

## What is Arya Samaj?

Arya Samaj founded by Maharishi Dayanand Saraswati is an institution based on the teachings of Vedas for the welfare of universe.

It propagates the universal doctrines of humanity.

It is neither a religion nor a sect.

# ARYAN VOICE

YEAR 42

04/2020-21

MONTHLY

April 2020

**Dear Members and Friends**

**Due to the prevailing condition in the UK related to Corona Virus Pandemic we have to –**

- **Cancel Foundation Day of Arya Samaj event for 12th April 2020.**
- **Cancel Day Centre held every Wednesday.**
- **Cancel Yoga class held every Thursday.**

**There will be no SUNDAY CONGREGATION (SATSANG) until further notice.**

**Soon as conditions allow we will resume our normal activities.**

**321 Rookery Road, Handsworth, Birmingham, B21 9PR.  
Tel - 0121 359 7727**

**E-mail – enquiries@arya-samaj.org Website - www.arya-samaj.org**

**Charity registration number 1156785**

**facebook <https://www.facebook.com/aryasamajwestmidlands/>**

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**For General and Matrimonial Enquiries**

**Please Ring**

**Miss Raji (Rajashree) Chauhan (Office Manager)**

**Monday to Friday between: - 2.30pm to 6.30pm,**

**Wednesday: - 11.00am to 1.00pm.**

**Bank Holidays – Closed - Tel. 0121 359 7727**

**E-mail- enquiries@arya-samaj.org**

## **10 Principles of Arya Samaj**

- 1. God is the primary source of all true knowledge and all that is known by its means.(At the beginning of creation, nearly 2 Billion years ago, God gave the knowledge of 4 Vedas to four learned Rishis named Agni, Vayu, Aditya and Angira. Four Vedas called Rig Ved, Yajur Ved, Sam Ved and Atharva Ved contain all true knowledge, spiritual and scientific, known to the world.)**
- 2. God is existent, intelligent and blissful. He is formless, omnipotent, just, merciful, unborn, infinite, invariable (unchangeable), having no beginning, matchless (unparalleled), the support of all, the master of all, omnipresent, omniscient, ever young (imperishable), immortal, fearless, eternal, holy and creator of universe. To him alone worship is due.**
- 3. Vedas are the scripture of all true knowledge. It is paramount duty of all Aryan to read them, teach and recite them to others.**
- 4. All human beings should always be ready to accept the truth and give up untruth.**
- 5. All our actions should be according to the principles of Dharma i.e. after differentiating right from wrong.**
- 6. The primary aim of Arya Samaj is to do good to the human beings of whole world i.e. to its physical, spiritual and social welfare.**
- 7. All human beings ought to be treated with love, justice and according to their merits as dictated by Dharma.**
- 8. We should all promote knowledge (Vidya) and dispel ignorance (Avidya).**
- 9. One should not be content with one's own welfare alone but should look for one's welfare in the welfare of all others.**
- 10. In matters which affect the well being of all people an individual should subordinate any personal rights that are in conflict with the wishes of the majority. In matters that affect him/her alone he/she is free to exercise his/her human rights**

# Bring Resoluteness in your Life

By Mr Krishan Chopra

क्रत्वः समह दीनता प्रतीपं जगमा शुचे । मृळा सुक्षत्र मृळय ॥  
ऋग्वेद ७.८९.३

Kratvah samaha dintaa pratipam jagamaa shuche I  
mridaa sukshatra mridaya II

Rig Veda 7.89.3

## Meaning in Text Order

**Kratvah = through our resolution**

**Samaha = glorious**

**Dintaa = through weakness**

**Pratipam = subvert path**

**Jagamaa = followed**

**Shuche = feel sad**

**Mridaa = bless me**

**Sukshatra = all powerful**

**Maridaya = grace me with comfort.**

## **Meaning**

A weak minded person abandons the noble deeds and turns towards subversive path.

This causes a great deal of suffering. Therefore, a person should seek the shelter of Almighty Lord and try to be worthy to have His grace.

