



## 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 33 9/2009-10

MONTHLY BULLETIN

MARCH 2010

Arya Samaj West Midlands'  
*Annual Gala Charity Dinner and Dance*  
**Friday 21 May 2010**  
**VENUE:-Second City Suite**

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

## CONTENTS

Pages from History <b>Swami Dayanand</b>		3
वानप्रस्थ जीवन की कार्य प्रणाली	आचार्य डॉ उमेश यादव	6
Pillars Of Arya Samaj (Swami Shraddhanand)	Sri Krishan Chopra	8
The harmful effects of Alchohol		10
Matrimonial List		13
Dr. Harish Chandra's schedule		25
Mantra	Shri Krishan Chopra	26
Sandhya :The Meaning - contd.	Dr Harish Chandra	28
Story from Hitopdesh	<i>Children Corner</i>	30
Poems on Mother		31
Secretary's Corner		32
Servics of Arya Samaj West Midlands		33
आर्य समाज के दस नियन		34
News(पारिवारिक समाचार)		35

### **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**

## **Pages from History: remembering Dayanand Saraswathi**

By Prof. A.V. Narsimha Murthy.

Former Head of Department Ancient History & Archeology,  
University of Mysore

The beginning of 19<sup>th</sup> Century was a chaotic period of India. The moghuls had distanced from their anti-Hindu policies and had made a dishonourable exit from the scene. The East India Company had made it a point to loot this country and was trying to destroy the real fabric of India in social and religious fields.

The people were at cross-roads and did not know how to live honorably like Indians. Many Hindu reformers thought that Hindu renaissance can be achieved by educating the masses by drawing their attention towards the priceless heritage which they had forgotten.

At that time was born Arya Samaj, a great organisation to transform the Indian society on the basis of their heritage and culture. Dayananada Saraswathi was the founder of this organisation which heralded a new reformist movement. His original name was Moola Shankara and was born in the village Tankara in 1824 in Saurashtra. As a young boy he found everybody fast asleep on a Shivaratri night including the priests and the rats were happily eating the prasada kept near the Linga. The boy felt that the idol of the god is not even capable of warding off the rats and this was deeply imprinted on the mind of the boy. Later he opposed the worship of the images for a different reason.

Dissatisfied by the social and religious life around him, he left his home in 1846 and wandered from place to place in search of an ideal guru and finally met Swami Virajananda and became a monk under the new name Dayananda Saraswathi. As per the order of his teacher, he founded an institution called 'Arya Samaj' in 1875 at Bombay. Arya here does not mean a caste or community but good people who had faith in the Vedas.

He gave the call 'go back to the Vedas' meaning that the ancient wisdom of our country is enshrined in the Vedas, the greatest heritage of the Hindus. He was against the puranas which were sectarian in character. He stated that they were written by selfish, ignorant and uninformed priests.

Thus he attributed the puranas to the priestly class or pandas which wanted to make a living out of it. The powerful priestly class gave a lot of trouble to Dayananda Saraswathi. They stoned him; burnt his huts and even poisoned him many times. Finally, he was poisoned by his own cook Dauda Mishra. He mixed poison with milk and gave it to Dayananda. The Swamiji pardoned him, gave him money to escape to Nepal, so that the king of Jodhpur will not take revenge against Mishra for this heinous crime. Dayananda Saraswathi died in 1883, October 30 in Ajmer. Thus ended a brilliant career of a great reformer.

Dayananda's most famous literary work is Satyarth Prakash written in 1875. This book has been translated to many Indian and foreign languages. It contains his ethical and philosophical teachings admired by people all over the world.

He preached that there is only one god and he has no forms and no names and no families. He is a principle of divinity; he is not born like men and animals. He does not take avatars also. Rama, Krishna and others are not gods but human beings who rose to the highest level by their deeds. Hence they should not be worshipped in temples. This will send wrong signals to ordinary people about the multiplicity of gods which is not true. If a Muslim can convert a Hindu to Islam; If a Christian can convert a Hindu to Christianity against his will out of compulsion, should the Hindu suffer it for ever, questioned Dayananda.

