

ओ३म



ARYA SAMAJ (VEDIC MISSION) WEST MIDLANDS

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## 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 40

06/2018-19

MONTHLY

June 2018

## Save the date

**Annual General Meeting  
Sunday 29th July 2018**

**VEDIC VIVAH MELA  
(Matrimonial get together)  
Saturday 8<sup>th</sup> September 2018**

**Book your place NOW....!  
(For more information see page 23 &24)**

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NEW HOME**

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## CONTENTS

10 Principles of Arya Samaj		3
Ever Awakening Vital Breath	By Mr Krishan Chopra	4
महर्षि दयानन्द उवाच	आचार्य डॉ. उमेश यादव	6
प्रिय सञ्जु जी की याद में	सत्य प्रकाश गुप्ता	10
Time for Toddlers Advert		13
Panchmahayajna – Understanding & Method of Doing These	By Dr Narendra Kumar	14
Arya Samaj (Vedic Mission) West Midlands Inauguration and Foundation Day Event – 29th April 2018	Mrs. Brij Bala Duggal	18
Matrimonial Service information		22
Vedic Vivah Mela - Matrimonial Get Together and Speed Dating 2018		23
List of Festivals for year 2018		25
News (पारिवारिक समाचार)		26
New Building Refurbishment Fund		29
Venue Hire Advert		30

**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.**

## Ever Awakening Vital Breath

ऊर्ध्वः सुप्तेषु जागार ननु तिर्यङ् नि पध्यते । न सुप्तमस्य सुप्तेष्वनु शुश्राव  
कश्चन ॥ अथर्ववेद ११.४.२५

Urdhvah suptesu jagara nanu tiryak nipadyate | na suptamasya  
suptesvanu susrava kascan ||

Athrv Veda 11.4.25

### Meaning in Text Order

urdhvah = upright  
suptesu = while the senses are asleep  
jagara = in waking state  
nanu = whatsoever  
tiryak = horizontal  
nipadyate = falls down  
na = not  
suptam = sleeping  
asya = this  
suptesu = among the sleeping  
anu susrava = by tradition  
kascan = no one.

### Meaning

Vital breath stays awake even when all the senses are asleep. It never lies horizontally. No one has heard it sleeping when other senses sleep.

## Contemplation

When we sleep, all our senses are diverted towards the mind. . Because all the senses are asleep, we are unable to see any scene through our eyes. At this time, the nose cannot smell, the skin cannot touch, the tongue cannot taste, ears cannot hear and we cannot make speech. But vital breath is awake in our body at that time. If the breath (vital force) thinks for a moment that it will also take rest and sleep then that will be the end of our life. Vital breath is always alert and does not lie down horizontally.

There are some elements which illuminate our body. They are earth, water, fire, air and ether. The tongue, eyes and mind are senses which bring knowledge. Vital breath (praan) is supreme of all the senses. As soon as vital breath leaves the body, the other senses also leave the body. However, when vital breath is there then all the senses bring knowledge. It is just like the Queen Bee. When the Queen bee leaves her hive then all the bees leave the hive and when the Queen bee returns to the hive then all the bees return.

Therefore, vital breath is the most important entity in the body. It is divided into five different forms: -

**prana, apana, vyana, udana and samana.**

It is established in different parts of the body as the king of a nation appoints governors in different parts of the country to govern on his behalf. This is the way that vital breath is the king of the body which is in the form of a kingdom. Let us understand the strength of vital breath which does not sleep, even when all senses sleep

**By Mr Krishan Chopra**

## महर्षि दयानन्द उवाच

आचार्य डॉ. उमेश यादव

### सब वेद पढ़ें

कभी समाज में यह वाक्य बहुत ही उछलने लगा था-“ स्त्री-शुद्रौ नाधीयतामिति श्रुतौ” । यह वाक्य वेदान्त सुत्रों की व्याख्या करते हुये स्त्री-शुद्र-शिक्षा-प्रकरण में आदिगुरु शंकराचार्य द्वारा प्रयुक्त किया गया था । इसका अर्थ ऐसा समझा गया और समाज में फैलाया भी गया कि स्त्री और शूद्र वेदादि सत्य शास्त्रों को पढ़ने का अधिकार नहीं रखते । अतः उन्हें वेद पढ़ने का अधिकार न हो । महर्षि दयानन्द सरस्वती ने एक वेद मंत्र का ही हवाला देते हुये समझाया कि सबको वेद पढ़ने का अधिकार है-“ मंत्र-प्रमाण- यथेमां वाचं कल्याणीमावदानि जनेभ्यो” .... इति यजुर्वेद २६.३ अर्थात् सभी जनों के लिये ही मैं (ईश्वर) इस कल्याणी वेद-वाणी को कहता हूँ । जब सब जनें वेद पढ़ेंगे नहीं तो इससे सबका कल्याण कैसे हो सकेगा ? महर्षि दयानन्द ने इस विचार को यत्र-तत्र अपने महत्त्वपूर्ण ग्रन्थ सत्यार्थ प्रकाश में इस प्रकार से प्रकट किया है । इसे प्रिय पाठक गण स्वयं ही पढ़ें और समझें कि सभी मानवों की वैदिक शिक्षा व सामान्य शिक्षा के प्रति महर्षि दयानन्द कितने सटीक व सत्य थे । महर्षि दयानन्द के निम्न उद्गार सभी मानव समाज के लिये वरदान सिद्ध हुआ । फलतः अब सभी वर्गों के लोगों में शिक्षा देखी जाती है जिससे समाज में आमूल-चूल परिवर्तन हुआ है । आज प्रायः सभी स्त्री-पुरुष चाहे वे ब्राह्मण हों या क्षत्रिय, वैश्य हों या शूद्र सभी वर्गों में शिक्षा के प्रति जागरूक हैं । आगे पढ़े सीधा महर्षि दयानन्द के द्वारा प्रकट विचार -

