

## 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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June 2019

## (Festivals celebrated at Arya Samaj Bhavan)

| Festival                  | Date   | Time          |
|---------------------------|--|---------------|
| A.G.M                     | Sunday 28th July   | 11am – 1pm    |
| Independence Day of India | Sunday 18 <sup>th</sup> August                                     | 11am – 1pm    |
| Raksha Bandhan            | Sunday 18th August   | 11am – 1pm    |
| Ved Katha (8 days)        | Friday 16 <sup>th</sup> August to Saturday 24 <sup>th</sup> August | 7pm – 9pm     |
| Shri Krishna Janmasthanmi | Sunday 25 <sup>th</sup> August                                     | 11am – 1pm    |
| G.M.Y                     | Sunday 1 <sup>st</sup> September                                   | 11am – 1.30pm |

Website - [www.arya-samaj.org](http://www.arya-samaj.org)

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**For General and Matrimonial Enquiries  
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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 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.**

## **Physically Strong like Stone**

**By Mr Krishan Chopra**

एह्यश्मानमा तिष्ठाश्मा भवतु ते तनुः । कृण्वन्तु विश्वे देवा आयुस्ते शरदः शतम्  
॥ अथर्ववेद-२.१३.४

Ehyasmanamatistha asma bhavatu te tanuh I krnvantu visve  
deva ayuste saradah satam II

**Athrva Veda 2.13.4**

### **Meaning in Text Order**

**Ehi = come**

**Asmanam = on the stone**

**Atistha = stand**

**Asma = strong like stone**

**Bhavatu = become**

**Te = your**

**Tanuh = body**

**Krnavantu = bless you with good life span**

**Visve = all**

**Devah = men of divine qualities**

**Ayuh = life span**

**Te = your**

**Saradah = autumn**

**Satam = hundred.**

### **Meaning**

Come Brahmchari! Stand on this stone. May your body become strong like a stone. May the divine entities bless you a life span of a hundred autumns.

## Contemplation

The Vedic system of education was to send the child at the age of five to Gurukul. In those days the Gurukul were established out of the city and parents left their children in the care of a Guru (preceptor). The daily life of the student in Gurukul was under strict discipline. The student's aim was to learn the discipline of life and to acquire education. First of all, the preceptor initiates him in through the ceremony of Yajnopaveet (Sacred Thread) and start teaching of Veda. The preceptor says to the child in this Mantra – Come and stand on this stone, your body should be strong like a stone. You have come here to do penance. You develop your intellectual power and through physical exercise, make your body strong. Let the preceptor teach you the rules of life (yama - Niyama) and of sound character that you live at least a hundred years.

In the marriage ceremony, a brother says to his sister that I am placing your foot on the stone. Where you are delicate physically, you are becoming strong like stone. Remember **“asmadapi kathorani mrdulani kusumadapi”** From time to time you have to become delicate like a flower and hard like a stone. You live in your family comfortably and with pleasure for a hundred years.

At the time of coronation, the Head Priest says to king - come and place your foot on the stone. Make your body and mind strong like a stone. Then alone you can protect the country from dangers. All divine entities, subjects of divine qualities and the ministers of divine tendencies may cooperate with you so that you attain the life of a hundred years.

Let us place our foot on the stone and make the resolution to make our body, mind and soul strong like stone. Determination of our resolves is key for our success. Let us take the vow of resolute determination. May all the divine entities bless us to live a healthy life for hundred years.

## आर्य समाज एक परिचय-७

आचार्य डॉ. उमेश यादव

### आर्य समाज का संगठन

आर्य समाज एक विचारधारा है जो शुद्ध वेदों पर आधारित एक सटीक वैज्ञानिक धारा है जहाँ तानाशाही और गुरुडम का कोई आधिपत्य नहीं है । जिस पद्धति में विचार और कर्म की स्वतन्त्रता न हो, व्यक्तित्व की आजादी नहीं है, उससे विल्कुल अलग है आर्य समाज की धारा । वेद और विज्ञान से जो सटीक विचार है; उसका आर्य समाज में सदैव स्वागत है ।

आर्य समाज में लोकतंत्र (डेमोक्रेसी) - महर्षि दयानन्द ने जब आर्य समाज की प्रथम स्थापना १८७५ में मुंबई (भारत) में की तो इसके अबाध्य संचालन व विकाश के लिये आर्य समाज को लोकतंत्र के आधीन रखा । लोकतंत्र का सिद्धान्त चुनाव होता है ।