## **Contemplation**

In the battle of my life, I find myself infirm, feeble and unable to fulfill my resolves. As a consequence instead of following the right path, I subvert towards wrong path. Knowingly, I should not follow this path and turn against my duty. I do make virtuous resolutions in my mind that I will do days.noble deeds and I will abandon these bad habits and lead a truthful life.

But my resolution power is so weak that I am unable to fulfil my resolve. Many noble resolves take birth in my mind but due to fear of society I am unable to take them.

I know what is my duty? My conscious says that you are treading wrong path still I am following the wrong path. O Gracious Lord! Bestow upon me such radiance so that I am devoted to my duty with full faith and fearlessness. I wish, I could fulfil my resolves and be resolute but I am helpless. Now I have come to your refuge. Due to this weakness I am engaged in subversive activities and then my conscious denounces me therefore my mind is never at peace. This is the cause of my failure at every step. O Lord! Shower upon me Thy luster so that I can get rid of this anxiety. I am finding myself not worthwhile.

O Lord! Will those days ever come when I will be resolute in my resolves. My resolves will see the fulfillment. O my Refuge! Grant me that strength so that I may be able to see those joyful



## वेदों में विज्ञान-१०

आचार्य डॉ. उमेश यादव

### समुद्र में नानाविध औषधियाँ

जैसा कि वर्णन आता है कि पृथिवी में मित्र व वरुण दो शक्तियाँ काम करती हैं जो साकारात्मक (पोजिटिव) और नाकारात्मक (नेगेटिव) हैं जिससे पृथिवी की रक्षा में सहायक है। उर्वी-- रक्षमाना ----मित्रा साथेवरुणोडास्वन्त:- ऋग्वेद-५.६२.५ के अनुसार

हम ऐसा ही समझते हैं कि ये दो शक्तियाँ पृथिवी की सुरक्षा व सन्तुलन बनाये रखने में अत्यन्त उपयोगी हैं। इसी तरह पृथिवी की शिराओं की बात बृहत् संहिता-दकार्गलाध्याय १.४ में कहा गया है कि जैसे मनुष्य के शरीर में नाडियाँ हैं जिनमें रक्त-प्रवाह होता है, इसी तरह पृथिवी में ऊँची -नीची ऐन्द्री, आग्नेयी आदि आठ शिरायें हैं और मध्य में नवमी शिरा है जिसका नाम महाशिरा है और इन्हीं से सैकड़ों शिरायें निकली हैं। ये सब शिरायें ही भूमंडल की वृक्ष-वनस्पतियों को सींचने में सहायक है वैसे ही जैसे माली नालियों से बागिचा सींचता है, मनुष्य शरीर या अन्य प्राणियों के शरीर में भी नाडियों द्वारा रक्त प्रवाह होता है जिससे शरीर स्वस्थ व सक्रिय रहा करता है। प्रमाण- दकार्गलं येन जलोपलब्धिः पुंसां तथांगेषु शिरास्तथैव क्षितावपि प्रोन्नतनिम्नसंस्थाः। दिकपति संज्ञा च शिरा , नवमी मध्ये महाशिरा

नाम्नी । एताभ्योऽन्याः शतशो विनिः सृता नामभिः प्रथिताः ॥ इसी तरह पृथिवी का सम्बन्ध समुद्र से भी है जिसका सीधा सम्बन्ध प्राणियों के जीवन पर पड़ता है । यह तो हमने समझा ही कि पृथिवी, समुद्र आदि में गैस है जिसका उपयोग जन जीवन में विज्ञान की सहायता से लिया जाता है, ठीक उसी प्रकार समुद्र व पृथिवी में नानाविध औषधियाँ भी वेसुमार भरी पड़ी हैं । वैज्ञानिक इसकी खोज करते रहते हैं और उसका हित में जन-जीवन में होता रहता है । अभी हम सामुद्रिक औषधियों की बात करते हैं -