इस प्रकार आचार्य अपने शिष्य को उपदेश करे और विशेष कर राजा इतर, क्षत्रिय, वैश्य और उत्तम शूद्रजनों को भी विद्या का अभ्यास अवश्य करावें । क्योंकि जो ब्राह्मण हैं वे ही केवल विद्याभ्यास करें, और क्षत्रियादि न करें तो विद्या, धर्म, राज्य और धनादि की वृद्धि कभी नहीं हो सकती....। जब क्षत्रियादि विद्वान् होते हैं तब ब्राह्मण भी अधिक विद्याभ्यास और धर्मपथ में चलते हैं और उन क्षत्रियादि विद्वानों के सामने पाखण्ड झूठा व्यवहार भी नहीं कर सकते और क्षत्रियादि अविद्वान् होते हैं तो वे जैसा अपने मन में आता है वैसा ही करते कराते हैं । इसलिए ब्राह्मण भी अपना कल्याण चाहें तो क्षत्रिय आदि को वेदादि सत्यशास्त्र का अभ्यास अधिक प्रयत्न से करावें । क्योंकि क्षत्रियादि ही विद्या, धर्म, राज्य व लक्ष्मी की वृद्धि करने हारे हैं, वे कभी भिक्षावृत्ति नहीं करते, इसलिये वे विद्या व्यवहार में पक्षपाती भी नहीं हो सकते ।

क्या परमेश्वर शूद्रों का भला करना नहीं चाहता ? क्या ईश्वर पक्षपाती है कि वेदों को पढ़ने सुनने का शूद्रों के लिये निषेध और द्विजों के लिये विधि करे ? जो परमेश्वर का अभिप्राय शूद्र आदि के पढ़ाने सुनाने का न होता तो इनके शरीर में वाक् और श्रोत्र इन्द्रिय क्यों रचता ? जैसे परमात्मा ने पृथिवी, जल, अग्नि, वायु, चन्द्र, सूर्य और अन्नादि पदार्थ सब के लिये बनाये हैं वैसे वेद भी सबके लिए प्रकाशित किये हैं । और जहाँ कहीं निषेध किया है उसका अभिप्राय यह है कि जिसको पढ़ने पढ़ाने से कुछ भी न आवे वह निर्बुद्धि और मूर्ख होने से शूद्र कहाता है, उसको पढ़ना पढ़ाना व्यर्थ है । और जो स्त्रियों के पढ़ने का निषेध करते हो वह तुम्हारी मूर्खता, स्वार्थता और निर्बुद्धिता का प्रभाव है ॥ स.प्र. पृ.७० ॥ अतः स्त्री भी वेद पढ़े ।

स्त्री-शिक्षा के लिए देखें निम्न पंक्तियों में महर्षि दयानन्द के उद्गार ---

जो वेदादि शास्त्रों को न पढ़ी होवे तो यज्ञ में स्वर-सहित मंत्रों का उच्चारण और संस्कृत भाषण कैसे कर सके ? भारतवर्ष की स्त्रियों में भूषणरूप गार्गी आदि शास्त्रों को पढ़ के पूर्ण विदुषी हुई थीं, यह शतपथ ब्राह्मण में स्पष्ट लिखा है । भला जो पुरुष विद्वान् और स्त्री अविदुषी और स्त्री विदुषी और पुरुष अविद्वान् हो तो नित्य प्रति देवासुर संग्राम घर में मचा रहे, फिर सुख कहाँ ? इसलिए (अगर) जो स्त्री न पढ़े तो कन्याओं की पाठशाला में अध्यापिका क्योंकर हो सकें तथा राजकार्य न्यायाधीशत्वादि गृहाश्रम का कार्य जो पति को स्त्री और स्त्री को पति प्रसन्न रखना, घर के सब काम स्त्री के आधीन रहना, इत्यादि काम बिना विद्या के अच्छे प्रकार कभी ठीक नहीं हो सकते ।