सर्वोपरि सभा सार्वदेशिक आर्य प्रतिनिधि सभा जो राष्ट्रीय स्तर पर, प्रान्तीय आर्य प्रतिनिधि सभा जो प्रान्तीय स्तर पर तथा हर एक स्थापित आर्य समाज की अपनी एक सभा हो जो बोर्ड ऑफ ट्रस्ट या कार्य कारिणी सभा या दोनों का गठन होता है और इन सब सभाओं को संचालित करने के लिये चुनाव-सिद्धान्त को अपनाना पड़ता है । हाँ नीचे से ऊपर की सभाओं का अनुशासनात्मक अन्तस्सम्बन्ध ( इन्टरलिंग ) भी है तथापि प्रत्येक एकल समाज अपनी व्यवस्था के लिये स्वयं जिम्मेवार होता है ।

कोई सभा हो, सबके पदाधिकारियों का विधिवत चुनाव होता है जिसका मतदान आर्य समाज या सभा के विधिवत बनाये गये सदस्य होते हैं। हर आर्य समाज या सभा का एक अपना संविधान होता है जिसके अन्दर बोर्ड ऑफ़ ट्रस्ट व कार्यकारिणी सभा कार्य करती है। इस प्रक्रिया में आर्य आर्य समाज का १० वाँ नियम अत्यन्त सहायक होता है। यह नियम है -

“ सब मनुष्यों को सामाजिक सर्वहितकारी नियम पालने में परतन्त्र रहना चाहिए और प्रत्येक हितकारी नियम में सब स्वतन्त्र रहें।”

सिद्धान्तों की रक्षा में यों तो सारे नियमों का ध्यान रखना आवश्यक व सार्थक बन जाता है जो वैयक्तिक, सामाजिक, धार्मिक व आध्यात्मिक व्यवस्था के संचालन व उनके विकास में सहायक है। आर्य समाज के प्रबन्धन में ज्ञानवान, सदाचारी, सभ्य व सुसंस्कृत दानी व सत्य समाजसेवी स्त्री-पुरुषों के चयन का ध्यान रखा जाता है।

गुलामी से छूटना- आर्य समाज गुलामी को कभी भी स्वीकार नहीं किया। महर्षि दयानन्द ने अपने अमर ग्रन्थ सत्यार्थप्रकाश में स्वराज, स्वदेश, स्वभाषा, स्ववस्तु आदि की जोरदार प्रेरणा दी और गुलामी की बेड़ी को काट फेंकने हेतु खुला आह्वान किया। स्वतंत्र विचार, खुले विचार, वैदिक व वैज्ञानिक विचार का सदा स्वागत किया जाता है।

आर्य समाज ने ही आधुनिक काल में भारतवर्ष को शुद्ध सार्वजनिक जीवन प्रदान किया तथा अपनी मूल वैदिक संस्कृति की रक्षा की है तथा आगे भी करती रहेगी। इन सब व्यवहारों का मूल आधार श्रेष्ठ नैतिकता ही होगी, ऐसी मान्यता है।

आर्य समाज की स्थिरता- निसंदेह आर्य समाज एक स्थिर संस्था है । वेद स्थिर, वेदों के ज्ञान का आदि मूल ईश्वर सदा स्थिर अतः वैदिक सिद्धान्तों पर आधारित आर्य समाज भी इस धरती पर यावच्चन्द्र दिवाकरौ अर्थात् जब चाँद व सूर्य रहेंगे तब तक आर्य समाज अपना कार्य करता रहेगा । इसकी शाखायें नीचे से ऊपर की ओर गयीं हैं जो स्थिरता का ही प्रतीक है । स्थानीय आर्य समाज, प्रान्तीय आर्य प्रतिनिधि सभा व सार्वदेशिक आर्य प्रतिनिधि सभा आदि का क्रम नीचे से ऊपर का है । अतः आर्य समाज की स्थिरता में कोई शंका नहीं की जा सकती ।

आज देखें तो लगभग ८८ देशों से भी अधिक आर्य समाज फैल चुका है । पूरी दुनियाँ में लगभग ६००० से अधिक आर्य समाज हैं, ४ हजार से अधिक आर्य सिद्धान्तों पर आधारित शिक्षा-संस्थान, गुरुकुल, यज्ञशाला, गौशाला, वानप्रस्थाश्रम, आर्य महिलाश्रम व डी.ए.वी. कॉलेज मैनेजिंग कमिटी द्वारा संचालित आधुनिक शिक्षा व तकनीकी शिक्षा संस्थान हैं । साथ ही आज हजारों योगकेन्द्र, आयुर्वेदिक चिकित्सा केन्द्र व अन्य समाजसेवा आर्यकेन्द्र स्थापित हैं ।