He himself said 'no'. He has every right to get back to Hinduism. Hence he introduced 'Suddhi movement' meaning a ritual of purification. This helped to realise the ideal of unifying India nationally, socially and religiously.

Thousands of people who were converted to Islam and Christianity at the point of sword were happy to come back to Hinduism. Arya Samaj thus provided the required platform for Suddhi movement.

Arya Samaj believed in the ritual of yajna or homa as part of the Suddhi Marga. Yajna is of different kinds; Brahmayajna (brahma); Bhutayajna (compassion to animals); Pitriyajna (showing respect to the parents when they are alive and not to perform Sraddha after their death); Atithiyajna (serving the members of the society). Arya Samaj believed in 16 Sanskaras or rituals commencing from birth to death. Another important contribution of the Arya Samaj was its generous attitude towards women. It fixed 25 and 18 years as the minimum age of marriage for men and women respectively. It also encouraged re-marriage of widows.

As orthodox people refused to perform widow marriages, Arya Samaj provided the required platform. Arya Samaj also encouraged inter-caste marriages.

Mysore city has a branch of Arya Samaj which is 75- years-old and has been doing useful social work, under the guidance of C. Srikan-taiah Arya and is moving to a new and more spacious building on 10th January 2010. That will be a good new year gift to the cultural life of Mysore.

## वानप्रस्थ की कार्य प्रणाली

अग्निहोत्रं समादाय गृह्यं चाग्निपरिच्छदम्।  
ग्रामादरण्यम् निःसृत्य निवसेनुयतेन्द्रियः॥

महर्षि दयानन्द इस श्लोक का अर्थ इस प्रकार करते हैं। “साङ्गोपाङ्ग अग्निहोत्र को ले के ग्राम से निकल दृढेन्द्रिय होकर अरण्य में जाकर बसे।” यहाँ विचारणीय यह है कि वानप्रस्थ जीवन में यज्ञ-अग्निहोत्र सदा साथ होगा। घर में रहकर जो गृहस्थ जीवन में यज्ञ कर रहे थे वही यज्ञ-अग्निहोत्र वानप्रस्थ जीवन में भी करना है। अग्निहोत्र कभी छोड़ना नहीं है। “गाँव से निकलकर वन में जाना” का मतलब इतना ही है कि गाँव में गृहस्थ रहते हैं और वानप्रस्थी वन में। लेकिन आज के सन्दर्भ में पूर्व ऐसा विचार हम प्रस्तुत कर चुके हैं कि वानप्रस्थ अवस्था में आप जहाँ भी बच्चे परिवार से अलग रहते हैं; वहीं आपका वानप्रस्थ जीवन व्यतीत हो सकता है। पति-पत्नी दोनों साथ रहें पर यज्ञ और शयन अलग-अलग करें। अपनी-अपनी आहुतियाँ अलग डालें पर साथ रहकर एक दूसरे के सुख-दुःख का ख्याल रखें। “दृढेन्द्रिय होकर रहना” का मतलब है संयमी जीवन। पृथक-पृथक शयन करना और अपने व्यवहार में अध्यात्म बल को महत्व देना। ईश्वर भक्ति उपासनादि कार्य में रत रहना तथा परोपकार करना यही वानप्रस्थ जीवन का सार है।  
मुन्यन्नैर्विविधैर्मध्यैः शाकमूलफलेन वा।  
एतानेव महायज्ञान्निर्वयोद्विधिपूर्वकम्॥

प्रस्तुत श्लोक में अन्न शाकमूल-फल कुछ भी खाने से पूर्व पंचमहायज्ञ करने की प्रेरणा दी गई है। शुद्ध आहार, सात्विक शाकमूल-फल आदि का भोजन अध्यात्म चिन्तन में मदद करता है। मांसाहार या मद्कारी भोजन वा पेय से अध्यात्म -बाधित होता है।