देखो ! आर्यावर्त के राजपुरुषों की स्त्रियाँ धनुर्वेद अर्थात् युद्ध-विद्या भी अच्छी प्रकार जानती थीं, क्योंकि जो न जानती होतीं तो कैकेयी आदि दशरथ आदि के साथ युद्ध में क्योंकर जा सकतीं और युद्ध कर सकतीं । इसलिये ब्राह्मणी और क्षत्रिया को सब विद्या, वैश्या को व्यवहार विद्या और शूद्रा को पाकादि सेवा की विद्या अवश्य पढ़नी चाहिये । जैसे पुरुषों को व्याकरण, धर्म और अपने व्यवहार की विद्या न्यून से न्यून अवश्य पढ़नी चाहिये, वैसे स्त्रियों को भी व्याकरण, धर्म, वैद्यक, गणित, शिल्पविद्या तो अवश्य ही सीखनी चाहिये । क्योंकि इनके सीखे बिना सत्यासत्य का निर्णय, पति आदि से अनुकूल वर्तमान, यथायोग्य संतानोत्पत्ति, उनका पालन वर्द्धन और सुशिक्षा करना, घर के सब कार्यों को जैसा चाहिये वैसा करना कराना, वैद्यक विद्या से औषधवत् अन्न पान बनाना और बनवाना कभी नहीं कर सकतीं जिससे घर में रोग कभी

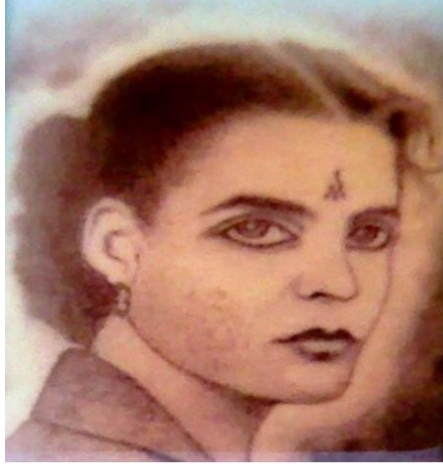


न आवे और सब लोग सदा आनन्दित रहें । शिल्प विद्या के जाने बिना घर का बनवाना, वस्त्र आभूषण आदि का बनाना बनवाना, गणित विद्या के बिना सबका हिसाब समझना समझाना और वेदादि शास्त्रविद्या के बिना ईश्वर और धर्म को न जान के अधर्म से कभी भी न बच सके । इसलिये वे ही धन्यवादाह व कृतकृत्य हैं कि जो अपनी संतानों को ब्रह्मचर्य, उत्तम शिक्षा और विद्या से शरीर और आत्मा के पूर्णतया बल को बढ़ावें जिससे वे संतान माता पिता, पति, सासु, श्वसुर, राजा, प्रजा, पड़ोसी, इष्ट मित्र और सन्तानादि से यथायोग्य धर्म से वर्तें । यही कोश अक्षय है, इसका जितना व्यय करें, उतना ही बढ़ता जाये । अन्य सब कोश व्यय करने से घट जाते हैं, और दायभागी भी निज भाग लेते हैं, और (पर) विद्या कोश का चोर वा दायभागी (तो) कोई भी नहीं हो सकता । इस कोश की रक्षा करने वाला विशेष राजा और प्रजा भी हैं । अतः कहा गया है- “सर्वेषामेव दानानां ब्रह्मदानं विशेष्यते ” सब दानों में विद्या दान ही विशेष है । आगे पढ़े महर्षि दयानन्द के विचार-

संसार में जितने दान हैं अर्थात् जल, अन्न, गौ, पृथिवि, वस्त्र, तिल, सुवर्ण और घृत आदि इन सब दानों से वेद-विद्या का दान अति श्रेष्ठ है । इसलिये जितना बन सके उतना प्रयत्न तन-मन-धन से विद्या की वृद्धि में किया करें । जिस देश में यथायोग्य ब्रह्मचर्य, विद्या और वेदोक्त धर्म का प्रचार होता है वही देश सौभाग्यवान होता है ।

अतः ठीक ही कहा गया है- “वेदोऽखिलो धर्ममूलम्”-मनुस्मृति अर्थात् वेदविद्या ही सम्पूर्ण धर्म का मूल है ।

## ओ३म्



### प्रिय सञ्जु जी की याद में

१. क्षण भंगुर यह शरीर अचेत, पड़ा हुआ है धरती पर,  
जिससे मोह-माया थी तब तक, जब तक हंसता था पल-पल ।  
महान् आत्मा चली हवा संग, हवा चली उड़ गयी आत्मा,  
शरीर पड़ा है वही यहीं पर, संगी साथी सिमट लिपट कर ।  
हुबकियाँ भरे, सभी के नेत्र, उथल-पुथल हो गये सभी जन,  
रो ही पड़े सब क्षण-क्षण पल-पल, तब कुछ भी न रहा शेष तत्क्षण । ।
- पर भट् टी की लौ में जो लौ लिप्टी ।  
धां धां हो उठी उसकी शव, धूआं देखकर, सब संगी साथी,  
सहम उठे उसी क्षण, उसी पल, खतम कहानी हो सी गयी तब ।

## तनहाई की विह्वलता

२. “उसका जब देखा, खाली विस्तर.....  
जब देखा उसका खाली विस्तर.....  
ओह ! जब देखा खाली विस्तर.....