निसंदेह यह आर्य समाज मानव समाज में सबको वैयक्तिक, पारिवारिक, सामाजिक व राष्ट्रीय संस्कार देने में सक्षम है । लाखों की संख्या में आर्य विद्वान, ब्रह्मचारी, वानप्रस्थी, संन्यासी, आचार्य आदि लेखक, साहित्यकार, कवि, ब्याख्याता, पत्रकार आदि सभी विधाओं में कार्यरत हैं ।



## ७. जीवन को सफल करो

जीवन को सफल करो ऐ प्राणी, जीवन को सफल करो ।

सच्चा बोल के तोल ऐ प्राणी, जीवन को सफल करो ॥

“ओ३म्” नाम का भजन करो ॥

जीवन में संकट आते हैं, मन को खूब सताते हैं,  
मन को दृढ़ बनाकर प्राणी, संकट दूर करो ॥ “ओ३म्” नाम का  
भजन करो ॥

जीवन तप है, तपना सीखो, चाहे चलना हो अँगारे,  
अग्निपथ पर चलकर प्राणी, तपस्वी बना करो ॥ “ओ३म्” नाम  
का भजन करो ॥

मानुष-जीवन गहरा सागर, गन्तव्य दूर किनारा,  
मिट् टी की नैया, पक्की चढ़कर, आत्मवीर बनो ॥ “ओ३म्” नाम  
का भजन करो ॥

शुद्ध ज्ञान से शुद्ध होते हैं, और होते वैचारिक,  
ब्रह्म-ज्ञान को गुथ-गुथ जानो, उमेश भी ज्ञान धरो ॥ ओ३म्  
नाम का भजन करो..

## वेदों में विज्ञान-1

आचार्य डॉ. उमेश यादव

“सब सत्य विद्या और जो पदार्थ विद्या से जाने जाते हैं; उन सब का आदि मूल परमेश्वर है ।” -महर्षि दयानन्द सरस्वती द्वारा निर्मित आर्य समाज का पहला नियम “वेदों में विज्ञान” विषय को कितनी स्पष्टता के साथ बता रहा है । हमारी मान्यता है कि वेद ईश्वरीय ज्ञान है जो सृष्टि के प्रारम्भ में चार पवित्र आत्मा अग्नि, वायु, आदित्य और अँगिरा ऋषियों को ईश्वर-कृपा से मिला । यहाँ मूलतः दो प्रकार की विद्या/ज्ञान की बात की गयी है । १. सत्य विद्या और २. पदार्थ विद्या । सत्य विद्या आध्यात्मिक ज्ञान और पदार्थ विद्या भौतिक ज्ञान अर्थात् विज्ञान । संसार में जितना भी विज्ञान है जिसके आधार पर नयी-नयी खोज/रिसर्च हो रही हैं; इन सबका मूल परमेश्वर है जिसका मूल बीजरूप ज्ञान वेदों में पूर्ण रूप से उपलब्ध है । इनको सही व्याख्या से समझने की जरूरत है ।

यहाँ आचार्य यास्क का यह कथन अत्यन्त सटीक है - न ह्येषु प्रत्यक्षमस्ति अनृषेरतपसो वा- निरुक्त-१३.१२ अर्थात् जो ऋषि व तपस्वी नहीं हैं, उसको मंत्रों के अर्थ का यथार्थ ज्ञान नहीं हो सकता है । इसी कारण ऋषि को मंत्रद्रष्टा कहा गया है -ऋषियो मंत्रद्रष्टारः । मंत्र के मूल रहस्यों को जानने के लिये वैज्ञानिक सोच व कठोर परिश्रम की आवश्यकता है । ऋग्वेदादि भाष्यभूमिका महर्षि दयानन्द ने विमान बनाने की कला की बात वेदों के आधार पर कही ।

वेदों में वर्णित अग्नि, मित्र, वरुण, मरुत्, सोम, वायु, विद्युत्, जल, पृथिवि, आकाश आदि शब्दों का गूढ़ रहस्यात्मक वैज्ञानिक अर्थ का चिन्तन करने की परख ऋषि तुल्य सोच रखने वाले आचार्य विद्वानों का ही काम

