



## 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

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## Indian Republic Day Celebrations At Arya Samaj Bhavan Sunday 29<sup>th</sup> January 2017 11am to 1.30pm

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## **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 Rigved, Yajurved, Samved 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.**

## Enjoy Wealth after Clearing Debt.

यदन्नमद्वयन्तेन देवा दास्यन्नदास्यन्नत संगृणामि ।

वैश्वानरस्य महतो महिम्ना शिवं महयं मधुमदस्त्वन्नम् ॥ अथर्ववेद ६.७१.३

Yadannamadmyanrten deva dasyannadasyannuta sangrnami ।  
saisvanarasya mahato mahimna sivai mahyam madhumadastvannam  
॥

Atharva Veda 6.71.3

### Meaning in Text Order

Yat = that

Annam = food

Admi = I enjoy

Anriten = by false pretence

Devah = learned men

Dasyan = wishing to return back

Adasyan = not willing to return back

Samgamami = make false promises

Vaisvansrasya = the Lord who is benefactor of all

Mahatah = great

Mahima = through glory

Sivam = propitious

Mahyam = for me

Madshumat = sweet

Aastu = be

Annam = that food.

### Meaning

O wise men! When I eat food which belongs to others and when I make false promises and do not return to them, this food for me is neither sweet

nor auspicious. God bless me so that I may pay back to my lenders and enjoy my own earned food that will be sweet and auspicious for me.

## **Contemplation**

The business of lending and borrowing is very ancient. In olden days it was based on verbal promise. With a sophisticated society, it is mainly done through modern day banking. As scientific invention brings the world closer together, now nations also lend and borrow from each other.

Some people borrow out of necessity and always keep in mind that this amount has to be paid back to the lender. There are others who make merry with that money and when demanded back by the borrower they make false promises. The mantra says their enjoyment of that wealth is neither sweet nor auspicious... This way they take the shelter of false promises.

If we think of those who lend us without the greed of interest and if we do not return their money, it is being unfaithful towards them. O learned men! When on one side I see your life, you live for the sake of others, but on the other side I am ungrateful to those who help me and I deceive them. Then I feel ashamed of my behaviour. I make a pledge that in future I will not borrow but if I need to borrow, I will pay it back with honesty.

The Sun is vashvaanra in the physical world. The Sun borrows water from earth in the form of evaporation but it returns a hundred times more in the form of rain. In spiritual world, God is vaishvanar, the benefactor of all, the devotees dedicate to Him in the form of yajna means through knowledge and action. He returns to us in the form of what we have not and protects what we have.. I follow His example in my life Now I apologise for my behaviour in the past and am obliged to the lenders to return their money. Now, definitely, I will enjoy my food and this food will be sweet and beneficial to me.

**By Mr Krishan Chopra**

## Food Drive

**Dear Members,**

**Re:** Roshni Joshi and the '**Food Drive**' project undertaken by her on behalf of Arya Samaj (Vedic Mission) West Midlands.

I am pleased to inform you that the above mentioned project has now been completed and that the four large boxes of food, over 200 Kgs. donated by you all have now been delivered to '**Food Banks**' in Nechells/Aston for distribution to homeless/needful people in the area.

Roshni identified, planned and organised this project bearing in mind three of our principles i.e.

- 1) To do good for all**
- 2) To love and be fair to all**
- 3) To strive to uplift all.**

This project has clearly demonstrated these three principles being applied. We are happy to see that young people like Roshni are putting into practice what they learn through our Vedic teachings.

We, members of the Board of Trustees at Arya Samaj (Vedic Mission) West Midlands, highly commend her for her efforts and hard work on behalf of our organisation.

I would like to thank you all for your generous food donations and for your support in this project.

**Yours sincerely,**

**Brij Bala Duggal - General Secretary, Board of Trustees ASWM**

## SACRAMENT (SANSKAR 4)

### PUNSWAN SACRAMENT

Punswan Sacrament is the second sacrament.

