



## What is Arya Samaj?

Arya Samaj, founded by Maharshi Dayanand Saraswati, is an institution based on the Vedas for the welfare of universe. It propagates universal doctrines of humanity. It is neither a religion nor a sect.

# ARYAN VOICE

YEAR 35

11/2011-12

MONTHLY

MAY 2012

**Vedic Vivah Mela 2012**

**Saturday 16<sup>th</sup> June**

**(Please note the change of date)**

**Full details page 27**

**Gayatri Mahayajna**

**Sunday 24<sup>th</sup> June 2012**

### Venue

**ARYA SAMAJ (Vedic Mission) WEST MIDLANDS**

**(Charity Registraton No. 506019)**

**VEDIC CULTURAL AND SPIRITUAL CENTRE**

**ERSKINE STREET, NECHELLS, BIRMINGHAM B7 4SA**

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**Office Hours**

Monday to Friday :- 2pm to 6pm,

Except

Wednesday :- 9.30am to 1.30pm

**Tel. 0121 359 7727**

## Salvation is Attained by Gradual Steps Higher and Higher

इत एत उदारुहन्दिवः पृष्ठान्या रुहन्।

प्र भूर्जयो यथा पथोद्यामङ्गिरसो ययुः॥

**it et udaaruhan divah prishthanyaaruhan I**

**pra bhurjayo yathaa patho dyaamagrisho yayuh II**

**Saam Veda 92**

### Meaning in Text Order

it eta = just as, udaaruhan = ascending high, divah = planetary region, prishthaani= at different levels, aaruhn= mounted, bhurjayah = conquerors of earth, yathaa= pathah = on the paths, dyaam= middle regions, praa yuyuh = advance to heights.

### Meaning

Just as the conquerors of the world step forward to glorious paths so do these yogis cross different levels of achievement in the field of salvation to attain the blissful beatitude.

### Contemplation

In this mantra there is description of the journey of the yogis who are devoted to attain salvation. Although this journey is long, arduous and it needs a great deal of patience and it is achieved through step by step to attain the final goal of beatitude. In this journey the yogis raise themselves from earth (Prithvi Lok) towards middle region (Antriksh lok) and from middle region to the planetary region (Dyou lok).

As a matter of fact these regions are in our body. The lower part of our body from feet to the waist is the lower region (Earth). The part of our body from waist to neck is called the middle region and from neck to head is called the upper region.

The vital breath ( praan ) of an ordinary person remains in the lower part of the body therefore they are inclined to the physical enjoyment of lust. Those who are practicing Praanaayaam ( breathing exercise) their vital breath reaches to the higher parts of the body. It all depends on their practice.

The first two chakras are placed in the lower part of the body. These chakras are not visible by physical eyes. Through praanaayaam the yogi gradually takes his vital breath from lower region to middle region and from middle region to upper region. Then a Yogi concentrates its vital breath in the Sahasraar Chakra which is our mind, physically a part of the brain.

As the great conquerors advance further and further on earth to establish their kingdom, the same way a yogi established his spiritual kingdom in upper region.

At that stage a yogi enjoys the divine light. Then he becomes absolutely a spiritual person. The taste of this journey is not difficult provided the traveler's approach is resolute and practices continuously. The ordinary people keep themselves busy with the gratification of senses. Let us make an effort to have the taste of this journey of beatitude.