रात की तनहाई में परछाईं बनकर, वह अक्सर आया करती है,  
साथ रही वह अब तक, पर अब, खामोशियाँ घर में छायीं रहती हैं ।  
विन बोले, कोई ध्वनि, अपने घर में फिरती रहती है,  
चुप-चाप रात की तनहाई, सुबह में बदल जाया करती है ।  
जाने कहाँ चली गयी वह, समय के संग-संग परछाईं भी न रही,  
वह वातावरण न रहा, बस ! यही सञ्जु की कहानी है ।

“जो अपना खाली विस्तर छोड़ गयी,  
वह अपना खाली विस्तर छोड़ गयी,  
वह खाली विस्तर छोड़ गयी ।”

## मेरी सञ्जु

सञ्जु मेरे लिये एक पहेली थी जो मेरे लिये सबको तथा सब कुछ भारत में छोड़कर इंग्लैंड (यू.के.) पहुँची । जब उसने हीथ्रो लंडन की सरजमीं पर कदम रखे; मैं तो देखता ही रहा और जब उसने मेरे पांव छूये तब मैं समझ गया कि यह वही सञ्जु है जिसे मैं वर्षों पहले भारत छोड़कर आया था ।

सच तो यह है कि उसने मुझे सम्भाला । आखों की ज्योति, कानों की

आवाज, नाक की खुशबू, मुंह का स्वाद, हाथों में तस्वीर बनाने की कला और हृदय की धड़कन सब कुछ तो उसकी ही देन है। यहाँ पहुँच कर उसने कंधे से कंधा मिलाकर वर्षा हो या बर्फ, गर्मी हो या सर्दी; हर हाल में पूरा साथ निभाया। उसके बहन-भाइयों ने मुझे बेहद प्यार दिया। मेरे बहन-भाइयों ने भी उसे अथाह प्रेम तथा स्नेह दिया। यह सब कुछ क्यों और कैसे हुआ; मैं कह सकता हूँ कि यह सब ईश्वर की कृपा थी।

### सञ्जु के अंतिम तीन मास

अब सञ्जु ने कोई तीन महिनों से टी.वी. देखना छोड़ रखा था। संगीतज्ञ होते हुये भी कोई रेडियो तक नहीं सुनती थी जबकि उसने मुहमद सद्दीक के साथ जाकर बी.बी.सी. ब्रॉडकास्टिंग पर अपना संगीत प्रसारित किया था, उस समय मुहमद सद्दीक मेरे साथ इंडियन ऐंबेसी में काम किया करते थे। गहनो का शौक होते हुये भी उन्हें पहनना छोड़ रखा था।

### अब घर में सन्नाटा

अब खिड़कियों से आवाजें आती हैं कि “बैठ जाओ, गिर जाओगे। कभी उसकी परछाइयाँ दिखाई देती हैं, कहती हैं कि ‘मुझे छोड़कर कहीं नहीं जाना। मुझे कुछ भी हो सकता है।’ मैं कोशिश करता हूँ कि सब कुछ भूल जाऊँ पर भूल नहीं पाता हूँ।

“क्या यह मेरे लिये एक पहेली है” ?

--सत्य प्रकाश गुप्ता



## **TIME FOR TODDLERS**

Arya Samaj (Vedic Mission) West Midlands

Early years parenting support involving and supporting parents in their children's learning.

A sharing experience for the whole family

- Singing
- Water play
- Sand play
- Music
- Books
- Educational Play and much more.....

### **WHERE:**

Arya Samaj (Vedic Mission) West Midlands  
321 Rookery Rd  
Handsworth  
Birmingham  
B21 9PR

### **WHEN: -**

**EVERY WEDNESDAY 10.30AM - 12PM,  
STARTING 6<sup>th</sup> JUNE 2018.**

**FOR MORE INFORMATION PLEASE CALL 0121 359 7727 or  
0121 246 7399 or email [enquiries@arya-samaj.org.uk](mailto:enquiries@arya-samaj.org.uk)**

Children's health, safety and wellbeing are of paramount importance  
to Arya Samaj Community

**Any suggestions welcome!**



## **PANCHMAHAYAJNA -** **UNDERSTANDING & METHOD OF** **DOING THESE**

A person, by understanding the true meaning and performing Panch Mahayajna every day in life, easily becomes a best individual himself/herself and superior among human beings.

This is a part of daily routine of a human being.

In this Panchmahayajna there are five kinds of responsibilities and acts for every person.