This Sacrament is performed in 2nd or 3rd month of the pregnancy.

This Sacrament is important in three aspects.

- 1. The pregnancy should continue without any hinderance.**
- 2. The foetus (baby) should be safe in mother's womb.**
- 3. The husband should stay away from meeting his wife like a bachelor.**

Once a couple know that wife is expecting both should behave in a loving and friendly manner and stay away from sex. This will help the safety, health and complete development of the baby in mother's womb.

Swami Dayanand recommended that the husband should stay a celibate (bachelor) from the time it is known that his wife is pregnant till two months after the child is born. It is better for the health of husband and wife if they can stay a celibate till they are planning the next child. It is up to the couple how they would like to live their life. The semen of the husband will be rich in sperm count if he stays celibate for long time. This will help husband and wife to stay healthy as well.

The pregnant mother is also guided to eat healthy and nutritious food and how to live a healthy life style for example day to day behaviour, sleeping hours, speech, reading, thinking, prayer and meditation to Almighty God. She is supposed to follow these things till she gives birth to the child and there after as well so that the child develops in to a healthy, well cultured and talented individual.

Now let us try to understand the ceremony of Punswan Sacrament.

1. Havan Yajna (Agni Homa) - According to the Punswan Sacrament While performing Havan Yajna, in the middle of the ceremony, the husband should touch the left side front of chest of his wife where her heart resides. Husband should recite the Mantras, in a quite place, as following. **ओ३म् आ ते गर्भो योनिमेतु पुमान् बाण इवेषुधिम् । मन्येऽहं मां तद्विद्वांसं माहं पौत्रमघं नियाम् ॥**

The quite place offers the environment in which husband and wife can express their mutual love and trust in each other. The husband says, with the help of the Mantras, to his wife that he will protect her and the child with all his love and confidence and ability. He says to his wife that our child will grow to the full term of nine months and only then take birth in form of a healthy and well developed child. By reciting Mantras husband and wife take vows to live with self control, love, co-operation and serve to each other.

2. Inhalation of powder of Banyan tree and Giloy leaves (Tinospora Cordifolia) – One should make a powder of delicate and tender leaves of Banyan tree and Giloy plant. The expecting mother should inhale this powder through her right side nostril. The Banyan tree leaves have lot of medicinal values for example it helps to resolve the clinical problems associated with a pregnant uterus, Diabetes, Eczema, Gum problems and pyorrhoea of teeth, bad breath and oral ulcers, Leucorrhoea, pimples and acne, bruises, Haemorrhoids, swelling, Lumbago and Rheumatism. Giloy is anti- inflammatory, anti Diabetic, antipyretic (Fever), anti arthritic, Diuretic and Detoxifying in nature. Gigolo also helps with digestion of food.
3. Husband recites Mantras while keeping his hand on the abdomen of his wife. By doing this act the husband accepts that pregnancy is a very unique, priceless condition and it is his duty to protect his pregnant wife. Their child is going to be bright like Sun and Moon. He prays to the Almighty God to protect his pregnant wife and the child in every situation. The prayers to God will only work when both husband and wife also work hard towards the protection of pregnant wife and child.

4. In Charak and Sushrut Ayurvedic books there are some herbal drugs described as useful during pregnancy. Maharishi Dayanand Saraswati has advised these herbs on the basis of these books. But we strongly advise to expecting mothers to use these herbal medicines only on advice of a trained Ayurvedic Doctor (Vaidya). The present Allopathic system of Pre Natal and Ante Natal check up of pregnant mothers is a very good system. This system checks the well being of the mother and child on a regular basis and must be followed.
5. To say good bye to the guests invited for this Sacrament – This is a very important part of this Sacrament. One gets respect by offering respect to others. This type of congregation also teaches to all members of society how to behave with each other, mutual affection, service and cooperation and help to each other.
6. To eat nutritious and balanced diet and live a healthy life style -This has been mentioned earlier. To eat a balanced diet on time and to live a healthy life style is very important for a pregnant woman. Maharishi Dayanand Saraswati has recommended that a pregnant mother should drink milk mixed with Giloy powder, dry ginger powder and Brahmi (Bacopa Monnieri). Brahmi promotes comfort and reduces stress and protects against toxic compounds. The pregnant mother should avoid too much sleep, too loud speaking, not to speak untrue and to avoid eating too sour, spicy and hot food. She should eat small amounts of food at a time so that she can digest it properly. She should try to avoid being angry, jealous and greedy. She should try to stay happy as much as possible.