हैं । महर्षि दयानन्द के स्वयं यत्र-तत्र वेद भाष्य करते हुये मंत्रों का वैज्ञानिक व्याख्यायें की हैं । अपने सत्यार्थ प्रकाश आदि ग्रन्थों में भी विज्ञान व वैज्ञानिक सोच को खूब उभारा है । सृष्टि विज्ञान आदि पर तो विस्तृत व्याख्यायें की हैं । इसी परम्परा में आर्य समाज के कई योग्य विद्वानों ने वेदों में विज्ञान विषय पर प्रशंसनीय प्रयास किया है जिसका परिणामस्वरूप आज हमारे पास स्वाध्याय व चिन्तन के लिये काफी सहायक सामग्री पुस्तक रूप में उपलब्ध है । इन सबके स्वाध्याय व चिन्तन के आधार पर मैं भी सरल व सुबोधरूप पढ़ने योग्य व ज्ञानवर्धक सामग्री पाठकवृन्द के लिये उपस्थित करने का प्रयत्न करने लगा हूँ ।

वेदों में भौतिक विज्ञान, रासायनिक विज्ञान, जीवविज्ञान, गणित शास्त्र आदि अनेक विज्ञान के पहलु पाये जाते हैं । इनके मूल अर्थों को गहराई से समझकर इनसे ही अन्वेषण कार्य को बढ़ाया जा सकता है जिसमें आधुनिक खोज का समन्वय भी अत्यन्त सहायक होगा । ऊर्जा, गैस, विद्युत्, ताप, सूर्य, चन्द्र, पिथिवि आदि का आकर्षण, गुरुत्वाकर्षण आदि तमाम विषय वेदों में बीजरूप से प्राप्त हैं ।

आम जनता को यही समझ व संस्कार है कि वेद तो केवल पूजा-पाठ या यज्ञों के सम्पादनार्थ पंडित लोगों द्वारा उच्चारण किया जाता है । कई लोग इसे अपनी अज्ञानता व दुर्भाग्यवश भूत-प्रेत, जादु-टोना आदि अन्धविश्वासों का जड़ ही मानते हैं । कारण जनता का दोष नहीं है अपितु यथार्थ स्वाध्याय की कमी है । वेदों में तो समग्र मानव जाति के सफल जीवन जीने का पवित्र वैज्ञानिक ज्ञान मोतियों की तरह पिरोया हुआ है । कोई महर्षि दयानन्द की सोच को समझे तो सही । आगे से आगे इसका विस्तार किया जायेगा । आशा है मेरा यह प्रयास पाठकवृन्द को पसन्द आयेगा । निसंदेह सबके लिये यह ज्ञानवर्धक व रुचिकर विधा होगी ।

## **Children's Corner.**



### **The Jackal who saved the Lion.**

Here is another interesting story from the collection of Jataka Tales:

Once upon a time, there lived a lion in a forest. One day, when he went to drink water in a river, one of his feet got stuck into the damp mushy mud of the river. He tried a lot to get out of the mud, but to no avail. He had to lie without food for days because he didn't find any help. On one fortunate day, a kind jackal came to drink water from the river. When he saw the lion, he went closer to the lion and said "what is the matter? Why are you resting here?"

The lion narrated him the pathetic story. The Jackal instantly made a way out from the sand but the lion was unable to move his feet as he was set in the same posture for several days. His body had become stiff. The jackal understood the condition of the lion and helped him to get out of the mud with an extra effort. The Lion was really thankful to jackal for his kind help. He was very happy to get free after so many days.

The Lion appreciated the effort made by the jackal. He offered the jackal to live close to him and also promised to give food to him

whenever he caught food. The jackal accepted the offer and started living with the lion. Thus, they lived happily sharing the food. With the passing time, they expanded their families. The lion had cubs and the jackal had kid jackals. Both, the lion and the jackal were passing their days happily. They did not have any idea that their friendship was not liked by their families.