- 1. Sandhyopaasanam (Brahma- Yajna)**
- 2. Deva- Yajna (Agnihotra/Havan)**
- 3. Balivaishvadeva Yajna**
- 4. Pitri – Yajna (Respect for mother and father)**
- 5. Atithi- Yajna**

The above five acts/deeds are far superior and are best among all the actions performed by human beings in their day today life. This is why they are called Panchmahayajna. The best deeds/actions are called Yajna (**Yajno Vai Shreshthatamum Karma.**)

A deed which is supposed to be good for a person and society is benevolent, dedicated (surrender), service and holy becomes the best.

**1. Sandhyopaasanam (Brahma- Yajna)** – There is a procedure (method) of how to do Brahma-Yajna. This is the method Ascetic (Yogijan) and noble people follow in order to recite the qualities and attributes of Almighty God as (Stuti), pray (Prarthana) and to come closure/near to Almighty God (Upaasana). It is correct to do this at the time of Sunrise (dawn) and Sunset.

Sandhya is always performed while facing towards Sun. It is important to do Sandhya as near the time of Sunrise and before the Sunset as practical and physically possible.

Maharishi Dayanand Saraswati has written that a person should do Sandhya after having shower/bath and should sit comfortably to do it.

Through the act of performing Sandhya a person contemplates (thinks) about four main aspects and these are as following.

1. Knowledge (Science) about physical body of a human being (Sharir Vigyaan)
2. Knowledge (Science) of Creation (Shrishti Vigyaan)
3. Knowledge (Science) of Mind, Psychology and practical knowledge of day today things in life
4. Knowledge (Science) of Almighty God (Brahma-Gyaan)

With the help of above thinkings (Contemplation) a worshiper of Almighty God comes closer and becomes connected to Him. By performing Sandhyopaasanam a person becomes clean and pure in his/her thinking, humble in nature and makes the best use of his/her life. The life of such a person becomes full of joy, good health and happiness.

Now let us write about the practical aspects of Brahma - Yajna.

1. Knowledge (Science) about physical body of a Human being
  - a) Reciting Gayatri Mantra –

**Om Bhoor Bhuvah Svah. Tat Saviturvarenyam, Bhargo  
Devasya Dheemahi. Dhiyo Yo Nah Prachodyaat.**

One should recite Gayatri Mantra and know the meaning of Gayatri Mantra.

**Meaning of Gayatri Mantra:-**

- **(OM)** IS THE MAIN NAME OF ALMIGHTY GOD WHICH INCLUDES ALL OTHER NAMES OF GOD.
- **(BHUH)** HE IS LIFE OF LIFE.
- **(BHUVAH)** HE IS THE PROTECTOR FROM ALL THE PAINS.
- **(SWAH)** HE IS ALL BLISS AND GIVER OF ALL BLISS TO HIS DEVOTEES
- **(SAVITUH)** HE IS CREATOR OF ALL UNIVERSE, THE ILLUMINATOR OF ALL THE LUMINOUS BODIES LIKE SUN ETC. THE GIVER OF ALL WISDOM AND WEALTH
- **(DEVASYA)** WE ESTABLISH HIM IN OUR HEART AS MOST DESIRABLE AND VICTORIOUS
- **(VARENYAM)** MOST SUPERIOR TO ACCEPT AND MEDITATE.
- **(BHARGAH)** HE BURNS ALL PAINS AND IS HOLY, SACRED AND PURE BY NATURE.
- **(TAT)** TO THAT ALMIGHTY GOD
- **(DHEMAHI)** WE SHOULD ACCEPT AND HOLD.
- **(YAH)** THAT ALMIGHTY GOD
- **(NAH)** OUR
- **(DHIYAH)** MIND IN BEST ATTRIBUTES, DEED AND NATURE (HABBIT & TEMPERAMENT).
- **(PRACHODAYAT)** INSPIRE US.



- b) Aachman (Drinking clean water from palm), Touching and cleaning of various parts of body - In a human physical body Mind, Sense organs, intellect, conscience and soul are well established and help in thought process and actions of that person. By doing Aachman a person is praying to God for purification and good health of his/her sense organs, to understand about the science of sense organs and how to keep them healthy and in working order.
- c) Pranayaam - This is to support the knowledge of a Human body. This is a scientific way to keep a human body in good health. Pranayaam is very helpful to provide vitality, to fight all kind of diseases and to help human Mind in concentrating and worshiping Almighty God.

**Om Bhuh, Om Bhuvah, Om Svah, Om Mahah, Om Janah, Om Tapah, Om Satyam.**

These seven are Mantras of Pranayaam. These mantras are recited three times. Thus the total number of Pranayaam comes to twenty one. One has to take a deep breath in and retain it for few seconds, then slowly breathe out completely and wait for few seconds before breathe in, then one stops breathing completely for few seconds. Thus these three kinds of Pranayaam are to be repeated three times while reciting the mantras of Pranaayam. These Pranayaam Mantras help in maintaining the physical body, Mind, Sense organs healthy which helps one to live a healthy, happy and sacramented life. This also helps in positive and constructive thinking and creates a kind of connection between human Mind and Almighty God.