- Krishan Chopra

## Challenges for Arya Samaj

by

Dr. Harish Chandra,

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Arya Samaj is a worldwide movement, founded in 1875 by Maharshi Dayananda Sarasvati (1825-'83). Maharshi Dayananda was a multi-faceted personality yet best known as *Aadhunik Vedoddharak*, one who revived the Vedas in the modern times. Teachings of the Vedas had disappeared from India and the Vedic hymns were merely muttered by priests for worship rituals without caring to know their meanings. In this backdrop, Maharshi empowered us with the keys to the true and correct interpretation of the Vedas. He single-handedly demolished the narrow and sectarian meanings that originated within India and outside too in the last few millennia. We, the followers of Arya Samaj must bear in mind some essential features of this movement:

1. **Arya Samaj is not a Religion:** Today's world is obsessed with religions. It is expected from every individual to have a tag of religion besides name, date of birth, etc. If you don't have a religion then you are characterized as an atheist, or a person of 'no faith'. Religions are based on faith. Every religions consists of certain beliefs that are not convincing to another intelligent person. Hence, there is an element of faith. Arya Samaj is based on the teachings of the Vedas. Vedas tell us to use our head and heart both. The former should rely on logical and rational scrutiny and the latter should be filled with love and compassion towards all living beings. There is no faith-based belief subscribed by Arya Samaj. Maharshi has even argued that God can also be an object of direct cognition.

2. **Scientific Spirituality:** Today's world is divided between science and religion. Science is lame that it doesn't include spirit in its consideration and looks at matter alone. Religion is blind that it doesn't apply logic and rationality to its beliefs, and therefore, ends up with dogmas. Arya Samaj is an ideal fusion of science and religion; it recognizes both matter and spirit and examines them in a rational and logical manner. Indeed, in the Upanishadic metaphor, this is the only way that the blind and lame persons can save themselves from the forest fire. The lame should sit on the shoulders of the blind and guide the blind to walk towards safety. Vedas carry us towards scientific spirituality – a holistic lifestyle supported by comprehensive thinking.
3. **Towards the Vedic World Order:** This is the age of science. By now, people have seen that neither science nor religions can deliver and meet the aspirations of the people and make the world filled with peaceful co-existence. The humanity of its own is crawling towards positive ideas such as meditation, vegetarianism, rebirth, etc. Fed up with stressful life, excessive consumerism and consequent environmental degradation, people are seeking peace within through meditation and explore their inner spirit. They are turning to vegetarianism and learning to recognize the spirit within every animal and bird. Even the people in developed countries are exploring simpler lifestyle by picking up bicycles, desisting plastic bags, etc. If Arya Samaj could provide them with the **Vedic Road Map** then the humanity's journey towards a peaceful world could be greatly expedited.
4. **Upasana, the Direct Link:** How can Arya Samaj contribute in a meaningful manner in the modern times as it did in its Golden Era, its first century since its inception in 1875? Hitherto, the stalwarts of Arya Samaj contributed greatly through the Vedic knowledge that they inherited from Maharshi's books. Maharshi was a *Ṛṣi* and his knowledge was based on his subtle strength of Upasana, being in communion

with *Om Paramaatma* in deep *Samadhi* stages. We read the same books but are merely equipped with its superficial bookish knowledge. We are unable to decipher the deeper meanings of his writings because we haven't practiced *Upasana*, the way he wanted us to do *Sandhyo-Pasana* – a compound word made of *Sandhya* and *Upasana*. *Sandhya* itself means *Sam + Dhya = Well Performed Meditation*. *Upasana* means being with Him. *Sandhya* is basically a daily ritual when we ought to spend some moments with Him and obtain subtle strength and energy from *Om Paramaatma* direct.

**The Way Out:** Every Arya Samaj should conduct *Sandhya* as a meditative experience. The method is very simple. After reciting *Gayatri Mantra* towards the end, we should spend 4-5 minutes in deep solitude. The core and crux of *Sandhya* is to be thoroughly disconnected from the world, both external and internal within the mind – the latter task is more challenging. One must then become void of thoughts. It is the essential prerequisite to calm down the mind and disconnect from it so that one may connect to Him. This is the case when a child is in her mother's lap when both are simply lost into each other's eyes. Indeed, this is the final proof that you are an *Arya – Aryah Ishvara-Putrah* (vide Yask in Nirukta), i.e. an Arya is a child of God. If you are truly an Arya then She (the Cosmic Mother) will take you in Her lap in these moments of *Sandhya*. You shouldn't give up if your mind continues to bombard you with one thought after another. In case a thought wave enters in your domain then you should recite 'Om'. Being persistent is the key to success in *Upasana*.