ऋग्वेद८.२०.२५- यत्सिन्धुं यदसिकन्यां यत् समुद्रेषु मरुतः सुबर्हिषः । यत्पर्वतेषु भेषजम् । यहाँ सिन्धु और असिकनी (चेनाब) नदी की बात कही , उनमें औषधियाँ हैं, वैसे ही समुद्रों व पर्वतों में भी औषधियाँ प्राप्त हैं । चिकित्सक इन्हीं सूत्रों का सहारा लेकर समुद्र, नदी, पर्वत आदि से खास-खास पदार्थ , जड़ी-बूटी प्राप्त करते हैं और उनके गुण-दोष का परीक्षण कर मानव व अन्य प्राणियों की रक्षार्थ अनेक प्रकार की औषधियाँ तैयार कर पाते हैं । अथर्ववेद २.३.५ का यह मंत्र समझें-

उपजीका उपभरन्ति समुद्रादधि भेषजम् ।  
तदासावस्य भेषजं तदु रोगमशीशमत् ॥

यहाँ सामुद्रिक मिट्टी से रक्त-प्रवाह की चिकित्सा की बात कही जा रही है । समुद्र से प्राप्त मिट्टी से उपजीका अर्थात् रक्त प्रवाह के लिये प्रयोग कर जीवन प्रदान किया जाता है । यह “आसावस्य भेषजम्” रक्तप्रवाह की औषधि होकर अनेक रोगों का निवारण करता है । जैसा कि कहा-रोगमशीशमत्- रोगनिवारक है ।

इसी तरह पृथिवी पृथिवी के गर्भ से एक मिट्टी निकलती है जो घाव भरने में काम आती है -- अरुसाणमिदं महत् पृथिव्या अद्युद्धृतम्- पृथिवी के अन्दर से निकली

मिट्टी के लेप से घाव भर जाता है। यह एक घाव का मानो मरहम है।

अथर्ववेद में तो सामुद्रिक शंख पर एक सुक्त ही है जिसमें समुद्र से निकले कई प्रकार के शंखों की बात कही गयी जिससे नाना प्रकार की दवाइयाँ बनायी जाती हैं अथवा बनायी जा सकती हैं।

समुद्राज्जातो मणिः - अथर्ववेद-४.१०.५, शंखो नो विश्वभेषजम्- ४.१०.३,  
देवानामस्थि कृशानं बभूव ।- ४.१०.७

समुद्र का उत्पन्न शंख मणि रूप है और ये मणियाँ-मोतियाँ भस्मरूप बनकर या सीधा आभूषण रूप में भी मानव हित में काम आती हैं। यह निश्चित रूप से विश्व की औषधि है। देवताओं की अस्थि/हड्डी है। ये सारे शंख औषधिरूप में दीर्घायु, तेज, बल, वृद्धि वर्धन के लिये उपयोगी हैं। ऋग्वेद १.१०४.३ में कहा गया कि सामुद्रिक फेन से वज्र बनता है। इन्द्र के वज्र को भी समुद्र के फेन से बना माना जाता है। इस फेन को किसी खास अवस्था में एक तापमान पर रखने से इसमें इतनी मजबूती आ जाती है कि इससे वज्र बनाया जा सकता है। “ भरते फेनमुदन्” ऋग्वेद और इसी तरह अथर्ववेद २०.२९.३ में भी कहा गया- अपां फेनेन नमुचेः शिर इन्द्रोदवर्तयः। सामुद्रिक फेन से बने वज्र से ही इन्द्र ने वृत् के शिर काटा था।

इन सब प्रमाणों से हम समझ सकते हैं कि वेद ज्ञान-विज्ञान के मौलिक संकेतों/सूत्रों से भरापड़ा है। वेद ज्ञान भी समुद्र जैसा ही अथाह ज्ञान का मानो समुद्र ही है। हमें ऐसे ज्ञानस्रोत वेदों के ज्ञान से लाभ लेना चाहिये जिससे हर पल सुखमय जीवन की सफलता सम्भव है।

## **Children's Corner** **Jataka Tales**

### **THE SANDY ROAD**

Once upon a time, there lived a merchant in a small village. The merchant dealt in different kinds of goods. He wanted to sell his goods in the town, in order to gain good sum of profits. One day, he decided to go to the town to try his fortune. He arranged for some men who could go along with him. During the journey, he had to pass through a desert, so he also arranged for water, rice and firewood.

