



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 34 7/2010-11 MONTHLY BULLETIN JANUARY 2011

Wishing You all

Peaceful Joyous and Prosperous New Year

**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

Website: www.arya-samaj.org

CONTENTS

Why do we do Namaaste		3
संन्यास धर्म	आचार्य डॉ उमेश यादव	5
Pillars Of Arya Samaj (Swami Shraddhanand)	Sri Krishan Chopra	7
12 Indian Foods that cut fat	<i>Health Corner(Eisha Sarkar)</i>	9
Matrimonial List		11
Inspiring quotes		22
Secretary's Corner		23
Science and Religion	Dr Harish Chandra	24
Mantra	Shri Krishan Chopra	28
The Wind and the Moon	<i>Children Corner</i>	30
News(पारिवारिक समाचार)		32

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

E-mail- enquiries@arya-samaj.org

Website: www.arya-samaj.org

WHY DO WE DO NAMASTE

Namaste sate-tey Jagat Karyanaye
Namaste chite sarva lok-aashraye
Namo-dvaita tatwaye mukti pradaya
Namobrahmane vya-pnaye shashwatayaa

(Salutations to that Being, that very cause of the Universe.
Salutations to that consciousness, the support of all worlds.
Salutations to that unique Truth which gives liberation.
Salutations to that Eternal Brahman who pervades all regions)

Hindus greet each other with namaste. The two palms are placed together in front of the chest and the head bows whilst saying the word namaste. This greeting is for all, people younger to us, of our own age, and people older to us and also for the friends, even for strangers.

There are many forms of formal traditional greeting enjoined in the shaastras of which namaskaram is one, which is also being used very widely. The word namaste has been used in the Vedas many a time.

Namaste could be just a casual or formal greeting, a cultural convention or an act of worship. However there is much more to it than meets the eye. In Sanskrit namah + te = namaste. It means - I bow to you - my greetings, salutations or prostration to you. Namaha can also be literally interpreted as "na ma" (not mine). It has a spiritual significance of negating or reducing one's ego in the presence of another.

The real meeting between people is the meeting of their minds. When we greet another, we do so with namaste, which means,

"may our minds meet," indicated by the folded palms placed before the chest. The bowing down of the head is a gracious form of extending friendship in love and humility

The spiritual meaning is even deeper. The life force, the divinity, the Self or the Lord in me is the same in all. Recognizing this oneness with the meeting of the palms, we salute with head bowed the Divinity in the person we meet. That is why sometimes, we close our eyes as we do namaste to a revered person or the Lord – as if to look within.

When we know this significance, our greeting does not remain just a superficial gesture or word but paves the way for a deeper communion with another in an atmosphere of love and respect.

So please adopt Namaste as a usual form of greetings, and "Om Shantih, Shantih, Shantih." etc - indicating the recognition of this divinity.

(Namaste karo aur Namaste kaho.)

संन्यास-धर्म-भाग-8

यदा भावेन भवति सर्वभावेषु

निःस्पृहः। तदा सुखमवाप्नोति प्रेत्य चेह च शाश्वतम्॥मनु.6.80॥ भाव से सर्वथा कांक्षारहित अर्थात् त्यागवृत्ति का होना मनुष्य का अत्यन्त पवित्र और श्रेष्ठ भाग है। पदार्थों में त्यागवृत्ति, सम्बन्धों में त्यागवृत्ति तथा व्यवहारों में त्यागवृत्ति संन्यासी-जीवन के लिये अत्यन्त महत्त्वपूर्ण बात है। यहाँ हमें समझना होगा कि त्यागवृत्ति का क्या मतलब है ? ऐसा तो नहीं कि पदार्थों, सम्बन्धों या व्यवहारों का प्रयोग नहीं करना। नहीं, कदापि नहीं। वल्कि इन सबका प्रयोग करता हुआ भी जल-कमल की भाँति उनमें निर्लेप रहना--यह श्रेष्ठ भाव स्पष्ट होता है। इसे ही यजुर्वेद के 40वें अध्याय के प्रथम मंत्र में दर्शाया--"तेन त्यक्तेन भुंजीथाः"। यहाँ "तेन" पद का अर्थ पदार्थ ही है। इस सम्बन्ध से "तेन" का विस्तार अर्थ सांसारिक व्यवहार भी ज्ञेय है। अभिप्राय है--जीवन में सांसारिक पदार्थों के साथ त्यागपूर्वक उपभोग कर। उपभोग तो करना है, विना प्रयोग के उपभोग सम्भव नहीं है। अतः सांसारिक पदार्थों व अन्य व्यवहारों का प्रयोग तो अवश्य करना है पर त्यागपूर्वक, उनमें फंसो नही, अपितु उनका सदप्रयोग करके आगे से आगे बढ़ते रहो। इसलिये उपर्युक्त श्लोक में बताया गया--सर्वभावेषु निःस्पृहः। संन्यासी को सर्वभावों में अर्थात् सब परिस्थितियों में कांक्षारहित अर्थात् ईच्छारहित होकर त्यागवृत्ति को सार्थक करना है और ज्ञानयज्ञ में सदा लगे रहना है। इसका फल क्या होगा ? "तदा सुखमवाप्नोति"- तब वह सुख / परम सुख को प्राप्त हो जाता है, इसके आगे कहा गया--"प्रेत्य चेह च शाश्वतम्" अर्थात् प्रेत्य=मरकर (शरीर छोड़कर) अथवा चेह च=इस शरीर में रहता हुआ भी "शाश्वतम् सुखमवाप्नोति" शाश्वत सुख अर्थात् परम सुख को पाकर मोक्ष सुख का भागी हो जाता है।