**Summary & Conclusion:** The humankind is tired and exhausted from the ills created by science and religion. Arya Samaj is based on the Vedic teachings as interpreted by the Maharshi that bring an ideal fusion of science and religion. As it is, even without Arya Samaj being active in several parts of the world, the humanity is inching towards scientific spirituality as is demonstrated by the fact that

meditation, vegetarianism, etc. are gaining greater acceptance. This is the **Age of Science** and **Arya Samaj** can immensely contribute to the humanity's journey towards scientific spirituality by providing the **Vedic Road Map**. For it to contribute in its second phase, every member of Arya Samaj worldwide should elevate him-/her-self to a higher pedestal by functioning not merely from mind but through his/her soul, too. That would require everyone to strengthen and energize the soul by doing *Sandhya* properly as told to us by the Maharshi. The core of *Sandhya* is the moments after the ***Gayatri Mantra*** when I must be connected to Him and that has a prerequisite that I must be disconnected from my mind. If something is happening in my mind then I am not with Him and should recite Om to ward off worldly thoughts from the mind. Let us pledge as we enter into the 138<sup>th</sup> of Arya Samaj that we will truly become an Arya, a child of God by becoming worthy of being in His lap.

## वैदिक राज धर्म-भाग-14

आचार्य डॉ. उमेश यादव

अमात्ये दण्ड आयत्तो दण्डे वैनयिकी क्रिया। नृपतौ कोशराष्ट्रे च दूतं  
संधिविपर्ययो।।

दूत एव हि संधते भिनत्येव च संहतान्।दूतस्त कुरुते कर्म भिद्यन्ते येन वा  
न वा।।

बुद्ध्वा च सर्व तत्त्वेन परराज चिकीर्षितम्। तथा प्रयत्नमातिष्ठेद्य आत्मानं च  
पीडयेत्।। मनु.7.65,66,68

मनुस्मृति के इन श्लोकों में कुशल नीतियों का वर्णन है। दण्डाधिकारी मंत्री नियत हों पर दण्ड में विनयशीलता होनी चाहिये। न्याय व विनय युक्त दण्ड ही कल्याणदायी होता है पर क्रूरतापूर्ण दण्ड ईर्ष्या-द्वेष से युक्त होकर अन्याय व अत्याचार का दरवाजा खटखटाता है। अत एव दण्ड विधान में न्याय व दया का समावेश उचित है। परमात्मा भी न्यायशील व दयालु है तभी यथोचित व निष्पक्ष न्याय करता है। जिसे आप प्यार करते हो उसे अच्छे मार्ग पर आप लाना जरूर चाहेंगे। दयापूर्वक न्याय का सहारा लेकर उसे दण्ड का भय देकर गलत कार्य करने से अवश्य बचाना चाहेंगे ताकि वह भविष्य में दुःख से बचे। दयालुता व विनयशीलता दोनों सहकारी गुण हैं। कुशल दण्डाधिकारी इन दोनों गुणों की सुरक्षा करते हुये न्याय भी करते हैं। अगले श्लोक में दूत के लक्षण बताते हैं।

राजकोश के मालिक तो राजा ही हो इसलिये राष्ट्रकोश सर्वदा राजा के आधीन होने चाहियें। पर राजा या राजसभासद् का दूत विपर्ययशैली का हो। विपर्यय का अर्थ है कि समझदार दूत अच्छों के फूट में मेल पर शत्रुओं व दुष्टों के मेल में तोड़-फोड़ पैदा कर सके। यही भाव विपर्ययशैली का है। दूत गुप्त शैली का भी प्रयोग करता है। ऐसा होने पर दूत भी राष्ट्र की उचित रक्षा व सेवा कर अपना जीवन धन्य व सफल कर सकता है।