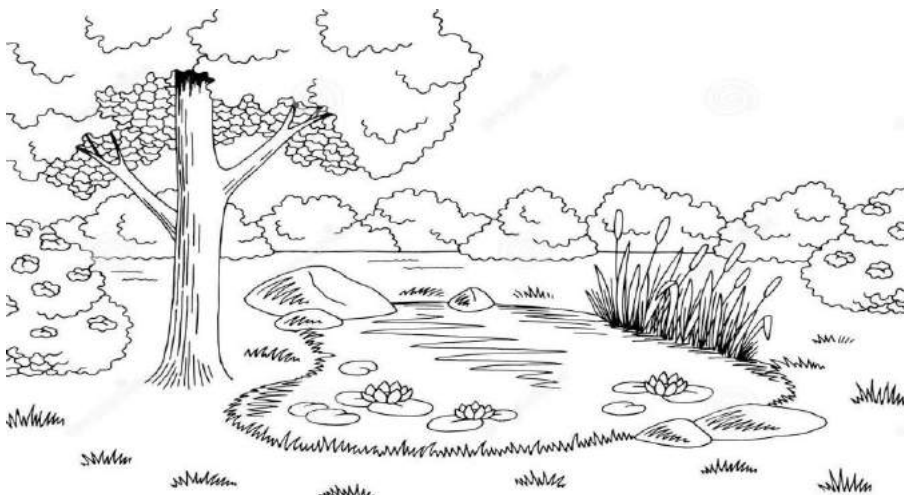
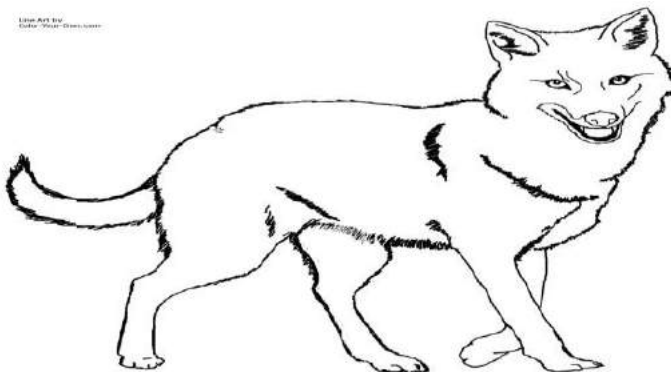
One day after a long time, the lioness, lady of the lion's house, told her cubs that she didn't like the amity between the jackal and her husband. The cubs conveyed the message to the kid jackals. The kids complained about the matter to the lady jackal. The lady jackal conveyed the complaint to her husband.

The Jackal went to the Lion and asked "I helped you without any consideration in return. You had asked me to live with you, so I started living with you. Now, if you don't want me to live with you, you should have told me yourself. What for did you involve your wife and cubs to convey this?" The Lion was shocked to hear such words. He said "My dear friend, what are you saying? I don't find any problem with you or your friendship". He assured the jackal that he had no such ill-feelings for the friendship between them.

The Lion also assured that he would talk to the lioness and solve the whole matter. The jackal was intelligent and understood the situation. He said to the lion, "Dear friend, I know you are sincere, but our families could not exactly respond the same level of friendship. So, let us stay apart and meet often as friends. We could also hunt together. It would be better if our families stay apart". The Lion agreed to the proposal with a heavy heart.

The two families parted from each other as friends. The jackal and the lion continued to share their friendship. They often met each other and went hunting together. Thus, the two friends shared a healthy friendship throughout their life.

**MORAL: Don't expect your family to reciprocate the same level of friendship you have with someone.**



## **GAYATRI MANTRA**

**OM BHURBHUVAH SVAH  
TATSAVITURVARENYAM  
BHARGO DEVASYA DHEEMAHI  
DHIYO YO NAH PRACHODAYAAT.**

### **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.

# **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**



## **Matrimonial Service**

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

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

#### **Website:-**

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

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

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

## **News**

- It is with great pleasure to write the names of the following new members of the Board of Trustees as Co-Opted members for Arya Samaj (Vedic Mission) West Midlands - Mr Rajesh Salota, Mr Vijay Kumar, Mr Nishant Saini, Dr Goldie Songra and Mr J.P.Sethi.
- After about a break of 10 months Mrs Brij Bala Duggal has come back to work as a Secretary of Board of Trustees of our Arya Samaj. Many congratulations to her.

## **Get Well Soon:**

- 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:**

- Mrs. Indu Aggarwal (Coventry) & family - for loss of her beloved husband Mr. Subhash Chander Aggarwal (84). Cremation and Shanti Havan (at their house) were preformed on 14th May 2019. We Pray to Almighty God to grant his soul eternal peace and give strength to his family members & relatives to bear his loss.
- Dr. Harish Wadhwa and family - for loss of his beloved wife Mrs. Geeta Wadhwa. Shanti Havan was performed in Arya Samaj West Midlands in Sunday Vedic Satsang on 12th May 2019. We Pray to Almighty God to grant her soul eternal peace and give strength to his family members & relatives to bear his loss.