वानप्रस्थ जीवन का एक महत्वपूर्ण अंग अध्यात्म को उन्नत करना है और ईश्वरोपासनापूर्वक मुक्ति पद तक पहुँचना है इसीलिए सात्विक आहार ग्रहण करना उत्तम है। पंच महायज्ञ की महिमा निराली है। पूर्णता प्रदान करने में पंच महायज्ञ का ज्ञान तथा व्यवहार हमें पूर्ण मदद करते हैं। प्रभु-चिन्तन, अग्निहोत्र अतिथि सेवा, पितृ सेवा और जीव जन्तुओं को दाना देना और अपने स्वाद के लिए उन्हें नहीं मारना अपितु उनकी सदा सुरक्षा करना ये सब कार्य जहाँ गृहस्थ के हैं, वहाँ वानप्रस्थ के भी हैं। शाक मूल फल स्वयं के लिए जैसे प्रबन्ध करें वैसे उन्हीं से अतिथि सेवा भी करें। इससे यह स्पष्ट होता है कि अतिथि तो वानप्रस्थ के निवास पर भी आ सकते हैं। अतिथि सत्कार एक महत्वपूर्ण सेवा है जिससे हम अपने विद्वान, महात्मा, संन्यासी आदि अनजाने या जाने लोगों से मिलकर अध्यात्म- चिन्तन को दृढ़ कर पाते हैं। परस्पर की वार्ता से ज्ञानवर्द्धन होता है तथा सिद्धान्त-ज्ञान में परिपक्वता आती है। फलतः आप उपदेश भी उचित कर पायेंगे जिससे श्रोताओं को समुचित लाभ हो सकेगा।

आचार्य डॉ उमेश यादव

## Swami Shaddhanand

### Gurukul and Revolutionaries

Acharya Munshi Ram was not only the founder of gurukul and the leader of Arya Samaj but also an ardent national patriot. He was an embodiment of national spirit. Therefore the gates of gurukul were always open for the revolutionaries. Whenever the revolutionaries wanted a safe heaven, they used to come in gurukul which was the safest place for them. Lala Har Dayal stayed in this institution for many months. The others whose names of worth mentioning were Rajendra Lahiri, Genda Lal Dixit, Yash Pal, Bhagat Singh, Chandra Shekhar Azad and Krishna Singh Barhat from Rajasthan also stayed in full protection in this institution.

### Gurukul Kangri a Gigantic Institution

Munshi Ram was trained as a legal practitioner but destiny had different plans for him. He proved to be naturally gifted educationist. The institution was founded out of the inspiration of Pandit Guru Dutt Vidyarthi who was one of the founding fathers of DAV College movement. When a respectable place for Sanskrit teaching was not given by the DAV movement which was established as an educational memorial in the memory of great seer Maharshi Dayanand Saraswati, the founder of Arya Samaj, a staunch advocate of Vedic learnings then the idea to set up a gurukul took birth.

Munshi Ram took the inspiration from the mantra of Rig Veda-  
**uphvre girnaam sangme cha nadeenaam dhiyaa vipro  
ajaayat.( meditating in the valleys of mountains and on the  
confluence of rivers, the wisemen are born).**



Keeping this theme in his mind he choose the place where on one side there were valleys of Himalaya and the other side river Ganges was flowing.

The institution which was started in 1902 with forty students and with few mud huts now it took the shape of a university. In a jungle, in every manner it was self sufficient in food, play grounds, offices, Class rooms , science labortaries, residential accommodation, gau shalas, guest houses for five hundred people. Acharya Munshi Ram devoted his mind and soul for the institution as a Vanprasthi where the students every morning and evening used to recite the mantras form the Vedas and performed the Havan Yajna and the environment was full of the fragrance of yajna. Later on the Commerce, Agricuture, Ayurvedic colleges were attached. Now this institution was not only of a national but international reputation.

When **Ramsey Mcdonald** met strong built six feet tall Mahatma Munshi Ram in gurukul, dressed in kurta and dhoti of khadi and wearing yellow chadar, with long grown beard , he was so impressed that he wrote that if some artist would like to make the portrait of Christ, I would tell him to go and meet Mahatama Munshi Ram .

## THE HARMFUL AFFECTS OF ALCOHOL

### ON THE BRAIN AND CENTRAL NERVOUS SYSTEM

Alcohol is a depressant, which slows down the central nervous system and can cause drowsiness, relieve pain and induce sleep.