दूसरे-तीसरे श्लोक में कहा गया है कि दूत व राजा का तालमेल सदैव बना रहे। सभासद् भी अनुकूल दिशा में काम करें पर मुख्य भूमिका दूत की ही होती है कि वह सही खबर दे। दुश्मन राजा के गुप्त रहस्य को जानकर ऐसा उपाय बताना कि दुश्मन राजा कमजोर पड़ जाये और अपने राज्य में राजा, सभासद् वा दूत सबके बीच एकसूत्रता बन सके। आजकल के दूत भी जो राज्य में काम करते हैं वे निष्पक्ष व निडर नहीं रह पाते। वे भी वही बात सुझाने लग जाते हैं जो राजा व सभासद् पूर्वभाव से प्रभावित होकर काम करना चाहते हैं। इससे दूत का चाहे कम विगड़ता है पर राजा का अधिक विगाड़ सम्भव है, क्योंकि यह सिद्धान्त है कि सच का विनाश होता नहीं और झूठ का पैर टिकता नहीं। अतः दूत अपने गुण-कर्म-स्वभाव में सदा सत्य का ही बढ़ावा दे और अपनी मर्यादा निभावे तभी राष्ट्र की रक्षा सम्भव है। यहाँ यह कहना भी समीचीन होगा कि यह भी सम्भव है कि दुष्ट राजा या सभासद् के साथ एक सच्चा दूत आत्म रक्षा वा जीवन रक्षा तक को सच बोलकर खतरे में डाल सकता है। ऐसी स्थिति में सच्चा दूत दुष्ट राजा व सभासद् का कार्य छोड़कर अलग हो जाये तो ही अच्छा है पर अपनी सच्चाई-धर्म को न बेचे। जहाँ तक उसकी रोजी-रोटी का सवाल है, वहाँ, थोड़ा समसामयिक मुश्किलें अवश्य आयेंगी पर सत्प्रयत्न से अच्छे राजा व सभासद् उसे भी मिल सकते हैं। अत एव दूत सदा निर्भय होकर ही कार्य करे और अपने धर्म की सदा रक्षा करे।

*Vedic  
Vivah  
List*

*May 2012*

*For the Full list  
Please visit  
The Member Section  
of this Website*

### Dates For Your Diary

**Ved Prachar on Radio XL [7am-8am] First Sunday of every month=**  
3rd Jun, 1st Jul, 5<sup>th</sup> Aug, 2nd Sep, 7th Oct, 4<sup>th</sup> Nov, 2nd Dec.

**Arya Youth Group Meditation Sessions** in Arya Samaj Bhawan Every  
FRIDAY Evening 7pm-8.30pm

|   |                          |
|---|--------------------------|
| Vedic Vivah Mela                          | 16 <sup>th</sup> June    |
| Gayatri Mahayajna                         | 24 <sup>th</sup> June    |
| AGM + Open Forum for Public Suggestions   | 15 <sup>th</sup> July    |
| Independence Day of India                 | 18 <sup>th</sup> August  |
| Student Special                           | 2 <sup>nd</sup> Sep      |
| Deepavali (13 <sup>th</sup> Nov)          | 17 <sup>th</sup> Nov     |
| Swami Shraddhanand Balidaan Diwas (23Dec) | 23 <sup>th</sup> Dec     |
| First Satsang of the Year                 | 6 <sup>st</sup> Jan 2013 |

### For Directions and Detailed information:

visit [www.ary-samaj.org](http://www.ary-samaj.org)

or Call 0121 359 7727( **nearer the event.**)

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

## **THE MUSICAL DONKEY**

Here is one more interesting story from the Panchatantra collection. Once upon a time, there lived a washer man in a village. He possessed a thin donkey by the name of Udhata. The donkey used to work for the washer man and carry loads of clothes to the river bank by the day. The donkey was not satisfied with the food that was provided by the washer man. In the nights, he usually wandered in the fields nearby and ate the crops stealthily.