## **Congratulations:**

- Mr. Vipul and Mrs. Yashika Bali - for Simantonayan Sanskar at their home on Saturday 4<sup>th</sup> May 2019. Wishing them happiness and good health.
- Mr. and Mrs. Rani Banga - for Wedding ceremony of their son Neal with Ciara was performed on Saturday 11th May 2019. Wishing them a happy married life.

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

- Mr. Rajiv and Mrs. Deepika Datta - Naming Sacrament of their grandson, Ravi Francis Datta son of Mr. Luv and Steph Datta) on Sunday 28th April 2019. Wishing them all happiness and good health.
- Mr. Joginder Pal and Mrs. Santosh Seth - for birthday celebration Havan for their grandchild Krishan son of Mr. Ian and Mrs. Sarita Healey on Sunday 5th May 2019. Wishing them all happiness and good health.
- Mr. Ravinder Renukunta and family - for birthday celebration Havan for Ravinder ji on 19th May 2019. Wishing him happiness and good health.

**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:**

- |   |      |
|---|------|
| • Dr. Om Prakash Sanehi with Rishi Langar | £450 |
| • Mr Rajiv Datta                          | £86  |
| • Mr J.P. Sethi with Rishi Langar         | £281 |
| • Mr Vipul Mistry                         | £20  |
| • Dr Harish Wadhwa with Rishi Langar      | £460 |
| • Mrs Veena Devi                          | £11  |
| • Mr Ravinder Renukunta with Rishi Langar | £111 |

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

- |                                 |      |
|---------------------------------|------|
| • Mr. Vipul Bali                | £51  |
| • Mrs. Rani Banga               | £400 |
| • Mrs. Indu Aggarwal (Coventry) | £200 |

**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 7th July 2019 & 4th August 2019 .**

**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**

**In month of May following people have donated...**

| <b><u>NAME</u></b>     | <b><u>DONATION</u></b> |
|------------------------|------------------------|
| <b>NEW DONATIONS:-</b> |                        |
| Dr P.D. Gupta          | £250                   |

**TOTAL SO FAR - £57,993.15**

**Thank you!**

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

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

**Your help is highly appreciated.**

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

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

**Account number – 65839135   Sort Code – 08.92.99**



# **YOGA LESSONS**

**BY**

**DR. DHEERAJ PRAKASH JOSHI**  
**YOGACHARYA**

**Consulate General of India, Birmingham**

**Profile – Dr. Dheeraj Prakash Joshi**  
**Teacher of Indian culture and yoga Expert**  
**[culture.birmingham@mea.gov.in](mailto:culture.birmingham@mea.gov.in)**

Dr. Dheeraj Prakash Joshi is a renowned Yoga Guru, he is teaching Yoga and Indian philosophy worldwide for the last 15 years. He is founder of Shivodham International Yoga Asharam, Udaipur and Yoga Department of JRN Rajasthan Vidyapeeth University, Udaipur. He produced 2500 certified yoga teacher in last 15 years. He has won all India yogasana championship in 2000.

He is deputed by Government of India in Consulate General of India, Birmingham as a Teacher of Indian culture and yoga Expert. He has worked in Sanskrit Studies centre, Silpakorn University, Bangkok, Thailand as Assistant Professor (Yoga and Sanskrit).

Dr. Dheeraj Prakash Joshi, specialises in Yoga, Sanskrit, Indian culture & Philosophy (Teaching yoga, Sanskrit and Indian culture from past 16 years). Teaching and Practicing Asana, Pranayama, Kriyas and Meditation from last 20 years

He has benefited the thousands of yoga enthusiast through yoga classes and workshops in India, Thailand, Vietnam, Russia, UK and USA.

**Please come and join us for a  
Free Yoga Lesson with  
Dr. Dheeraj Prakash Joshi -**

**AT**

Arya Samaj (Vedic Mission) West Midlands  
321 Rookery Road  
Handsworth  
Birmingham  
B21 9PR  
0121 359 7727  
enquiries@arya-samaj.org  
www.arya-samaj.org

**FROM**

**Thursday 2nd May 2019  
(And then every Thursday of the week)**

**TIME**

**7pm – 8.15pm**

**ALL ARE WELCOME!**