According to the plan, he packed his goods in several carts and set out for the journey along with his mates. When they reached the desert, the sun was shining on the fine sand, making it severely hot. In the day time, no one could dare to walk on it. One could only think of travel through the desert during the night time when the moon made the sands cool. So, the merchant and his people waited for the night to start their further journey.

With the arrival of night, they started their journey. One of them had knowledge about the stars. They travelled for the whole night without taking any break. At daybreak, they stopped and camped. They released the oxen from the carts and fed them. They made fire, cooked the rice and ate the food to their fill. They spread a huge covering over the carts and the oxen. Subsequently, all the men laid down under it to rest till the sunset.

When the sun set in the early evening, they again built fire and cooked rice. After the meal, they folded the covering and tied the oxen to the carts. As soon as the sand became cool, they again started their journey across the desert. Night after night, they travelled in such manner and rested during the day time. On the last morning, the one who was guiding the group said "In one night

we will cross the desert". Everyone was happy to hear this, as all of them were tired.

After taking meal in the evening, the merchant said "Now, you people can throw the water and the firewood because tomorrow we will reach the town. Tie the oxen and start". The Guide took his position at first in the line of the carts, but instead of sitting and guiding the drivers, he laid down in the cart on cushions. Soon, he was in a deep slumber because he had not slept for many nights and in the daytime, the sun had been so strong that he had not slept properly.

The oxen went on, for the whole night. Near daybreak, the guide awoke and looked at the last stars fading in the light. He said to the drivers, "Stop! We are in the same place where we were yesterday. The oxen must have turned about while I slept". They released the oxen, but there was no water for them to drink, as they had thrown away the water the previous night. They spread out the covering over the carts and the oxen rested tired and thirsty. The men lay down too, saying "Without wood and water, we are lost".

Everyone was tired and sat down. The merchant thought, "This is no time for me to sleep. I have to find water. The oxen cannot start unless they get water to drink. The people need water otherwise they cannot cook rice. If I give up, we will lose. There must be water somewhere below". He walked down and down, keeping a close watch of the ground. Finally, he saw some grass and thought, "There must be water somewhere below otherwise that grass would not be there".

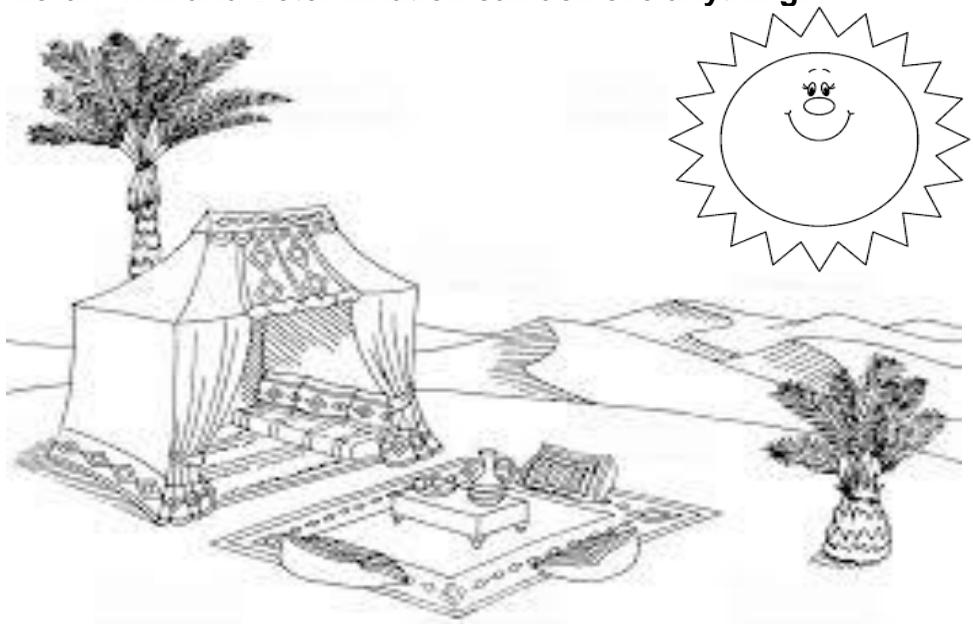
He ran back, shrieking to the people, "Get the spade and the hammer". All of them jumped up and ran with the merchant to the spot where he saw the grass. They started digging and after much toil, they struck a rock. After this, they could dig no further. The merchant jumped down into the hole they had dug and kept his ear to the rock. He called to them, "I can hear water running under this rock. We must not give up". Then the merchant came out of the

hole and said to the serving boy, “My boy, if you give up, we are lost. Please go down and try”.