One night, he met a jackal and made friends with him. Both of them went out in search of food. They found a field full of cucumbers and had them to their full. They were happy to found a nice place for their food and decided that they would come daily to eat cucumbers. Now daily, they came to the field to have cucumbers. Soon, the donkey started looking healthy and fat.

Once, after a tasty meal of cucumbers, the donkey was extremely happy. He was so happy that he got an intense desire to sing a song. He told the jackal that he was overwhelmed and wanted to express his happiness in a melodious song. The jackal immediately replied, "Don't be a fool. If you sing, the guards sleeping in and around this field will wake up and beat us black and blue with sticks”.

The donkey insisted on singing. The jackal again warned him not to do any foolish act. The donkey said, “You are a dull fellow. Singing makes one happy and healthy. No matter what comes, I'll definitely sing a song." The jackal told him that his voice was not sweet. The donkey thought that jackal was jealous of him. The jackal once again warned him that if he would sing, the guards would come and reward him in the way, might be

that he would not like.

But the donkey could not stop himself from singing. Seeing the donkey singing, jackal said to the donkey, "Friend, wait a minute. First, let me jump over to the other side of the fence for my safety." The jackal decided to wait outside the garden. On hearing a donkey braying in the field, the guard woke up from his sleep. He picked up his stick lying by his side and rushed out to beat him. The donkey was braying happily, unknown about the danger.

The angry guard found the donkey and beat him so mercilessly that the donkey was physically incapacitated temporarily. Somehow, the donkey managed to drag himself out of the field to the waiting jackal. The jackal looked at the donkey and said in a sympathetic tone, "I am sorry to see you in this pathetic condition. I had already warned you, but you didn't listen to my advice." The donkey realized his mistake and felt sorry for not listening to the good advice of jackal.

**Moral: Think before you act.**

## Hugging.

Try to recollect when was the last time you hugged somebody or somebody hugged you. We as humans are clearly social animals, we need social contact, and that includes touch, there is scientific proof that supports this. The majority of us strive to be healthier and improve the quality of our lives. Some of us even go so far as to try every new supplement or exercise trend that we come across. However, it is worth bearing in mind that we can overlook or disregard the simplest things from which we may be able to benefit tremendously. Sometimes the simplest things can do us the most good. The humble hugging – a deceptively simple gesture which has the potential to deliver tremendous health benefits to both the giver and the receiver are being ignored. Hugging is the simplest but the most powerful things we can do to other people.

Social hugging, particularly when sharing grief or joy and reaching out and touching someone, and holding him tight is a way of saying you care. Its effects are immediate: for both, the hugger and the person being hugged and is an indication of support, comfort, and consolation, particularly where words are insufficient. Touch is an important component of attachment as it creates bonds between two individuals," hugging is simply a natural expression of showing that you love and care. "It loosens you up and breaks the bonds of body as well as of society. The more ritualistic ways of greeting people, handshakes and namastes, are designed to keep us apart rather than bring us together, hugging is a tool of transformation and has to be used with the same care and sensitivity.

Hugs are loaded with benefits. "Hugging is healthy: it helps our body's immune system, it keeps you healthier, it cures depression, it reduces stress, it induces sleep, it's invigorating, it's rejuvenating, it has no unpleasant side effects, and hugging is nothing less than a miracle drug."

A hug is usually a demonstration of affection and emotional warmth, sometimes arising out of joy or happiness at meeting someone or seeing someone that they have not seen in a long time. On arrivals at the airport terminal you want your friends and family out there to be waiting for you to welcome you with open arms and smiling faces, hugging and laughing together and happy to see you.