**To be continued in next edition.**

**By Dr Narendra Kumar**

**Arya Samaj (Vedic Mission) West Midlands**  
**Inauguration and Foundation Day Event –**  
**29<sup>th</sup> April 2018**

We moved into the building on 30<sup>th</sup> March 2018 and the above date for the Event was set in order to give us four weeks to settle in and complete any outstanding building work. The weeks leading up to this date were filled with excitement as well as hard work and some anxiety about getting things organised in such a short space of time. The building had been undergoing intensive refurbishment work and we were still experiencing some delays in completing certain tasks that remained outstanding such as connection of gas supply for the newly installed central heating system for the entire building except the residential dwelling that was already connected.

The Vaisakhi Mela, which has been celebrated in Birmingham for the last 27 years, happened to coincide with our event and caused panic due to road closures for the procession and expectations of heavy/slow moving traffic in the area. Whilst parking arrangements had been made, there was concern about accessing the car park. Members were informed about alternative routes and timing of road closures etc. Despite all the obstacles, it turned out to be a successful day with over 300 people attending and the programme for the day going really well and finishing on time as planned.

The day started with Sandhya Havan being performed by Acharya Yadav ji in our Yajna Shala hall and this was followed by reception of our Guest of Honour His Excellency Mr. Y.K Sinha ( High Commissioner of India U.K.) accompanied by his wife and officials from the Consulate General of India in Birmingham. They were welcomed by Dr. Narendra Kumar (Chairman ASWM), Mrs. B. B. Duggal (General Secretary ASWM), Acharya Ji and all members of the Board of Trustees.

**The Inauguration ceremony took place in the main Foyer of the building. His Excellency Mr. Y.K. Sinha unveiled the Plaque marking the official opening of our new Bhavan. The occasion was well recorded by clicking cameras and video shoot.**

**This was followed by a quick tour of the building when our chief guest of honour and his companions were shown our new Bhavan by Acharya Yadav Ji, Dr. Kumar and Mrs. Duggal.**

**Once everyone was settled in our Shradhanand Saraswati Hall, the hoisting of the flag was carried out by His Excellency Mr. Y.K. Sinha in the company of his wife and all members of the Trustee Board of ASWM as well as our Acharya Ji. The flag hoisting was followed by reciting of the Dwajarojan song by ladies from ASWM. Our other chief guest the Lord Mayor of West Midlands Mr. Andy Street arrived at this point and took up his designated seat.**

**The Introductory speech by the General Secretary of ASWM (Mrs. B.B. Duggal) welcomed and acknowledged the presence of our chief guests as well as showing appreciation to all members of Arya Samaj for their continued commitment and devotion. She reminded everyone of our aims to promote tolerance and awareness of what we all have in common and how we can create a nurturing, caring society where everyone has respect for one another as well as respect for our environment and the country we live in. Her speech included details of the programme for the day as well as familiarising people with the amenities and fire exists etc.**

**Our first Speaker Mr. Krishan Chopra Ji (Scholar of Vedic Literature and Author of the Vedic Sermons Book) talked on the subject of “Relevance of Arya Samaj in modern times”. His speech highlighted the need for clear direction to lead carefree lives and pointing out that this knowledge is contained in the Vedas. At the end of the speech, Dr. Kumar requested His Excellency Mr. Sinha to present a framed plaque to Mr. Krishan Chopra Ji acknowledging his**

**longstanding commitment and devotion to Arya Samaj (Vedic Mission) West Midlands.**

**The Lord Mayor of West Midlands Mr. Andy Street was our next Speaker and he expressed his thanks for being invited to participate in our event and showed interest and support for our organisation. He talked about visits to other Hindu temples as well as his interesting visit to India. He also mentioned his work on strategies to support cohesiveness amongst communities from different ethnic backgrounds/religions etc.**

**Dr. Narendra Kumar (Chairman of ASWM) who comes from a very devoted Arya Samaj family and has worked in the Medical field as a Consultant and has been devoting most of his time to ASWM since his retirement, talked about our relocation, efforts and work involved and the plans we have for future projects and activities. He expressed his gratitude to fellow trustees present and retired for their continuous support and advice. He thanked Dr. Paul Nischal of Forward Estates for telling him about 321 Rookery Road for sale. He also thanked Mr. Paul Clarke, our Chartered Sueveyor for his big support in dealing with HS2 managers.**

**Dr. Kumar also thanked Mr. Neil Wilkinson, our project Manager, and Ms. Shine Duggal, our Client Liaison Officer, for their help in getting this building refurbished. He also thanked for the team work of trustees, friends of Arya Samaj and Acharya ji and employees of Arya Samaj to make this event possible.**

**He expressed thanks to His Excellency Mr. Sinha for making time available for our Inauguration event and welcomed him to make a speech. Dr. Kumar presented HE Mr. Sinha with books on Vedic Literature.**

**His Excellency Mr. Sinha acknowledged the good work we are doing and expressed his willingness to support us in our plans for projects**

and activities. Members of Arya Samaj listened with admiration and were pleased to have an opportunity to meet him in person. After finishing his speech HE Mr. Sinha presented Dr. Kumar with a gift wrapped copy of a book on Yoga. Spare copies were also given to us for our Library.