The boy stood up raising the hammer high above his head and hit the rock with his full strength. He didn't give up, thinking the words of the merchant. Every time the hammer came down, he thought everyone must be saved. Ultimately the rock broke, the boy hardly got any time to come out of the hole and it was full of water. All the men drank water, as if they could never get enough. They watered the oxen and took bath.

After drinking and bathing, they split the extra wooden yokes and axles from their carts. They made a fire out of it and cooked their rice. They had their meal and rested through the day. They also placed a flag on the well, so that the passing travellers could see and have water. After the sunset, they started their journey and reached the town in the morning. They sold the goods making huge profits and happily returned back to their village.

**Moral: Will and Determination can achieve anything.**



## Matrimonial Service

Arya Samaj (Vedic Mission) West Midlands is dedicated to its matrimonial members to provide a service that will help members find a partner for marriage within our community. We feel it is time to make a few changes to help with this process and move forward with the times.

### **Changes we have made in 2018:**

#### **Website:-**

- A new data base on the website that will give members an option to add a **photo** if they wish and a space for members to write a **bio** about themselves and what they are looking for in a partner.
- Existing members would have received a letter with information about what we need from you to update your profile. Once you have received this letter please fill it out and send back to us soon as possible, so we can update our **NEW** data base and you can start using the new system.

#### **Matrimonial Service:-**

- Members will now be given the **option** to directly contact each other or have the **option** for parents to contact each other.
- All **new** members will be contacted by the office staff for phone conversation during the application process.
- We are also looking in to ways of making our Matrimonial events more successful.
- **Now on facebook -**  
<https://www.facebook.com/aryasamajwestmidlands/>

## News

### Refurbishment of Arya Seva Kendra (Old Woman Help Centre)

It gives us great pleasure to inform you all that refurbishment of the Arya Seva Kendra part of the building has started on 5th March 2020. It is supposed to be completed in about 12 weeks. It is going to cost about £36,000. The management of our Arya Samaj is hoping to rent it out in order to generate regular income in the future.

### Please note

**Car Parking for members on Sunday Congregation can safely park their cars on Rookery Road where there is SINGLE YELLOW LINE.**

### Free Yoga Lesson - **closed until futher notice**

**With Dr. Dheeraj Prakash Joshi Yogacharya  
Every Thursday - 7pm – 8.15pm  
ALL ARE WELCOME!**

### Congratulations:

- Mr Kapil Goel and family – Havan for Mundan Sanskar for his grandson Yuvan son of Dr Amit and Jessica Goel. Wishing him happiness and good health.
- Mrs Kamlesh Gupta and family – thank you for kind donation to Arya Samaj for Yuvan Mundan Sanskar. Wishing you all happiness and good health.
- Mr Alok Yadav and Dr Megha Yadav and family – Havan for Megha birthday celebration. Wishing her happiness and good health.

- Mr Vijay and Mrs Veena Kumar and family – Havan for their son Veer 6th birthday. Wishing him happiness and good health.
- Mr Pindu Johal and family – Havan on 21<sup>st</sup> February 2020 for happiness in family. Wishing you all happiness and good health.

### **Sponsors (Yajman):**

- Dr Anita Rastogi and Brother Dr Amit Rastogi and family – Havan on 3<sup>rd</sup> February 2020 for the death anniversary of their beloved mother Dr Renu Rastogi. We Pray to Almighty God for peace.