Drinker experiences mild euphoria and loss of inhibition as alcohol impairs region of the brain controlling behavior and emotions. Alcohol impairs behavior, judgment, memory, concentration and coordination (shortened attention span, impaired problem solving abilities), as well as inducing extreme mood swings and emotional outbursts.

Alcohol acts as a sedative on the central nervous system, depressing the nerve cells in the brain, dulling, altering and damaging their ability to respond appropriately. Large doses cause sleep, anesthesia, respiratory failure, coma and death. Impaired or distorted visual ability and hearing (affects ability to distinguish between sounds and perceive the direction they are coming from) ; dulled smell and taste (reducing the desire to eat) and loss of pain perception; altered sense of time and space

Impairs fine motor skills, and slows reactions.

Numbness and tingling in the arms and legs caused by nerve damage from depletion of thiamine (B vitamin); when severe, can damage other nerve endings, causing staggering, etc. (Wernicke's Encephalopathy).

Long term drinking may result in permanent brain damage (Korsakoff's Syndrome or 'wet brain'), serious mental disorders, and addiction to alcohol.

## ON THE LUNGS

Lowered resistance to infection.

High amounts of alcohol may cause breathing to stop, then death.

## ON THE LIVER

Chronic heavy drinking may cause alcoholic hepatitis (inflammation and destruction of liver cells) and then cirrhosis (irreversible lesions, scarring, and destruction of liver cells).

Impairs the liver's ability to remove yellow pigment, and skin appears yellow (jaundice).

Liver damage causes fluid to build in extremities (Edema).

Decreases production of blood-clotting factors; may cause uncontrolled bleeding

Liver accumulates fat which can cause liver failure (“alcoholic fatty liver”), coma and death.

## REPRODUCTIVE SYSTEM – Male and Female

Sexual functioning can be impaired and deteriorate, resulting in impotence and infertility, sometimes irreversible. Females also have a high risk of developing breast cancer.

In men, may lead to sterility, atrophy of the testes and enlargement of the breasts.

Early menopause and menstrual irregularities are common in women who drink excessively.

Drinking during pregnancy significantly increases chance of delivering a baby with Fetal Alcohol Syndrome; small head, possible brain damage, abnormal facial features, poor muscle tone, speech and sleep disorders, and retarded growth and development.

## HEART

Weakens the heart muscle and ability to pump blood (Cardiomyopathy).

Abnormal heart signals, irregular heart beat and heart enlargement.

Increases blood pressure, risk of heart attack and stroke.

Inhibits production of both red and white blood cells.

## MUSCLES

Due to lower phosphate, muscles become weaker and atrophy; pain, spasms and tenderness.

## STOMACH/INTESTINAL/DIGESTIVE

Irritation and damage of esophagus lining, induces severe vomiting, hemorrhaging, pain and difficulty swallowing. Can contribute to throat cancer.

Irritation of stomach lining, can cause peptic ulcers, inflammation, bleeding lesions and cancer. Minute blood loss may deplete the body's iron stores, causing irritability, lack of energy, headaches and dizziness.

The pancreas becomes stressed from having to create insulin to process the sugar present in alcohol. This creates a significant risk of pancreatitis, a chronic inflammation that can be fatal. -

Early menopause and menstrual irregularities are common in women who drink excessively. of sugar in alcohol. n severe, Irritation of the intestinal tract lining and the colon

Nausea, diarrhea, vomiting, sweating and loss of appetite are common.

Alcohol impairs the small intestine's ability to process nutrients and vitamins.

Chronic drinking may result in inflammation, ulcers, and cancers of the intestines and colon.

## BONES

Alcohol interferes with the body's ability to absorb calcium, resulting in bones being weak, soft, brittle and thinner (Osteoporosis).