At this point, children from Arya Samaj came forward to recite the Gaytri Mantra and gave a translation of the meaning of the Mantra.

This was followed by a Bharat Natyam Dance performance by Miss Anna Chandraseher. Incidentally, she was taught classical dance at the age of 11 years at Arya Samaj by Dr. Jessica Sinniah (who was our dance teacher at ASWM).

Acharya Yadav Ji our resident Priest who is highly qualified in both Hindi and Sanskrit Literature with extensive knowledge and experience of working in several prominent Cities of India and who has been with us for about 13 years, gave a passionate speech on “Arya Samaj Movement as desired by Maharishi Dayanand Saraswati” His speech was very much relevant as we were also celebrating Arya Samaj Foundation Day today.

Vote of Thanks was given by Mrs. Duggal to everyone who made today’s event successful by attending, contributing, performing and working hard visibly and invisibly behind the scenes. A big “thank you” was given to Mr. Kuku Oberoi who very kindly provided all the delicious food for today’s Rishi Langar. It is very much appreciated when members show such commitment and devotion.

The programme for the day ended with Shanti Path and Aarti. Everyone was then asked to make their way to our main Hall “Maha Rishi Dayanand Saraswati Hall” where hot food was being served.

Report on the Day by:

Mrs. Brij Bala Duggal (Gen.Sec./Board of Trustees/AS(VM)WM).

## 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/>

# **VEDIC VIVAH MELA** **Matrimonial Get Together and Speed Dating** **2018**

**Date:** Saturday 8th September 2018

**Venue:** **NEW HOME** of Arya Samaj West Midlands, 321 Rookery Road, Hnadsworth, Birmingham B21 9PR (Road Map available on our Website) [www.arya-samaj.org](http://www.arya-samaj.org)

**Time:** 11.30am – 5pm

**Cost:** - £20.00 Members and £30.00 Non-Members



This summer, we are hosting another popular speed dating matrimonial event on **Saturday 8th September 2018** at our **newly refurbished Arya Samaj West Midlands new home**. It is the ideal opportunity to meet that special someone in a relaxed informal environment with like

minded people who are all there for the same reason. Book your place early as numbers are limited. This year we are also inviting non-members to attend, so, if you have a friend who is interested please put them in touch and encourage them to register for the event.

**Tickets - £20.00members/£30.00 non-members**

## **How will it work?**

We will have registration, welcome drinks, light snacks and mingling followed by speed dating where participants will meet each other for a period of 4 to 5 minutes. During this time, you will be able to chat and find out about each other, when the time is up the bell will sound and you repeat the process with someone new.

Make a note of the name of those you are interested in on the packs given on the day and we will send you their information by email for you to follow up. If you like someone there will be plenty of social time to chat further throughout the day. Once the speed dating is over a late vegetarian lunch with soft drinks will be served and everyone is free to mingle some more before the end of the event. (No alcohol is permitted or served)

## **What you need to do now?**

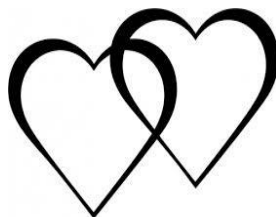
To attend this event, you will need to register by filling out the registration form. **Forms** are available on-line or by calling Arya Samaj West Midlands. Please complete and return your form no later than **Friday 31<sup>st</sup> August 2018** to confirm your place together with your cheques made payable to 'Arya Samaj West Midlands' **(Members £20/non-members £30)**. Send your payment and registration form including a self addressed stamped envelope to Arya Samaj West Midlands, 321 Rookery Road, Hnadsworth, Birmingham B21 9PR

You will be sent confirmation by post or email which you will need to bring with you. If you arrive on the day without an entry confirmation you will be unable to participate in the event.

**We look forward to welcoming you to the event where you have the prospect of meeting that special SOMEONE!!**

Forms are available on our website [www.arya-samaj.org](http://www.arya-samaj.org). Or tel. **0121 359 7727**