**Many congratulations to all the mentioned families who have had auspicious havan at their residences on different occasions Or Sunday Vedic Satsangs In Arya Samaj Bhavan.**

### **Donations:**

- |                                     |      |
|-------------------------------------|------|
| • Mr Kapil Goyal with Rishi Langar  | £316 |
| • Dr Anita Rastoi with Rishi Langar | £300 |
| • Mr Alok Yadav with Rishi Langar   | £225 |
| • Mrs Kamlesh Gupta                 | £101 |
| • Mr Vijay Kumar                    | £51  |

### **Donations to Arya Samaj West Midland through the Priest-Services:**

- |                  |     |
|------------------|-----|
| • Mr Pindu Johal | £51 |
|------------------|-----|

**Thank you for all your Donations!**

## Members who pay donations by standing order

Name	Amount	Payment
Dr Narendra & Mrs Shama Kumar	£81	Yearly
Anonymous	£100	Yearly
Mr Ved Prakash Rawal	£50	Yearly
Dr & Mrs Kiran Selvaratnam	£25	Monthly
Dr Narendra & Mrs Shama Kumar	£20	Monthly
Mrs Kanti Bajaj	£20	Monthly
Mrs Nirmal Prinja	£15	Monthly
Dr Saroj Adlakha	£15	Monthly
Dr Umesh Kathuria & Dr Subash Kathuria	£15	Monthly
Dr P.D. Gupta	£11	Monthly
Mr Swaraj Kumar & Mrs Vijay Luxmi	£11	Monthly
Mrs Sushma Grover	£10	Monthly
Dr Bijay Kumar Singh	£10	Monthly
Mr Medharthee Rathore Arya	£10	Monthly
Mr. Anand Vrat & Mrs. Renuka Chandan	£10	Monthly
Mr R Bali	£10	Monthly
Mr Joginder Pal Sethi	£10	Monthly
Mr Ram Sarup Kohli	£10	Monthly
Mr Krishan Chand Talwar	£10	Monthly
Mr Swaraj Kumar	£7	Monthly
Mr Amit Khanna	£5	Monthly

Thank you for all your Donations!

**Please contact Acharya Dr Umeh Yadav on  
0121 359 7727  
for more information on**

- **Member or non member wishing to be a Yajman in the Sunday congregation to celebrate an occasion or to remember a departed dear one.**
- **Have Havan, sankars, naming, munden, weddings and Ved Path etc performed at home.**
- **Our premises will be licensed for the civil marriage ceremony.**
- **Please join in the Social group at Arya Samaj West Midlands every Wednesday from 11am. Emphasis is on keeping healthy and fit with yoga and Pranayam. Hot vegetarian Lunch is provided at 1pm.**
- **PLEASE NOTE - THERE WILL BE NO RADIO XL VED PRACHAR TALK BY ACHARYA DR UMESH YADAV. THIS HAS BEEN POSTPONED UNTIL June 2020.**

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

*0121 359 7727*

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

## New Building Refurbishment Fund

Work carried out in the month of February 2020.

- New LED wall lighting in Maharishi Dayanand Saraswati Hall.
- New lighting in main entrance.
- General electric work around building for lighting, CCTV, plug sockets, intercom etc.

In month of March following people have donated...

<u>NAME</u>	<u>DONATION</u>
NEW DONATIONS:-	

**TOTAL SO FAR - £62,019.15**

**Thank you!**

**Haven't Donated Yet ????**

**Those of you who would like to donate money to  
"Arya Samaj (Vedic Mission) West Midlands"  
New building fund please do so now!!!**

**Your help is highly appreciated.**

**By cheque - Payable to 'Arya Samaj West Midlands' and  
send back to us at 321 Rookery Road, Handsworth,  
Birmingham, B21 9PR**

**or**

**Bank Transfer – The Co-operative Bank  
Name of account – Arya Samaj (Vedic Mission) West  
Midlands**

**Account number – 65839135**

**Sort Code – 08.92.99**

**Appeal for donation to**  
**Arya Samaj (Vedic Mission) West Midlands**  
**By Standing Order**

Dear Members

Sadar Namaste

I hope you are keeping well and in good spirits.

I wrote to you on 15th January 2018 about purchase and refurbishment of our new head quarter of Arya Samaj (Vedic Mission) West Midlands at Rookery Road, Handsworth, Birmingham, B21 9PR.