Hugging has been proven to have health benefits. One study has shown that hugs increase levels of oxytocin, and reduce blood pressure. Hugging is being used even as an aid in treating some physical illnesses, touch stimulates nerve endings, thereby helping in relieving pain . Any health problem makes the sufferer feel vulnerable, frightened, angry, frustrated and helpless.

For decades we have known that babies won't survive without physical holding and affection, there's nothing more comforting for them than the warm embrace of their family. Babies benefit from skin-to-skin contact with their mother with better physical development and positive bonding.

In addition to the clear health benefits, hugging also provides a window into the health of your relationship and offers an easy way to improve it. Hugging is an extremely positive form of communication. It expresses the values of love, approval, gratitude and forgiveness. But when we grow up, many adults stop hugging and the amount of physical nurturing we receive declines. We lose touch in our adult lives since our needs for physical affection might be confused with sexual attraction.

**Kewal Ahluwalia.**

## **The Benefits of Meditation**

### ***Relaxation And Stress Relief***

The benefits of meditation cannot be denied. People have been using meditation for stress relief and relaxation for many thousands of years, so there must be something in it right?

Meditation is a way for the individual to take control over their mind and thought processes.

It calms the mind and stops the mental noise we all experience every day in our heads, the constant chitter chatter to ourselves about this and that and the worry about the what if and shall I's etc.

By shutting all this background noise out we are able to completely mentally and physically relax.

The primary teaching of mediation is to live only in the now, in the moment and not to think about the future or the past and all the anxieties associated with those thoughts. By totally excepting who we are in that moment with no negative thoughts about ourselves we are able to experience a deep and satisfying level of relaxation which leaves no room for stress.

### ***The benefits of meditation***

There has long been a connection between stress and meditation in the fact that meditation has been proven to have many benefits in reducing stress and having very positive effects on the physical as well as the mental.

Studies have shown that medication can:

- Lower blood pressure
- Regulate breathing
- Regulate heart rates
- Calm brain activity

- Encourage muscle relaxation
- Of course one of the main benefits of meditation is its effect on the mind by promoting positive thinking and raising self esteem.

### *When to get the most benefits of meditation and how*

Although meditation can be carried out anytime you wish there are two times of day when it is most beneficial: First thing in the morning and just before bedtime.

Practicing twice a day for 20 minutes each time will enable you to get the most benefit and stress relief. The more you practice the easier it will become and the more you will gain and relax.

To get the benefits of meditation it is important that each session is carried out on a regular basis.

Kate Tilmouth

### *P.S.*

Our Vedic Missionary **Ved Ratna Dr Harish Chandra** (079833 53667) is running regular **meditation-based stress relieving workshops and seminars** at Arya samaj premises in Birmingham, Warwick, London, Liverpool, Leicester etc.



**ARYA SAMAJ WEST MIDLANDS IS HAPPY TO PRESENT...**

**VEDIC VIVAH MELA  
ON  
16<sup>th</sup> June 2012**

**AT  
188 INNKERMAN STREET,  
ERSKINE STREET,  
NECHELLS,  
BIRMINGHAM  
B7 4SA**

**PROGRAMME:**

- ***12pm-1pm: Arrival and Refreshments***
- ***1pm-2.30pm: Session 1  
(with additional comfort break)***
- ***2.30pm -3.00pm: Light Lunch***
- ***3.00pm-4.30pm: Session 2:  
(with additional comfort break)***
- ***4.30pm-6.00pm: Closing address  
and time to mingle.  
(Programme subject to change)***