# MARCH 2010 VEDIC VIVAH LIST

For the complete list of our matrimonial members  
(about 500 boys and girls)  
Please go to our website  
[www.arya-samaj.org](http://www.arya-samaj.org)

## Our Guest Vedic Scholar's Events in the UK – March 2010 onwards

After a month-long vacation, Dr Harish Chandra returns to the Arya Samaj West Midlands in March. He will conduct regular six sessions every week:

1. Vedic Meditation - Drop-in Sessions, Tuesday evenings, March 2 onwards, 7:30 to 9:00 pm at 1 Norman Road, Smethwick, Birmingham contact 0121 429 9783

2. Vedic Meditation - Drop-in Sessions, Thursday evenings, March 4 onwards, 6:00 to 7:45 pm at Hindu Cultural Organisation, 253 Edge Lane, Liverpool, L7 2PH

3. Vedic Meditation, Sandhya - Saturday mornings, Mar 6 onwards, 9:00 to 9:45 am, at Arya Samaj West Midlands, Birmingham B7 4SA, see [www.arya-samaj.org](http://www.arya-samaj.org) for directions

4. Science of Yoga - Patanjali Meditation (Drop in Sessions) - Saturday afternoons, Mar 6 onwards, 3:00 to 5:00 pm, Brunswick Room, Greenbank Sports Academy, Greenbank Lane, Liverpool, L17 1AG, Tel: 0151 280 7757

5. Vedic Meditation, Sandhya - Monday evenings, Mar 8 onwards, 7:30 to 8:15 pm, at Arya Samaj West Midlands, Birmingham B7 4SA, see [www.arya-samaj.org](http://www.arya-samaj.org) for directions

6. Sunday morning talks on Vedic Psychology March 14 onwards, 12:30 to 1:00 pm at Arya Samaj West Midlands, Birmingham B7 4SA (see [www.arya-samaj.org](http://www.arya-samaj.org) for directions)

He will speak first Sunday of every month (March 7 onwards) in the afternoon Satsang of Arya Samaj London.

त्वं नो अग्ने महोभिः पाहि विश्वस्या अरातेः।  
उत द्विषो मर्त्यस्य । साम वेद 6

**Tvam no agne mahobhih paahi vishvasyaa araateh /  
Uta dvisho martyasya// Saam Veda 6**

### **Meaning in Text Order**

Tvam= you , nah= us, agne= embodiment of light, mahobhih= splendour, paahi= protect, vishvasyaa=all, araatah= non generosity, uta= and, dvishah= hatred, martayasya= mortals.

### **Meaning**

O lord, you are embodiment of light, protect us with your splendour from those human beings who do not understand the sense of generosity and those who develop the nature to hate other human beings.

### **Contemplation**

Human being is a creature of society who deals with the society day and night. In social life two defects are seen common in human beings.

The first one is to have a narrow and selfish attitude towards others or society. The society is based on the principle of give and take. Not only the society but a family and extended family also are based upon the principle of give and take. If all the time we think only to take all the advantages from the society, this selfish style of notion will ruin the fabric of the society.

Therefore the Vedas emphasises that every individual should develop the spirit of generosity and good will for others. If this spirit is not develop in the society then many institutions which run on the charity basis will come to an end and no one will be there to help the needy and destitute.

Many benevolent activities are run in the world on the generosity of generous people. This ungenerous notion is a danger to society.

The second tendency which is enemy not only for the society but for an individual is to develop the notion of hatred towards others. This is such a bad notion where a person does not wish personal rise and benefit but on the contrary wishes the discomfort and down fall of others. We forget that the fire of hatred which we lit will first destroy us.

When this notion is born in a person it first generates misery and burning in our mind and then we start thinking to destroy others. It is just like throwing mud on others. If you want to throw mud on others, first you are going to put your hands in the mud.

Suppose we have developed a notion of hatred for a person for certain reasons. Whenever we will see that person the emotions of hatred will start appearing in our mind automatically. It will generate bitter taste in your mind. Consequently, your blood pressure will rise. Whenever you will think about that person, it is going to raise your blood pressure. Some people not only suffer themselves they start spreading this notion among others as well. Therefore a devotee prays to God to help me to protect me from these tendencies.