I am pleased to inform you that about £60,000 has been donated by generous members and friends of our Arya Samaj. About 90% of building works and refurbishments are complete now.

Now I would like to tell you about present financial facts of our Arya Samaj.

Every year we need about £35,000 funds in order to run our Arya Samaj on sound financial grounds.

According to our audited accounts, presented in AGM on 28th July 2019, we paid £22,584 in wages to our Minister of Religion (Acharya ji), a part time Manager and cleaners. £1816 was paid for Insurance cover, about £2100 for providing Rishi Langar on Sundays when there is no sponsor.

We pay annually £3000 on average for "Arya Voice", our Monthly bulletin. On top of all this Gas and Electric bills have to be paid every month. One of our main sources of Income, Matrimonial services, was down to only £8370 for year 2018-19.

Recently I visited Hare Rama Hare Krishna temple in Watford. I

saw three big boards in a hall with about 300 names on these boards. At the top it said "PATRONS OF BHAKTIVEDANTA MANOR". These were the names of Annual donors. Their donations are used in maintenance of the building, big outside grounds and running various activities of the temple.

**For any institution to survive and flourish REGULAR DONATION is essential.**

I know that we are not as big a charity as Hare Rama Hare Krishna are. But we can run our Arya Samaj temple on the same thinking. We will definitely honour regular donors by putting their names on our big board in Swami Shraddhanand Hall.

All we need help from generous donors like you to donate on a regular basis in future.

Donations can be made by signing a Standing order to your Bank to pay £5, £10, £15 a month in to the

**The Co-operative Bank  
Name of account of - Arya Samaj (Vedic Mission) West  
Midlands Account number- 65839135,  
Sort Code- 08.92.99.**

You can donate cash or by cheque if it suits you.

The money donated by you will help our present and future generations.

So please donate generously. No matter how small every donation will be highly appreciated.

Kind regards.

Yours sincerely

Dr. Narendra Kumar  
Chairman



## **ARYA SAMAJ BOOKS FOR SALE 2020**

You can purchase the following books from Arya Samaj (Vedic Mission) West Midlands, 321 Rookery Road, Handsworth, Birmingham, B21 9PR. 0121 359 7727.

Books can be posted to you, but there will be an extra charge for postage and packaging (P&P) depending on weight.

These books are about the performance of all Vedic Sanskars to teach the moral values of human being.

### **Practice of 16 Vedic Sacraments**

(In English Language by Dr Narendra Kumar)

**£5.00**

### **Vedic Sanskar Vidhi Book**

(In Hindi Language by Acharya Dr Umesh Yadav)

**£5.00**

### **A Brief Introduction of Arya Samaj**

(In English Language by Dr Narendra Kumar)

**Free**

## **Fee for services provided by Arya Samaj West Midlands**

- Ordinary membership fee is £20 for 12 months.
- Renewal for ordinary members of ASWM will get reminder letter for their membership fee of £20 each year.
- Matrimonial Service - £90 for 12 months
- Hire of our hall –
  - Maharshi Dayanand Hall - £500 for 4 hours & £100 hourly.
  - Swami Shraddhanand Hall - £400 for 4 hours & £50 hourly.

## **Donations to Arya Samaj for Priest Service.**

- Marriage Ceremony performed by our priest - £400.
- Havan performed at home by our priest –
  - Birmingham and Surrounding Areas - £51
  - 12 Miles Outside of Birmingham - £101
- Cremation & Shanti Havan performed by our priest –
  - Birmingham and Surrounding Areas - £150
  - 12 Miles Outside of Birmingham - £200
  - Shanti Havan at Arya Samaj after cremation - £100



## **Advice from Public Health England** **COVID-19 (Coronavirus)**

- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitiser that contains at least 60% alcohol if soap and water are not available. This is particularly important after taking public transport.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid handshakes and physical contact with people, especially if sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in a bin.
- If you feel unwell, stay at home.
- Clean and disinfect frequently touched objects and surfaces in the home and work environment.
- If you have the following symptoms – fever, cough shortness of breath and breathing difficulties. Call NHS helpline on 111.
- Help the elderly.