These are instructions given to the expecting mother by Maharishi Dayanand Saraswati in Punswan Sacrament. In order to get a well cultured, well mannered and a healthy child it is very important to follow the advice given in Punswan Sacrament.

**Written by Acharya ji Dr Umesh Yadav in Hindi and  
Translated by Dr Narendra Kumar in English**

## अध्यात्म के शिखर पर-भाग-५

आचार्य डॉ. उमेश यादव

सब के लिये उचित है कि सबके जीवन में ईश्वर को यथार्थ जानने का यथार्थ प्रयास हो। यह वैदिक और निश्चित मत है कि ईश्वर सर्वव्यापक होने से ही सर्वनियन्ता, सर्वज्ञ, सर्वान्तर्यामी, सबको बनानेवाला स्रष्टा, धर्त्ता और यथासमय प्रलयकर्त्ता भी है। एकदेशी होने पर उसमें उपरोक्त गुण, कर्म व स्वभाव सम्भव नहीं हो सकता। ऐसा वुद्धिमान्‌होकर विद्वता व निष्ठा से उसे जाने और ईश्वर जो सर्व रक्षक व सबका पिता है, उसमें विश्वास रखें और तदनुसार जगत्‌में व्यवहार करें तभी मानव मात्र का आध्यात्मिक पथ निरन्तर विकसित होता रहेगा।

परमात्मा के यहाँ दो विशेष गुणों का विश्लेषण किया जा रहा है। परमात्मा न्यायकारी तथा दयालु साथ-साथ है। मन में शंका होती है कि अगर वह न्यायकारी है तो दया कैसे कर सकता है। फल तो देना उसका धर्म है। यहाँ समझने की बात है कि दया और न्याय धर्म दोनों एक साथ परमात्मा कैसे निभाता है ?

जरा विचारें- - दया से परमात्मा ज्ञान देकर सबको दुःखों से बचाता है। यही बात न्याय में भी है। परमेश्वर पिता न्याय कर दारुण से दारुण दुःख भी देता है ताकि भविष्य में किसी भी प्रकार का दुःखजन्य कर्म करने का साहस कोई न करें।

परमात्मा यह जानता है कि किस कर्म का फल दुःख और किसका फल सुख है और यह भी जानता है कि मनुष्य दुःख से भयभीत और सुख से प्रसन्न होता है। अतः पापी को दण्ड देकर अन्य मानवों को यह ज्ञान कराना कि अगर उस पापी की तरह कोई भी अन्य गलत करेगा तो वह भी उसी तरह दारुण दुःख का भागी होगा। यही

दया करना है । कर्म-फल माँफ़ करना दया नहीं है; आने वाले दारुण दुःखों से किसी को बचाना दया है ।

अगर किसी को दण्ड न दिया जाये, तब दुःख/ पाप और बढ़ेगा, पापी डरेंगे नहीं और कुकर्म करने से बाज नहीं आयेंगे ; फिर न्यायधर्म भी भंग होगा और साथ ही साथ दया धर्म भी । न्याय का अर्थ भी मनुष्य को दुःखमय स्थिति से हटाकर सुखमय स्थिति में डालना है और दया का मतलब भी मानव मात्र को मोक्ष-सुख की ओर मोड़ना ही है । इस प्रकार न्याय व्यवस्था से डर आदि प्रक्रिया द्वारा मनुष्य को सुख मार्ग पर चलना सीखाना है । यह न्याय स्वतः दया धर्म में परिणत हो जाता है । साधारण दण्ड से सीखकर मनुष्य आने वाला भयंकर दण्ड के खतरे से से बच सकता है क्योंकि मनुष्य में तब चेतना आ जाती है ; बस यही प्रभु की दया है ।