"The secret of man's being is not only to live but to have something to live for."  
-- Dostoyevsky



## **Meaning of the Sandhya Mantras (Manasaparikrama-II; Rising Above in Life)**

The first four ingredients (see previous notes) will lead to success in any professional field. Then I will earn a number of bouquets – name and fame. I will be interviewed by TV, newspapers, etc. To keep them in good humour, I may go for charity to draw their more attention. But, there is a possibility that I have succeeded in my functions on account of foul play that people don't know. However, all-pervading God knows my karma in its total and aggregate form including its driving force and intentions. So, God spells out two more ingredients to guide His devotees towards a shining lustrous personality that nobody can point a finger at. The next two ingredients are:

Impeccable character that doesn't shake even with the greatest attractions of the world

Pro-active charity when the donor seeks out the needy (that is, I don't wait for somebody to approach me to seek my help but I go in search for pure and pious souls that are in need of something that I have)

Thus, to meet the benchmarks of Paramaatma, we need to inculcate within us:

Knowledge

Skills

Essential commodities

Love

Character, and

Charity

The layman knows that the moment I decide to meet high standards of morality and character, life takes a turn to unforeseen difficulties. I find one obstacle after another as if the boat is about to sink.

Even my spouse and children may take to hostility and curse me that I adopted some kind of pseudo-character centric path in life. All those who offered bouquets to me, will not even recognize me. But this is Paramaatma's way of testing me how much love I have for Him. I must remain steadfast on my mission – kalmaash-greeva, as if karma (kalmaash) is stamped on my neck (greeva). Come what may, I will not deviate from my moral code of conduct. And then comes a day when the impossible happens in a huge measure – virudhah (a rapidly growing climbing plant). The seed sprouts at an opportune moment; it becomes a plant; and that bears fruits at such a scale that I can't even count and hold.

Now Paramaatma's expectations are that I go around and search pure and pious souls (Shvitra – Shvi for white and pure, and tra for protection) whom I can serve self-lessly. It is one thing to donate to a seeker who stands at my door. But it is another thing that I search for the needy people far and wide and give them away all that I have as a cloud does. A cloud roams around every nook and corner of the earth and gives away its last drop of sweet water to quench the thirst of the little remote patch of earth. The layman wonders that if I give away my last belonging then what will I be left with at the end. This is a valid question and its answer is that he will now be in the lap of Paramaatma who is Brihaspati – not only that He is great, He is the lord of the greatest things. You give away all and then you get the infinite wealth. You become a member of God's exclusive club. Now you will be welcomed in His arms and your Sandhya will become successful. Now, you do not merely go ahead in life; you rise above all.

## The Donkey and the Dog

Collection. Once upon a time, there lived a Washerman in a village. He had kept a donkey and a dog to serve as his pets. The Dog used to guard his master's house and escort him wherever he went. The Donkey used to carry stack of clothes on his back to and fro the river. Both of them slept in the washerman's courtyard. Like this, they were leading their life under the kind shelter of the Washerman.

On one unfortunate night, when everyone was sleeping, a thief managed to get into the house. Even after seeing the thief, the Dog didn't bark. When the Donkey saw the thief entering the house, he asked the Dog, "Dear Friend, Didn't you see that a thief had entered the house? Why don't you bark to awake our master?"

The Dog answered, "Mind your own business. Don't talk to me about my duties; I know how to guard my master. I have been guarding this house for long, but master doesn't care for me. From the past few days, he doesn't even feed me properly. He doesn't know my worth. I won't wake him up. When this thief will steal valuables from his house then only he will recognize my importance".

The Donkey irritatingly said, "You fool! This is not the time to complain. This is the time for action. Be fast and do something to wake up the master". The Dog replied angrily, "No. As he doesn't care for me even I wont care for him". The Donkey shouted, "O wicked creature, you are full of ingratitude towards your master. You are ignoring your duty just when you're required most. Fine, I will do your duty and wake him up".

Hence, the Donkey brayed at the top of his voice which made the washerman to wake up. The thief quickly ran away from the scene. The Washerman looked around but could find anyone. He got furious at the Donkey who had disturbed his sleep. The Washerman thrashed the poor Donkey with a stick. The Donkey was left with pain for months.

Moral: It is always better to mind your own business.