इन ऊपरोक्त कारणों से चारों आश्रमवासियों का परम कर्तव्य है कि जीवन

में धर्म के इन दश लक्षणों का नितान्त सेवन किया करें।
 धृतिःक्षमादमोऽस्तेयं शौचमिन्द्रियनिग्रहः। धीर्विद्या सत्मक्रोधो दशकं
 धर्मलक्षणम्॥मनु.6.92॥ धृतिः-धैर्य, क्षमा-हर परिस्थिति में सहनशीलता,
 दमः-मन को अधर्म से रोकना बल्कि अधर्म की ईच्छा भी न उठने देना,
 अस्तेय- विना आज्ञा पर पदार्थ का ग्रहण चोरी और ऐसा देखकर भी छोड़
 देना साहूकारी अर्थात् उदारता कहलाती है--सदा ऐसा भाव कायम रखना,
 शौच- रागद्वेष व पक्षपात छोड़कर भीतर से तथा जल आदि मार्जन कर
 बाहर से पवित्रता रखना, इन्द्रियनिग्रहः- इन्द्रियों को अधर्माचरण से हटाकर
 धर्म में लगाना, धीः- श्रेष्ठ बुद्धि, विद्या- पृथिवी से लेकर परमेश्वर पर्यन्त यथार्थ
 ज्ञान रखना जिससे मनसा वाचा कर्मणा एक भाव होना, सत्य- जो पदार्थ
 या विचार जैसा है वैसा ही बोलना और करना तथा अंतिम जो धर्म का
 दशवाँ लक्षण है वह अक्रोध- क्रोध आदि दोषों को छोड़कर शान्त्यादि गुणों
 को अपनाना।

इस प्रकार इन दश धर्म-लक्षणों को आचरण में उतारकर संन्यासी सांसारिक
 सभी द्वन्द्वों से छूटकर मोक्षसुख को प्राप्त होते हैं। "सर्वद्वन्द्वविनिमुक्तो
 ब्रह्मण्येवातिष्ठते"-मनुस्मृति--सभी दुःखों से मुक्त होकर ब्रह्म अर्थात्
 सर्वानन्दस्वरूप परमात्मा में अवतिष्ठित होकर उसी नित्य ब्रह्म की कृपा से
 मोक्ष-सुख को प्राप्त हो जाते हैं। यही मानव देह की सार्थकता बतायी गयी
 है। अतः हमें चाहे किसी भी आश्रम में रहकर भी सदैव धर्माचरण ही करना
 चाहिये। इसी में जीवन का सर्वस्व निहित है।

आचार्य डॉ उमेश यादव

In March 1926, a Muslim woman Asghari Begum came to Swami ji from Karachi with her children and expressed her desire to embrace Vedic Dharma. She did not inform either her husband or her father of her intentions. After the shuddhi ceremony she was given the name of Shanti Devi and was kept at Arya Widow Home, Delhi. After few days her father Maulvi Taj Mohammed and her husband Abdul Hakim came to Delhi. They met Shanti Devi and tried to persuade her to become Muslim again which she flatly refused. (The writer of this article was fortunate to meet Shanti Devi in Bombay in 1972)

On 2nd September Maulvi Taj Mohammed and Abdul Hakim took the matter to the court and brought suit against Swami Shraddananad, his son Prof. Indra and his son-in-law Dr Sukh Dev. saying that these three have kidnapped Asghri Bagum. On the 4th of December, after a long hearing, the court gave the verdict of not guilty and dismissed the case.