**Kind regards,  
Arya Samaj WM, Matrimonial Team**





## List of Festivals for year 2018

<b>Festival</b>	<b>Actual Date of Festival</b>	<b>Date for celebration in Arya Samaj</b>
Makkar Sankranti	Sunday 14 <sup>th</sup> January	Sunday 14 <sup>th</sup> January
Republic Day of India	Friday 26 <sup>th</sup> January	Sunday 28 <sup>th</sup> January
Rishi Bodh Utsav.	Tuesday 13 <sup>th</sup> February	Sunday 18 <sup>th</sup> February
Holi	Friday 2 <sup>nd</sup> March	Sunday 4 <sup>th</sup> March
Ram Navmi	Sunday 25 <sup>th</sup> March	Sunday 25 <sup>th</sup> March
Arya Samaj Foundation Day	Saturday 7 <sup>th</sup> April	Sunday 29 <sup>th</sup> April
Annual General Meeting.	n/a	Sunday 29 <sup>th</sup> July
Independence Day of India	Wednesday 15 <sup>th</sup> August	Sunday 19 <sup>th</sup> August
Ved Katha (8 days)	n/a	Sunday 26 <sup>th</sup> August to Sunday 2 <sup>nd</sup> September
Raksha Bandhan	Sunday 26 <sup>th</sup> August	Sunday 26 <sup>th</sup> August
Shri Krishna Janmasthanmi	Monday 3 <sup>rd</sup> September	Sunday 2 <sup>nd</sup> September
Special Satsang for University Students	n/a	Sunday 9 <sup>th</sup> September
Gayatri Maha Yajna	n/a	Sunday 23 <sup>rd</sup> September
Vedic Vivah Mela	n/a	Saturday 8 <sup>th</sup> September
Dasahahara	Friday 19 <sup>th</sup> October	Sunday 21 <sup>st</sup> October
Diwali	Wednesday 7 <sup>th</sup> November	Saturday 10 <sup>th</sup> November

## News

### Get Well Soon:

- This is to inform our members and readers that our Patron Shri Gopal Chandra MBE is recovering in Ryland View Nursing Home, Arnhem Way, Tipton, DY4 7HR and telephone number 0121 520 1577. We all wish him a speedy recovery.
- This is to inform our members and readers that Mr Vishwa Nath Bhandari, ex-Vice President of Arya Samaj West Midlands year 2001-2003 is recovering in Gracewell of Edgbaston Care Home, Speedwell Road, Edgbaston, Birmingham, B5 7PR and telephone number 0121 796 0796. We all wish him a speedy recovery.
- Mrs Deepika Datta is on waiting list for a kidney transplant. We wish her to get better soon.

### Condolence:

- Mr. Satya Prakash Gupta - for loss of his beloved wife Mrs. Sanjugta Gupta. May God grant the eternal peace to the departed soul and the strength to entire family members to bear the time of sorrow.

### Congratulations:

- Dr. P.D. and Mrs Rekha Gupta - for wedding celebration of their dear daughter Shikha with Darren on 12th May 2018. May God bless them happiness and success in married life.
- Mr. Ravinder Renukunta - for being yajman on his birthday celebration in Arya Samaj -Yajna-Shala on 20.05.2018. Wish him good healthy, happy life with all prosperities.

- Smriti Prinja for becoming a life member of Arya Samaj (Vedic Mission) West Midlands.

**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. Vinod Gulati                          | £21  |
| • Mr. P & Nic Shukla                        | £10  |
| • Dr.S Kumar                                | £21  |
| • Mr. Krishan Sethi                         | £50  |
| • Mr. Inder jit Marwah                      | £21  |
| • Mr. Ravinder Renukunta with Rishi-Langar  | £80  |
| • Smriti Prinja                             | £500 |
| • Mr. Satya Prakash Gupta with Rishi-Langar | £240 |
| • Ms Charu Malhotra                         | £21  |

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

- |                     |      |
|---------------------|------|
| • Dr. P.D. Gupta    | £400 |
| • Mrs. Usha Prakash | £50  |

**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.**
- **Ved Prachar by our learned Priest Dr Umesh Yadav on Radio XL 7 to 8 am, first Sunday of the month. Next 1st July 2018 & 5th August 2018.**

**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

Following people so far have donated to the Arya Samaj West Midlands New Building Refurbishment Fund at 321 Rookery Road, Handsworth, Birmingham, B21 9PR:

<u>NAME</u>	<u>DOANTION</u>
NEW DONATIONS:-	
Mrs Gargi Khosla	£500.00
Dr Shashi Kumar	£101.00
Mr. Satya Prakash Gupta	£100.00
Mrs Asha Verma	£51.00

**TOTAL SO FAR :**

**£49438.15**

**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 sent 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

# **Arya Samaj (Vedic Mission) West Midlands**

## **Newly Refurbished Venue Hire**

**Our new home at 321 Rookery Road, Handsworth, Birmingham, B21 9PR has been newly refurbished and is the perfect venue for you to hire for all your events.**

### **Venue Information:**

- **Main Banqueting Hall Seating up to 300+ guests**
  - **Function/Dining Hall With Stage**
  - **Yajna Shala (Havan Room)**
    - **Kitchen Facilities**
    - **On site cleaner**
    - **Parking for events**
    - **Hindu Priest Service**

**Our venue is perfect for Weddings, Engagements, Anniversaries, Birthdays for all ages, Religious Ceremonies, Community Events, Family Parties, Meetings, Wakes and all other functions.**

**For more information or viewings please call us on  
0121 359 7727**

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

- **Excellent rates – Vegetarian ONLY – No Alcohol**