## **Mother's Love**

Mother's Love

Her love is like

an island in life's ocean,

vast and wide

A peaceful, quiet shelter

From the wind, the rain, the tide.

'Tis bound on the north by Hope,

By Patience on the West,

By tender Counsel on the South

And on the East by Rest.

Above it like a beacon light

Shine Faith, and Truth, and Prayer;

And thro' the changing scenes of life

I find a haven there.

- By Unknown

## **Your Arms Were Always Open**

Your arms were always open

Your arms were always open

when I needed a hug

Your heart understand

when I needed a friend

Your gentle eyes were stern

when I needed a lesson

Your strength and love

guided me and gave me wings

to help me soar.

- By Anonymous

## **Secretary's Corner**

India's Gan Tantra Diwas 2010 was celebrated in Arya Samaj West Midlands on 31<sup>st</sup> January with great gusto, enthusiasm and pride. Chief Guest, CGI in Birmingham Mr C Gururaj Rao, Consulate Balaji and their staff members graced the occasion. They expressed extreme pleasure & satisfaction 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 took the initiative to bring

Indian Ladies Club and the Youth Wing of Hindu Council, Birmingham together to jointly celebrate India's National Parv. After Havan & then Flag-Hoisting, Acharya Ji explained the Vedic definition of Gan Tantra. Dance by our Divya Arya Children's Group on the tunes of 'Mera India'. Group song by members of Indian Ladies Club, 'Jahan daal daal par Sone ki chriya' by Mrs Surinder Sukersudha, poem by Mrs Nirmal Prinja & by Mrs Swarn Talwar, Gazal by Rani Grahm, Solo Classical by Jesica; each & every item was very relevant, informative, presented in a superb manner & was immensely enjoyed & genuinely appreciated by one & all. Mr Rao, Mrs Joshi and then President Arvind Sharma briefly shared their views with the audience. We are whole-heartedly grateful to our Volunteers who devotedly & immaculately performed their duties. Without their sense of responsibility, the function with 200 strong attendance would not have been so smoothly successful. May our youth be enlightened to thus take the society forward in real Vedic Gan-Tantrik way. Om Shanti

## **The Services of Arya Samaj West Midlands**

### **1) a Weekly Satsang every Sunday:-**

- Havan : 11am to 12 noon
- Discourse by Dr Umesh Yadav or a visiting dignitary
- 1pm Rishi Langar

### **2) Free Pranayam and Yoga classes: Every Tuesday,**

- 7pm

### **3) Social Group: Every Wednesday**

- Pranayam and Aasans
- group conversation: 12 noon to 1pm
- Lunch: 1pm
- Games etc. till 3 pm

### **4) Monthly Ved Prachar at Radio XL**

- 1<sup>st</sup> Sunday of every month 7am to 8am

**5) Priest service: *for all your Weddings and other Sanskars we have a highly qualified resident priest Dr Umesh Yadav. You can contact him on 0121 359 7727.***

**6) We have a highly qualified teacher, trained in India, giving lessons in Indian classical and group dancing every Sunday from 12 noon to 1pm in Arya Samaj premises.**

**7) Library :** Vedic, religious and other relevant books. Please take advantage of this extensive collection.

**8) Vedic Vivah (Matrimonial ) Service:** Our service is one of the best in U.K. We have more than seven hundred members and it is updated with new entries every month.