Although the court freed Swami ji of all the allegations the fanatic Muslim Society never forgave him. They openly made the inflammatory statements against him and declared him an enemy of Islam.

Khwaja Hasan Nazami's news paper added fuel to the fire and made the situation more explosive. Naturally, Prof Indra became worried about the safety of Swami ji but Swamiji remained fearless and continued his evening walk in Muslim area as usual.

In November 1926, he went to Benares on lecture tour and returned to Delhi suffering from pneumonia. He was under the treatment of Dr. Ansari. He realised that he might not live longer. So he was contemplating to dictate his will but could not due to heavy load of other activities. He handed over the responsibility to write the history of Arya Samaj to Prof. Indra. Pandit Deen Dayalu of Shuddhi Sabha came to meet him on 21st December.

In conversation, he expressed his desire that he would like to be reborn so that he can finish his left over work

On 23rd December Swami ji was resting in his bed in a sitting position supported by a big pillow behind his back at his residence at Naya Bazar . Around 4.00pm a Muslim Youth Abdul Rashid came there and requested to Dharma Singh to meet swamiji. The servant refused the request due to his ill health. Swami ji heard the conversation and asked his servant to allow the visitor to come in. Abdul Rashid went into the room and sat near Swami ji and expressed his desire to have dialogue about Islam. He replied that I am not well, in few days I will be well then I will have dialogue with you. Abdul Rashid requested for drinking water. Swami ji asked the servant to fetch water for him.

Abdul Rashid went out to drink water. As soon as, he returned the room, he fired pistol at Swami ji. The first bullet hit the chest and the second bullet went by the side of his left ear. The first bullet killed Swami ji. The servant tried to catch Abdul Rashid from behind so he fired at him as well. On hearing the pistol shots, Swamiji's secretary Dharm Pal, a graduate of Gurukul, came out of his room and overpowered assassin and put him on the ground. In the meantime police came and arrested Abdul Rashid. The doctors came to see Swami ji and pronounced him dead.

On the third day, the final procession of his body was taken to Nigam Bodh Ghat on the bank of river Yamuna to cremate. A crowd of thousands and thousands followed to pay their last respect to him. The historians have commented this scene a historical scene in Delhi.

Krishan Chopra

812 INDIAN FOODS THAT CUT FAT

You don't have to acquire a taste for olive oil, seaweed or soya to maintain a low-fat, healthy diet. Indian cuisine can be healthy too, if it's cooked with oil and ingredients that take care of your heart and health.

Ayurveda suggests you include all tastes — sweet, sour, salty, pungent, bitter and astringent — in at least one meal each day, to help balance unnatural cravings. Here are 12 foods that can help you lose weight and gain health:

Turmeric : Curcumin, the active component of turmeric, is an object of research owing to its properties that suggest they may help to turn off certain genes that cause scarring and enlargement of the heart. Regular intake may help reduce low-density lipoprotein (LDL) or bad cholesterol and high blood pressure, increase blood circulation and prevent blood clotting, helping to prevent heart attack.

Cardamom : This is a thermogenic herb that increases metabolism and helps burn body fat. Cardamom is considered one of the best digestive aids and is believed to soothe the digestive system and help the body process other foods more efficiently.

Chillies : Foods containing chillies are said to be as foods that burn fat. Chillies contain capsaicin that helps in increasing the metabolism. Capsaicin is a thermogenic food, so it causes the body to burn calories for 20 minutes after you eat the chillies.

Curry leaves : Incorporating curry leaves into your daily diet can help you lose weight. These leaves flush out fat and toxins, reducing fat deposits that are stored in the body, as well as reducing bad cholesterol levels. If you are overweight, incorporate eight to 10 curry leaves into your diet daily. Chop them finely and mix them into a drink, or sprinkle them over a meal.

Garlic : An effective fat-burning food, garlic contains the sulphur compound allicin which has anti-bacterial effects and helps reduce cholesterol and unhealthy fats.

Mustard oil : This has low saturated fat compared to other cooking oils.

It has fatty acid, oleic acid, erucic acid and linoleic acid. It contains antioxidants, essential vitamins and reduces cholesterol, which is good for the heart.

Cabbage : Raw or cooked cabbage inhibits the conversion of sugar and other carbohydrates into fat. Hence, it is of great value in weight reduction.