स्पष्ट है कि न्याय और दया में विशेष अन्तर नहीं है । महर्षि दयानन्द सरस्वती ने भी ऐसा ही चिन्तन किया -स.प्र-९वाँ समु. । गम्भीरतापूर्वक चिन्तन करने से बात समझ में आ जाती है । महर्षि दयानन्द द्वारा प्रस्तुत इस उदाहरण से हम स्पष्ट समझ सकते हैं-

डाकू को कारागार में रखने पर उसे अन्य पापों से बचाया जा रहा है वरणा वह विना डर बाहर रहकर अन्य पाप करने में भी नहीं डरेगा और पाप पर पाप करता रहेगा । इसी तरह भयंकर डाकू को मार देने से अन्य सहस्रों लोगों को उसके आतंक से बचाया जा सकता है । यहाँ न्याय और दया दोनों सार्थक हो रहे हैं । एक शब्द के अनेक अर्थ होते हैं । इसी तरह परमेश्वर में भी न्याय और दया दोनों धर्म एकरूपता को धारण किये हुये हैं, परमात्मा इसी तरीके से मानव मात्र को मोक्ष दिलाता है, पर हमें सदा ईश्वर के प्रति निष्ठावान होकर उसकी उपासना करनी चाहिये और जगत् में सदैव सद्व्यवहारों के प्रति कटिबद्ध होना चाहिये ।

## **DIWALI CELEBRATIONS**

### **2016**

We celebrated Diwali at Arya Samaj West Midlands Bhavan on Saturday 29th October 2016 with a complimentary evening of entertainment along with a three course dinner and Diwali speeches.

The main hall and reception area were beautifully decorated with lights and lamps by Mr D Rana. Members of the Board of Trustees greeted guests as they arrived with traditional Indian sweets.

A special Havan was performed on stage; the lighting of oil lamps was followed by an opening address by our Chairman, Dr. Narendra Kumar and our Priest, Acharya Umesh Yadav Ji who gave an historical insight into the festival lights and the meaning of Diwali.

As Compere for the evening's events I gave a brief speech on the importance of this Festival and how it is celebrated by different religious groups. As Arya Samajis, we celebrate the life of Maha Rishi Swami Daya Nand Saraswati who was the founder of Arya Samaj. In our celebrations we also acknowledged and remembered him as 30th October is also sadly when his life ended. We celebrated his achievements, his dedication to his country and to his people. It is due to his efforts that Arya Samaj exists and spreads the eternal and universal philosophy of life as contained in the Vedas. The Vedas equip us not only to face life, but to tap into our inner, infinite potential to become dynamic men and women of Integrity, focussing on positive thinking and ultimately living life as a good human being.

The first performer for the evening's entertainment Mrs. Janani Krishan Kumar sang two devotional songs followed by a classical dance by Anaya Vasudha Bolar from the internationally acclaimed Chitraleka Dance Company. Sketu Yadav sang a selection of contemporary songs and then we offered guests the opportunity to take the microphone. The evening ended with members of the congregation dancing to a range of old and modern music, we certainly have some good movers amongst us.

We raised £365 from raffle tickets and the prizes included: A wrist watch, pair of silver anklets, a large mirror and matching letter holder and a hair curler.

The whole evening was enjoyed by the audience. Everyone delegated tasks for the evening, worked very hard and team work was indeed commendable.

On the evening 150 guests attended and the total raised through donations and raffle tickets amounted to £1378.