**Arya Samaj (Vedic Mission) West Midland Hall is available for hire at a very reasonable cost.**

**Our premises are licensed for the civil marriage ceremony**

## आर्य समाज के दस नियम

1. सब सत्यविद्या और जो पदार्थ विद्या से जाने जाते हैं, उन सबका आदिमूल परमेश्वर है
2. ईश्वर सच्चिदानंदस्वरूप, निराकार, सर्वशक्तिमान, न्यायकारी, दयालु, अजन्मा, अनंत, निर्विकार, अनादि, अनुपम, सर्वाधार, सर्वेश्वर, सर्वव्यापक, सर्वातर्यामी, अजर, अमर, अभय, नित्य, पवित्र और सृष्टिकर्ता है, उसी की उपासना करने योग्य है।
3. वेद सब सत्यविद्याओं का पुस्तक है। वेद का पढना – पढाना और सुनना – सुनाना सब आर्यों का परम धर्म है।
4. सत्य के ग्रहण करने और असत्य के छोड़ने में सर्वदा उद्यत रहना चाहिये।
5. सब काम धर्मानुसार, अर्थात् सत्य और असत्य को विचार करके करने चाहियें।
6. संसार का उपकार करना इस समाज का मुख्य उद्देश्य है, अर्थात् शारीरिक, आत्मिक और सामाजिक उन्नति करना।
7. सबसे प्रीतिपूर्वक, धर्मानुसार, यथायोग्य वर्तना चाहिये।
8. अविद्या का नाश और विद्या की वृद्धि करनी चाहिये।
9. प्रत्येक को अपनी ही उन्नति से संतुष्ट न रहना चाहिये, किंतु सब की उन्नति में अपनी उन्नति समझनी चाहिये।
10. सब मनुष्यों को सामाजिक, सर्वहितकारी, नियम पालने में परतंत्र रहना चाहिये और प्रत्येक हितकारी नियम पालने सब स्वतंत्र रहें

## **CONGRATULATIONS TO**

- Hiten and Shweta Poker for the birth of their baby daughter.
- Mr Raj Gore and Mrs Gurmeet Gore for the birthday of their son Shivraj.
- Mr Ankur and Mrs Bhumali Bugga for the Namkaran Sanskar (Naming ceremony) of their newborn son Ayan.
- Drs Jaspal and Vandana Singh for the Namkaran Sanskar of their son Angadray.

We wish Mrs Manorma Sasan quick recovery following her operation

## **CONDOLENCE TO**

- Dr B.B. Kapoor for the passing of his wife Mrs Nirmal Kapoor.
- Mrs Indu Sharma and family for the death of Mr Dharm Vir Sharma

## **YAJMANS IN SUNDAY CONGREGATION**

17.01.2010 Mrs Ved Datta

24.01.2010 Mr G. Chandra MBE

07.02.2010 Dr Murli Dhar and Mrs Rukmani Agarwal and family

14.02.2010 Mr. Harish and Mrs Gagan Malhotra and family

## **RISHI LANGAR DONATIONS**

Indian Ladies Club      £150      Dr Murli Dhar Agarwal      £80

17<sup>th</sup> February Rishi Langar was provided by Datta family

## **DONATIONS FOR PRIEST SERVICE**

Dr B.B. Kapoor      £31      Mr Raj Gore      £11

Mr Ankur Bagga      £11      Mr Rajan Sasan      £21

Dr Jash Pal Singh      £31



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

Mrs Kanta Soni	£21	Mrs Ved Dutta	£11
Mr V.N. Bhandari	£25	Mrs Kumud Joshi	£11
Mrs Swarn Talwar	£10	Dr S. Bali	£15
Mr V. Vadhva	£51	Dr Murli Dhar Agarwal	£51
Mrs Nirmal Prinja	£50	Mr G. Chanda	£100
Mr Prem Nanda	£21	Mrs R. Aggarwal	£21
Mrs Sudershan Aggarwal	£31	Mr Singh	£15
Mr Harish Mohan Jain	£51	Mr Khattar	£10
Mr Chaddha	£10	Anonymous	£11
Mrs Asha Verma	£5	Mr Sanehi	£10
Mrs Anil Vyas	£10	Mr Harish Malhotra	£101

## **DATES FOR YOUR DIARY**

- **Seminars by Youth Wing Hindu Council Birmingham--  
Last Sunday of every month 12 noon ,  
next 28<sup>th</sup> March**
- **Ved Pracahr on Radio XL [7am-8am]**
- **First Sunday of every month,7 am to 8 am  
Next Sunday7<sup>th</sup> March**
- **Mother's Day  
Sunday 14<sup>th</sup> March**
- **Arya Samaj Sthapana Diwas(10th April )  
Sunday11<sup>th</sup> April**
- **Charity Dinner  
Friday 21<sup>st</sup> May**
- **Gayatri Mahayajna  
Sunday 27<sup>th</sup> June**

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.