Moong dal : The bean sprouts are rich in Vitamin A, B, C and E and many minerals, such as calcium, iron and potassium. It is recommended as a food replacement in many slimming programmes, as it has a very low fat content. It is a rich source of protein and fibre, which helps lower blood cholesterol level. The high fibre content yields complex carbohydrates, which aid digestion, are effective in stabilising blood sugar and prevent its rapid rise after meal consumption.

Honey : It is a home remedy for obesity. It mobilises the extra fat deposits in the body allowing it to be utilised as energy for normal functions. One should start with about 10 grams or a tablespoon, taken with hot water early in the morning.

Buttermilk : It is the somewhat sour, residual fluid that is left after butter is churned. The probiotic food contains just 2.2 grams of fat and about 99 calories, as compared to whole milk that contains 8.9 grams fat and 157 calories. Regular intake provides the body with all essential nutrients and does not add fats and calories to the body. It is thus helpful in weight loss.

Millets : Fibre-rich foods such as millets - jowar, bajra, ragi, etc - absorb cholesterol and help increase the secretion of the bile that emulsifies fats.

Cinnamon and cloves: Used extensively in Indian cooking, the spices have been found to improve the function of insulin and to lower glucose, total cholesterol, LDL and triglycerides in people with type 2 diabetes.

EISHA SARKAR (Mumbai Mirror) , Oct 14, 2010

*Vedic
Vivah
List*

*December
2010*

*For full list please see our website
Member Area*

www.arya-samaj.org

*For further information
Ring office 0121 359 7727*

No one rises above who he or she has been without first having fallen down. The best time - in fact, the only time - to make a real change in your life is in the moment of seeing the need for

it. He who hesitates always gets lost in the hundred reasons why tomorrow is a better day to get started.

~ Guy Finley

Don't just read the easy stuff. You may be entertained by it, but you will never grow from it.

Discipline is the bridge between goals and accomplishment.

Character isn't something you were born with and can't change, like your fingerprints. It's something you weren't born with and must take responsibility for forming.

Jim Rohn

Om Shanti-Shanti-Shanti.

SCIENCE AND RELIGION

Last month we discussed what we can expect from "inner sciences" and had briefly mentioned that the religions came into being on the pretext of giving us spiritual peace but they ended up causing so many miseries to the humanity. The worst thing that happened was that the best individuals with intelligent minds and compassionate hearts became averse to the very concept of spirituality. Let us now discuss science and religion the way they are understood by the larger cross-section of people.

Science typically means study of matter and all that is made of matter, right from the sub-atomic particles to the heavenly bodies. It is observed that science is logical and rational. It is reproducible that a scientific theory developed by one scientist in one part of the world can be proven by another scientist in another part of the world. This gives rise to a near-universal acceptance of science. There may be different schools of thought while a particular scientific theory is in its developmental stage. But, as it progresses to greater maturity, it gains universal acceptance as well. We have also noticed that certain scientific theories had to be modified over a length of time. For example, Newtonian laws of mechanics did not work well in certain circumstances, and this gave rise to the theory of relativity and quantum mechanics. Thus, science keeps on progressing based on our current understanding of the behavior of matter though the scientists are humble enough to admit that they never have the final word.

Today religions profess the domain of spirituality – our consciousness and the associated needs, what modern sciences do not look into. But as we have discussed earlier, the human destiny is to upgrade his level of happiness, or let us call it, his level of inner fulfillment. Such a desire would remain incomplete unless one can explore within the innermost core of his consciousness.

This is what religions promise to do. However, as opposed to science, no religion has found universal acceptance and it is not likely to happen even if we decide to wait for some more centuries. And, there is a good reason for that.

No religion is purely on logical and rational basis. Every religion includes one or more dogmatic ideas. Therefore, there was never a time and there will never be a time when the entire humanity will accept one religion – be it any current major religion or any of the myriads and shades one can think of.

In order to see it better, let us tabulate certain features of Science and Religion as they are seen in the present times.