The members of the Board of Trustees would like to express their sincere thanks and appreciation to all those who generously donated and those who volunteered working behind the scenes to make this evening a success. I would personally like to thank everyone for contributing, participating, attending and volunteering to help run the event.

**Wishing you all a Prosperous, Happy and Healthy New Year!!**

**Mrs. B. B. Duggal**

**General Secretary  
Arya Samaj (Vedic Mission) West Midlands.**

## **10 FOLD RIGHT CONDUCT OF LIFE**

According to the teachings of Vedas there are four stages in a human life.

- 1. Brahmacharya from birth to 25 years**
- 2. Grihasth from age of 26 years to 50 years**
- 3. Vanprashtha from age of 51 years to 75 years**
- 4. Sannyas from age of 76 years and onwards.**

**The following 10 Right Conduct of Life has been written in 5<sup>th</sup> Samullas (Chapter) of Satyarth Prakash (Light of Truth) by Maharishi Dayanand Saraswati, the founder of Arya Samaj.**

It is great duty of all Brahmachari (a person living celibate dedicated to learning of Vedas, books written by trusted and respected sages, scientific knowledge and formal education), Grihasthis (married couples and children), Vanprasthis (stage of abandoning worldly things) and Nyasa (Renunciation and abandonment of worldly ties and worldly considerations) to follow religiously the right conduct of life which has 10 chief characteristics.

1. The cultivation (the process of acquiring or developing a quality or skill) of firmness of Mind and contentment and patience.
2. The cultivation of the spirit of forgiveness under all circumstances- whether one be censored or praised, honoured or dishonoured etc.
3. Devotion of Mind to the Dharam (righteousness, truthfulness, integrity, justice) and abstinence from sin and vice i.e. refraining from the entertainment of sinful thoughts even for a moment.
4. Honesty- Acquisition (taking) of a thing without permission of

it's owner or through fraud, hypocrisy or breach of faith or by teaching falsely or in any other way that is condemned by the Vedas is called dishonesty. The reverse of it is called honesty.

5. Purity and Cleanliness- Physical (bodily) and Mental. Mental purity consists in freedom from excessive or unrestrained in feeling or behaviour of love or hatred, from prejudice or injustice etc. Bodily cleanliness consists in keeping the body clean with water, earth etc.
6. Direction of the Senses (faculties of sight, smell, hearing, taste and touch) in the path of rectitude (morally correct behaviour) and freedom from sin.
7. Development of one's intellect by abstaining from intoxicants and other articles that are prejudicial (detrimental) to its growth from the company of wicked and lazy persons and negligence etc. and by using things possessing healthy properties, associating with men of noble characters and by practice of Yoga.
8. The acquisition of Correct knowledge of all things from earth to God and its correct application -In other words to know a thing as it is, to speak of it as it is in the Mind, and to act upon what is spoken constitutes correct knowledge: the reverse of it is ignorance.
9. Truthfulness in the harmony of thought, word and deed.
10. Freedom from Wrath (extreme anger) and other evil habits and cultivation of calmness of Mind and other good qualities.

Let us all follow the above ten fold Right Conduct of Life justly and impartially and promote the good i.e. Physical, social, mental and spiritual of the whole world.

## **Food Collection**

**By Roshni Joshi**

On behalf of Arya Samaj West Midlands, I want to convey sincerest gratitude to all the people who have donated. **Thank you!**

A partnership was built with Aston & Nechells Food Bank. Food was collected at Arya Samaj West Midlands, Tesco on Aston Lane and Sainsbury's on Mere Lane. The food collected was delivered to the Food bank on Tuesday, 8th November 2016. The food will be distributed to needy people namely children, pensioners and poor human beings.

**This project was done in accordance with Arya Samaj Principles:**

- 6) Primary Aim of Arya Samaj is to do good to human beings, in terms of physical, spiritual and social welfare.**
- 7) All human beings ought to be treated with love, justice and merit.**
- 9) One should not be content with one's own welfare alone but should look for one's welfare in welfare of all others.**

**Mahatma Gandhi Ji wrote “There are people in the world so hungry that God cannot appear them except in the form of Bread”**

The Importance of the act of donation is well documented in all religious books, including Vedas.

