर से सुखी रहे। सुशिक्षा, विद्या, स्वतंत्रता, न्याय, धर्म-ज्ञान, और धनैश्वर्य का यथोचित विकास हो जिससे राष्ट्र की प्रजा सामाजिक प्रतिष्ठा, गृहस्थ धर्म व जीवन की अन्य साधनाओं में सर्वथा सुरक्षित व प्रसन्न रहे। "त्रीणि राजाना विदथे पुरुणि परि विश्वानि भूषथः सदाँसि।।" ऋग्वेद-मं3.सू.38मं.6 इस मंत्र-भाग में ईश्वरीय आदेश है कि राजा तीन सभाओं का निर्माण करे जिसमें प्रजायें भी राजा को पूरा साथ देवें। सुख-प्राप्ति व विज्ञान-विकास के लिये "त्रीणि सदाँसि" तीन सभायें हों। उनके नाम इस प्रकार बताये गये--विद्यार्य्य सभा, धर्मार्य्य सभा, राजार्य्य सभा। महर्षि दयानन्द सरस्वती की यह पैनी दृष्टि है कि उन्होंने इन सभाओं का नाम आर्य्य शब्द जोड़कर रखा और ऐसा करके उन्होंने आर्य्य संस्कृति प्रधान देश भारतवर्ष के पुराने नाम आर्य्यावर्त को सार्थक किया। सृष्टि की उत्पत्ति से प्रारम्भ हुयी जो संस्कृति इस धरती पर जानी जाती है वह आर्य्य संस्कृति है और प्रजा जो प्रारम्भ की है; वह आर्य्य है। सुसंस्कृत, प्रगतिशील, एकेश्वरविश्वासी, न्याय व धर्मपूर्वक कार्य करने वाले को आर्य्य कहते हैं। आर्य्य प्रारम्भ से ही भारतवर्ष के ही निवासी थे। सृष्टि

की उत्पत्ति के साथ ही आर्य संस्कृति भी यहीं प्रारम्भ हुयी, यही कारण है कि भारतवर्ष का पुराना नाम आर्य्यावर्त रहा है। हाँ, यह बात अलग है कि आर्य्यावर्त कट-कट कर छोटा होता गया और और आर्य जन भी अलग-अलग भूभागों में जाकर बसने लगे। समय के हिसाब से नयी-नयी विचार धारायें भी बढ़ने लगीं। धीरे-धीरे आर्य संस्कृति भी ओझल होने लगी फलतः लोग वास्तविकता भी भूलने लगे। इतिहास में भी फेरबदल किये गये और यहाँ तक कह दिया गया कि आर्य भारत में बाहर से आये। यह इतिहास वेत्ताओं की अज्ञानता ही मानी जायेगी। तत्कालीन इतिहासवेत्ताओं को जो यह प्रतीत होता है कि आर्य बाहर से आये, वस्तुतः उन वापस आने वाले आर्यों के पूर्वज पहले ही मध्यएशिया(काबुल, इरान,अफगानिस्तान) आदि यहाँ तक कि यूनान-मिश्र-रोम व अन्य क्षेत्रों में भी जा बसे थे। विस्तार ज्ञान के लिये महर्षि दयानन्द सरस्वती कृत सत्यार्थप्रकाश के 11वाँ समुल्लास के अन्त में दी गयी भारत के पुराने राजाओं की सूची से जुडा विवरण द्रष्टव्य है।

उपर्युक्त विवरण से स्पष्ट है कि वेदों में बतायी गयी संस्कृति ही मूल व आर्य संस्कृति है, इसी भाव को महर्षि दयानन्द ने यहाँ "त्रीणि सदाँसि" पद का अर्थ तीन आर्य संस्कृति विधायक सभायें होनी चाहिये, ऐसा किया और उनका नाम स्पष्टतः विद्यार्य्य सभा, धर्मार्य्य सभा तथा राजार्य्य सभा रखा। इसी को अथर्ववेद में इस प्रकार कहा गया। "तं सभा च समितिश्च सेना--15-9-2" तथा "सभ्य सभां मे पाहि ये च सभ्याः सभासदः-19-55-6" उसी सभा और समिति से राजकीय पूर्ण व्यवस्था कायम हो जिसमें राज धर्म, सेना धर्म, संग्राम व्यवस्था, धर्म, न्याय व विद्या से युक्त राजा-प्रजा मिलकर राष्ट्र के सभी नियमों का पालन करें तथा राष्ट्र को समुन्नत करें।

## **Congratulations and best wishes on their wedding**

- **Munish** (son of Rajendra and Manorma Sasan) and **Mamta** (daughter of Mr Jai Ganesh and Mrs Meena Bector) on their wedding.
- **Amrita and Marcin**

## **Rishi langar donation**

Hiten Pokar                      £250

## **Donations to Arya Samaj West Midlands**

Muskaan Estates              £40

## **Donations for central heating**

Mrs Sudarshan Aggarwal	£25	Anonymous	£20
Mrs Usha Jain	£21	Mrs K Sapolia	£10
Mrs S. Talwar	£20	Mrs K. Dutta	£31

## **Donations for priest service**

Mr Jai Ganesh and Mrs Meena Bector	£101	Mr Munish Sasan	£31
Mrs Amrita Marcin	£50		

## **Dates for your diary**

3 <sup>rd</sup> April	Mother's Day
10 <sup>th</sup> April	Arya Samaj Sthapana Diwas
17 <sup>th</sup> April	Baisakhi
24 <sup>th</sup> April	Hindu Council Youth Wing Seminar

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