Science	Religion
Confines itself to the domain of matter.	Claims to include the domain of spirit too.
Logical and Rational.	May not always be logical and rational.
Acceptable to a reasonable open-minded person.	May not be acceptable to all.
Void of dogmas.	Includes dogmatic ideas.
Is provable.	Is not always provable.
Based on reason.	Based on part reason and part faith.
Has Universal acceptance.	Cannot have universal acceptance.
Science is one.	Religions are many.
A unifying force for the entire humanity.	A divisive force.
A scientific theory is "discovered" by a scientist.	A religion is founded by a human being.
	25

Scientists discover the truths hidden in the creation.	The founder of a religion may or may not be truthful, and is certainly not all-knowing otherwise his religion would have been near-universal.
A scientist will not cheat. Even if there is a miracle-like thing, he will explain the truths behind it.	The founder of a religion may play a trick for self-aggrandizement, giving it an impression of a miracle. [On that token, a magician is a more honest person who says it up front that he is playing a trick.]
Scientists have a simple motive – to seek truths for eventual betterment of the society.	The founder of a religion (or his later followers) may have some selfish ulterior motives in misleading the God-fearing innocent people.
Science exists since the first human walked on the earth.	Religions appeared much later, the oldest one is said to be 5000 years old.
Science doesn't cause a conflict or war.	Religions have caused maximum number of wars. Even today's 'hot spots' are due to religions.

Above table shows a deep divide between science and religion. We cannot let religions divide and destroy the world as witnessed in the last couple of thousand years. What is the way out? It is to let the scientific spirit prevail in the domain of spiritual studies as well. The need of the hour is a scientific religion – scientific study of both, the matter and spirit. This is what we intend to explore when we speak about inner sciences – a journey to explore the innermost domains of both, within us and outside, in a scientific manner.

This may sound impossible to many people because almost every free thinking person is fed up with religions. Religions promised to take us closer to God but in the process they have brought God into disrepute. Nowadays, we often see that if somebody begins to talk about God even in a rational and logical manner then many educated people have an instinctive feeling of distaste. So much harm has been done to the true spirituality by the selfish warlords of religions. They have insisted on positioning a mortal human being as an intermediary between the humanity and true Infinite Cosmic Spirit of God. Different religions came in competition to bring the largest crowd in its fold giving rise to worst kind of clashes and wars. The humanity has traversed backward and has lost millions of precious lives and precious time to the extent of a few millenia at the altar of these religions. But the fact of the matter is, the humanity can not live without true spirituality – this is our true spirit. Therefore, there is a strong and urgent need of fusion of science and religion to develop a unified theory of both matter and spirit.

- Dr. Harish Chandra
B. Tech. (IIT Kanpur, India)
Ph. D. (Princeton, USA)
Email: vedicinst@yahoo.com

तनूपाऽअग्नेऽसि तन्वं मे पाह्यायुर्दा ऽ अग्नेऽस्यायुर्मे देहि
वर्चोदाऽअग्नेऽसि वर्चो मे देहि।
अग्ने यन्मे तन्वा ऽ ऊनं तन्मऽआपृण॥

**Tanupaa agne asi tanvam me paahi aayurdaa agne asi
aayurme dehi varchodaa agne asi varcho me dehi / agne
yanma tanvaa unam tanma aaprina //**

Yajur Veda 3.17

Meaning in Text Order

tanupaa= protector of our body, agne = the Lord who confers salvation, asi= you are, tanvam= body, me = my , paahi= protect, ayurdaa= who bestows long life, agne= our guide, asi= you are, aayur= long life, me= to me, dehi= bestow upon me, varchodaa= giver of lustre, asi = you are, varchah= lustre, me= to me, dehi= bestow upon me, agne= Lord of divine qualities, yat= whatever, me= my, tanvaa= in the body, unam= deficiency, aaprina= remove from me.

Meaning

O embodiment of light and knowledge, you are protector of my body. Bestow your protection upon my body. O Giver of long life, grant longevity of life to me. O giver of splendour, grant splendour to me. O Lord, remove all the deficiencies from my body and bless me with good physical health so that I can enjoy long life happily and with splendour.

Contemplation

Katha Upanishad has described the soul as a chariot driver and the body as a chariot. A human being is compound of body, soul, mind and intellect. They all play their vital role in their

own way in the development of human personality. It is said about the body –**shriramaadyam khalu dharma saadnam** that the body is the vehicle to achieve merits in the life. This illustrates that the body plays a vital role and it is utmost important that we should look after it to keep it healthy. Here a devotee prays to God for the protection of the body so that it functions properly. A healthy body keeps a person's morale high and helps to maintain enthusiasm and hope.

Further in the mantra the prayer is for the longevity of life. In another mantra of Yajurveda, the devotee prays to God for the healthy and long life up to hundred years.

The prayer of long life is only worth while when we take nourishing food, physical exercise and obey the rules of nature that is waking on time and sleeping on time.