All human beings who have earned his/her wealth by honest means should donate his/her wealth with all humility and devotion.

This kind of donation, given for needy cause and organised by institution like Arya Samaj, is known as Brahma Dan. Arya Samaj regularly promotes intelligence, knowledge and highly valued Sacraments (Sanskars) in human beings.

**Please donate generously, with full devotion and confidence.**

# **VEDIC VIVAH (MATRIMONIAL) SERVICE**

The vedic vivah (matrimonial) service has been running for over 30 years at Arya Samaj (West Midland) with professional members from all over the UK.

**Join today.....**

Application form and information can be found on the website  
[www.arya-samaj.org](http://www.arya-samaj.org)

Or

Call us on

0121 359 7727

Monday to Friday between: - 2pm to 6pm,  
Except Wednesday: - 10.30am to 1.00pm  
Bank Holidays - Closed

## News

### Notices to Arya Samaj West Midlands Members

- Dear Ordinary members of ASWM. This is a polite request to pay your annual fee of £20 membership when you receive a reminder letter from Arya Samaj Office. This money helps us to send you Aryan Voice each month. The letter will come out to members on the month they joined. From January 2016 we will have to sadly cancel the membership of those who have not paid the fee.
- Sadly we had to cancel the Vedic Vivah Mela on Saturday 12th November 2016. (Matrimonial Get Together). A new date will be set for 2017 – All information will be published in up coming Aryan Voice. We apologise to those members who sent in there forms.

### Condolences:

- Mrs. Nirmal Devi Prinja, Life member of Arya Samaj WM - for the loss of her daughter Tripti (Canada) 53 years old. May God grant the departed souls eternal peace and give strength to the family-members to bear the time of sorrow
- Mrs. Sudesh Abbi – for the loss of her husband Mr. Dharam Pal Abbi (age 75). May God grant the departed souls eternal peace and give strength to the family-members to bear the time of sorrow

## **Sponsors:**

- Ms Baishakhi Sengupta - Yajman Havan in Arya Samaj WM on Diwali Sunday 30<sup>th</sup> October 2016 for prosperities and happiness in her family.
- Dr. Purushottam Das Gupta - Yajman Havan in Arya Samaj WM on Sunday 6th November 2016 for prosperities and happiness for his family.

## **Havan:**

- Mr. Surender Nath and Mrs. Urmil Rani Oberai - Havan at their home to welcome their new daughter-in-law Mrs. Rupali Oberai who is newly wedded with their son Mr. Ravi Oberai. Congratulations!
- Dr. Chetan Varma and Dr. Rashmi Varma - Grih-Pravesh-Havan and remembrance of their respected father Mr. Satya Prakash Varma on his 6th death anniversary.

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

## Donations to Arya Samaj West Midlands

- **Britannic Warehouse - In sweet memory of  
Late Mr. Krishan Laroia.  
£885**

- Mrs. Nirmal Devi Prinja £10
- Mr. Amarjit Singh £20
- Mr. Ashok Bakshi and family £15
- Mr. Manyu Vyas £11
- Mrs. Asha Verma £10
- Mr. Rajesh Salota £10
- Mr. Sulabha & Angela £11
- Mrs. Rani & Dyal Banga £21
- Mr. S.P. Gupta £20
- Dr. P.D. Gupta - with Rishi-Langar £150
- Ms Baishakhi Sengupta - with Rishi-Langar £115
- Mrs. Nirmal Devi Prinja £31

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

- Mrs. Urmil Rani Oberai £51
- Dr. Chetan Varma £51

**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 are 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.**
- **Ved Prachar by our learned Priest Dr Umesh Yadav on Radio XL 7 to 8 am, first Sunday of the month. Next 4th December 2016 & 1st January 2017.**

**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)**