**Tickets price £25 members ONLY**

# FROM US TO YOU

*Arya Samaj Sthapna Diwas & Vaiskahi* at ASWM was celebrated by 120 people with reverence, enthusiasm and jubilations. On April 10<sup>th</sup> 1875, the organisation called “Arya Samaj” was formally registered in Mumbai, India. As the name signifies, it is a Samaj(organisation) of Arya (people who are noble). Thus Arya Samaj is a Society of Noble people, who follow the Vedas (the Word of God handed down to mankind in the beginning) and try to behave in accordance with the teachings of the Vedas. The Sthapna Diwas celebrations started with the Flag hoisting by Esteemed Guest Mr Krishan Laroia, Mrs Ann Laroia and our Patron Mr Chandra M B E and Dhvaj geet by all. Opening dance by Divya Arya Children, Vandana Dance by Thanuja, Vanuja captured the audiences. Introduction of Arya Samaj by Sanjive Mahandru was aptly supported by the video clip of Mr Narendra Modi speaking at Shivratri, in Gujrat, about the works of Arya Samaj in reviving the pride of India, reforming the lives of women in specific and Indians/all humanity in general. Thanks to Ved Ratan Dr Harish Chndra ji for his persistence in downloading it. And Thanks to Mr Raaj Shamji for lending the projector for this purpose. Poem by Mrs Nirmal Prinja and song by Mrs S Singhal & Mrs Deepika Datta was of course, very relevant and liked by all.

Swami Dayanand ji, a social reformer & religious leader of the highest calibre, was ever ready to sacrifice his all, for the good of humanity. Like wise, Guru Gobind Singha ji was the Arya Putra of Modern times too, who stood against all that was morally and politically wrong. To instil the courage in his people he prepared the Khalsa brigade to protect their fellows from the atrocities committed by foreign tyrant rulers. Mrs Chanchal Jain gave a befitting tribute to Guru Gobind Singh ji

in her poem. Atmosphere of Vaisakhi was brought to full swing with the folk song by Razia Thattai. Audience joined in jubilantly with clapping in tune. Finale with the dance Nagara-Nagara- nagara Bajaa by Divya Arya Children was icing on the cake. Audience whole heartedly blessed Jasica, the dance teacher for her beautiful choreography.

Cultural programme finished with thanks from the President Mrs V Cale reminding everyone that since centuries Vaisakhi has been celebrated as the Thanks giving to God for the good produce in the fields everywhere in the world. Everyone needs food-grains- to survive. So wherever there is humanity there are peasants, farmers and so everywhere either as harvest festival or as thanks giving this festival is celebrated. Farmers reap the fruit of their hard work & enjoy. Other social, political or religious reasons like Arya Samaj Sthapna diwas, Gautam Buddha's Nirwana, introduction of Panj Pyare etc got added along the timeline. Hence in the true spirit of the day-she said-

Means let us pray together that each and everyone is self dependant and happy. No family should have to worry about food, cloth or roof over their head. And no parents should have to worry about the welfare of their children.

For the Arya Samaj to make an impact in the next century & beyond, let us take special care to imbibe the purity and depth of Maharishi Dayananda and Let us pray and work towards the welfare of all in the spirit of Arya Samaj Sthapna as well as of Vaisakhi.

Om Shanti

Om Shanti

## **CONGRATULATIONS**

### **On their wedding to**

- Vicky(daughter of Mr Asok Kumar and Mrs Sangeeta Garg) and Deepak (son of Mr Hukumat Rai and Mrs Surinder Aggarwal) **fThey have conveyed their thanks to our Vedic Vivah (Matrimonial Service) for introducing them.**
- Meena and Vinay Limba .Meena is the daughter of Mr and Mrs Deshraj Gore and sister of Miss Rekha Gore

## **CONGRATULATIONS TO**

- ❖ Sanjuga (Deepika )Datta on her 60<sup>th</sup> Birthday. Also to husband Rajiv, sons Luv, Kush and the daughter Shiekha
- ❖ Renuka and Chandan family on the first birthday of their grandson Louise Vrat Chandan. May God bless him with happy, healthy,long life.
- ❖ Grandparents Mrs & Mr S P Vohra and parents Reena Ram, Gian Ram on the birthday of dear Aryan. May God shower all His blessings on dear Aryan

## **BEST WISHES TO (for performing havan at their residence for general well being)**

- ✓ Mr Amit and Mrs Mini Bagga.
- ✓ Mr Rajah / Mrs Vijaya Lakshmi & their daughter Shivapriya

## **Sympathy to**

- Wife Mrs Sarla Ben, Sister Hem Lata Pokar and Brother in law Mr Ramnik Pokar. **On the first anniversary of Mr Rajani Kant**
- Mrs Krishna Gupta on the anniversary of her son Sanjiv.