In the mantra the word **Varchah** is very important. Varchah means glory, lustre. In Sanskrit the other word is **tej**. O Lord, bestow upon us with the glory in our physical and in our all round personality.

Finally, the devotee prays to God whatever deficiency remains in our body whether physical or mental which has not been mentioned in the mantra may you kindly remove that.

Krishan Chopra

The Wind and the Moon

Once upon a time, there lived two friends in the shade of a rock. It would sound strange, but one of them was a lion and the other was a tiger. They were friends since their childhood. They knew each other from the time, when they were too small to understand the difference between the lions and the tigers. Thus, their friendship was not at all strange to them.

Moreover, the part of the mountain under which they lived was peaceful; it could be due to the presence of a monk who lived under the same rock. He was a hermit, one who lives far away from worldly affairs. One day, the two friends got into a stupid argument for some unknown reason. The Tiger said, "Everyone knows that cold comes when the moon decreases from full to new". The Lion said, "You are a stupid fellow. From where did you hear such nonsense? Everyone knows that cold comes when the moon increases from new to full".

The argument between them became stronger and stronger. Both of them were firm at their own opinion. They could not arrive at any conclusion to resolve the growing disagreement. They even started calling ill names to each other. Suddenly, they thought that like this they would lose their friendship. At last, they decided to go and ask the learned monk, who would definitely know about the actual answer.

Both of them went together to the peaceful monk and bowed respectfully before him. The hermit asked them the reason for their sudden arrival. They put their question to him and said, "Sir, only you can answer to this problematic question". The hermit thought for a while and said, "It can be cold in any phase of the moon, from new to full and back to new again. It is the wind that brings the cold, whether from west or north or east. Therefore, both of you are right and neither of you is defeated by the other".

The hermit also said, “Both of you share healthy friendship since your childhood. It is not good to get into arguments and think about separation. The most important thing is to live without conflict, to remain united. Unity is best by all means”. The Lion and the Tiger understood the message of the wise monk. They thanked him for the kind suggestion given by him. Both of them lived happily thereafter as good friends.

Moral: Weather comes and weather goes, but friendship remains.

CONTD. FROM PAGE 32

Mrs Kaushalya Gupta for Ved Prachar £51
In the memory of her husband Sri Roshan Lal Gupta

MONEY RAISED BY THE SALE OF RAFFLE TICKETS
£255

RISHI LANGAR DONATION

Mrs Rani Banga £51 Mrs Ved Dutta
Mr Prem Nanda Mr A.v. Chandan

DONATIONS FOR PRIEST SERVICE

Mrs Shashi Sabherwal £21 Dr Narendra Kumar Arya £50
Mr Arvind Sabherwal £50 in the memory of mother Asha Kumari

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. Or

E-mail- enquiries@arya-samaj.org,
Our Website: www.arya-samaj.org

Congratulations and Best wishes to

- Priyanka and Andrew Main on the birth of their daughter Firisha. Also to the grandparents Dr Narendra and Shama Kumar
- Mr Ross Butler and Mrs Kavita Butler (daughter of Mrs Shashi Sabherwal) for the Mundan ceremony of their son Kahlan.
- Mr Rajiv Datta and Mr Anand Vrat Chandan on their birthdays.

YAJMANS IN SUNDAY CONGREGATION

24.09. 2010 Mr Prem ,Mrs Sadhna Nanda and family

07.11. 2010 Mrs Ved Datta, Rajiv, Deepika Datta
and family

14.11.2010 Mr Anand Vrat , Mrs Renuka Chandan and family

DONATIONS TO ARYA SAMAJ WEST MIDLANDS

Mrs Ved Datta	£21	Mrs Vibha Cale	£51
Mr Prem Nanda	£101	Mr Dev Nanda	£21
Mr Manoj Kumar	£21	Mr A. V. Chandan	
Mr N.M. Patel	£101	Mrs Nirmal Prinja	£11
Mr Om Joshi	£11	Anonymous	£51
MRS Krishna Gupta	£11	Mr Shabbir	£5
Mr Manohar Ragwani	£10	Mr Vinod Aggarwal	£20
Anonymous	£21	Mrs Asha Verma	£10
Mrs Madhu Sharma, Tipton	£21	Mrs Raj Mehta	£11
Dr. Umesh Kathuria	£21	Mrs Mehra	£10
Mrs Ved Datta	£21	Mrs SaritaSaigal Norway	£20
Mrs Nina Shingari	£10	Mr A. Sood	£5

CONTD ON PAGE 31