## **Our Heartfelt condolence to**

- Mrs Bijender Thaper for the loss of Dr Baldev Sahai Thaper, also to the sons Dr Ajay, Mr Ashish and Mr Nikhil Thaper and the daughter Leena.

- Mrs Neena Sharma for the loss of her husband Mr Naresh Sharma and to the daughters Minakshi, Namita and Sobhana.
- Dr Dev Kumar (Roshan) and Ameeta Bhoojiawan on the passing away of her father Mr Jagdish Girdhar in Mauritius

### **YAJMANS IN SUNDAY CONGREGATION**

25.03.2012 Mrs Krishna Gupta

08.04.2012 Dr Chetan Verma

### **RISHI LANGAR DONATION**

|                   |      |                            |      |
|-------------------|------|----------------------------|------|
| Mr S.P. Gupta     | £10  | Mr Chetan Verma            | £210 |
| Mrs Krishna Gupta | £100 | Late Mr Sanjiv Kumar Gupta | £100 |

### **THANKS TO**

- Mr R S Kohli for bringing Two Rose water Sprayers & 96 Patkas from India and donating to ASWM. Heartiest thanks specially as he left his own 6 Kg stuff and brought the items for ASWM.
- Dr Shail Agarwal of Edgbaston for donating **£20 for ghee**, keeping up with her new year resolution of providing ghee to ASWM at frequent intervals.
- Indian Ladies Club for donating £180 on 29th January at Republic day event of ASWM.
- Mrs Surinder Aggarwal for regular donation of provisions, i.e .rice, atta etc.for the Wednesday Friends' Group..

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

|                       |     |                    |      |
|-----------------------|-----|--------------------|------|
| Mr Louis Vrat Chandan | £21 | Mrs Nirmal Prinja  | £20  |
| Mr Y.P. Handa         | £10 | Mr Krishan Laroija | £101 |
| Dr Krishan Soni       | £21 | Mr Prem Nanda      | £21  |
| Mr R.S. Kohli         | £20 | Mr Rajiv Datta     | £21  |
| Mr P Chander Sachdev  | £25 | Dr Pamela Jauhar   | £100 |
| Dr Chetaan Verma      | £51 | Anonymous          | £21  |
| Dr P.D. Gupta         | £61 | Mr Pawan Bansal    | £20  |
| Mrs Asha Verma        | £5  | Mr Sanjay Jain     | £21  |

|                   |      |                    |       |
|-------------------|------|--------------------|-------|
| Mrs Nimmi Joshi   | £20  | Mrs Jesica Emanuel | £9.50 |
|                   |      | Charity stall sale |       |
| Mrs Krishna Gupta | £125 | Late Sanjeev Kumar | £125  |
|                   |      | Gupta              |       |

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

|                                    |      |                         |      |
|------------------------------------|------|-------------------------|------|
| Dr Ajay Thaper                     | £100 | Mrs Neena Sharma        | £100 |
| Miss Rekha Gore                    | £250 | Mr Amit/&Mrs Mini Bagga | £51  |
| Mr Rajah and Mrs<br>Vijaya Lakshmi | £21  | Mrs Hem Lata Pokar      | £50  |

### **DONATIONS through Vedic Sessions**

|             |     |           |     |
|-------------|-----|-----------|-----|
| Birminnghan | £71 | Warwick   | £12 |
| London      | £10 | Liverpool | £82 |

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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