

ओ३म्



Maharishi Swami Dayanand Saraswati

**AUM BHOOR
BHUWAH SWAH,
TAT SAVITUR
VARENYAM
BHARGO
DEVASYA
DHEEMAHI
DHIYO YO NAH
PRACHODAYAAT.**

*Oh God! You are
the giver of life,
Remover of pain
and sorrow, the
Bestower of
happiness,
Creator of the
universe, may we
receive the
supreme
sin-destroying
light, and may
you guide our
intellect in the
right direction*

THE ARYA PATRIKA

WEEKLY NEWSLETTER OF ARYA SAMAJ, NAIROBI
FOR MEMBERS ONLY

Arya Samaj Nairobi is a Religious, Educational, Social and Cultural Vedic
Organization of 113 years standing in Nairobi, Kenya

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MAY 2ND, 2017

WEEKLY PROGRAM

**WEDNESDAY MAY 3RD, 2017
AT M.D. BHAVAN
3RD AVENUE, PARKLANDS,
NAIROBI.**

ARYA STRI SAMAJ

PROGRAMME:

2.30 p.m. : Havan/Yajna by Acharya Dr.
Deendayal Vedalankar ji

3.00 p.m. : Ved Path/Bhajans &
Pravachan

4:00 p.m. : Tea & Prasad

**FRIDAY MAY 5TH, 2017
AT ARYA SAMAJ SOUTH 'C',
NAIROBI**

PROGRAMME:

6.00 p.m. : Havan/Pravachan by
Acharya Deendayal
Vedalankar ji

7.00 p.m. : Announcements,
Aarti, Shanti Path &
Prasad

**SUNDAY MAY 7TH, 2017 AT
M.D. BHAVAN 3RD AVENUE,
PARKLANDS, NAIROBI**

YAJNASHALA

YAJMAANS: ARYA PARIWAR

11:00 a.m. : Meditation/ Sandhya

11:15 a.m. : Havan/ Yajna by Acharya
Deendayal Vedalankar ji

12:00 p.m. : Prasad Vitran

12.15 p.m. : Bhajans by Arya Pariwar

12.30 p.m. : Pravachan by Acharya
Deendayal Vedalankar ji

1.00 p.m. : Announcements, Aarti and
Shanti Path

1.15 p.m. : Rishi Langar

DATES TO REMEMBER

◆ **Sunday 28th May - Children's Havan**

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WELCOME

Mr. Pran Walia welcomed all devotees who graced the Sunday Satsang and thanked Acharya Dr. Deendayal ji for conducting the Havan.

- ◆ Mrs. Prem Handa & Neena Handa
- ◆ Adv. Ramesh Sharma
- ◆ Mr. O. P. Narang

ANNOUNCEMENTS

- ◆ **The next Children's Havan** is on 28th May, 2017. All the families are encouraged to bring their children for Havan.
- ◆ **Mrs Kamlesh Kent is organizing senior citizen union** during weekdays at Social Centre at M. D. Bhavan. All senior members are requested to forward their names to Arya Samaj office.

CHILDRENS HAVAN REPORT

A good attendance was seen at the Children's Havan this month and a significant number of new children were welcomed. It was indeed a pleasure to see new and old faces alike. We wish to thank Shastri ji for the Havan and the Quiz he gave the Children. Two volunteers from the Children handed out the Prasad. Thank you to Arya Joshi and Panav Mendiratta for coming forward to do so.

Venya Mongia then led everyone to sing the Indian National Anthem followed by Anmol Sethi leading everyone in singing the Kenyan National Anthem.

The organised activity encouraged Children to be conscious of their environment and think not only of human beings but animals and the environment as well. Kenya is going through a severe drought, Animals and Birds cannot express their pain during this time but continue to suffer. The Children were taught how to make simple Bird feeders using discarded toilet roll cores and easy ingredients from our Kitchens.

A cake was cut for all Children celebrating their birthdays in April which was then followed by a delicious lunch of Kadi Chawal and Aloo Gobi with Apple and Cake as dessert.

Children are our future and it is encouraging to see many of the older children wanting to take up responsibilities of helping the younger ones in the activity as well as sharing their ideas for the forthcoming Havans.

Venya Mongia	Aanya Mathur	Arya Joshi	Vyom Joshi
Dhruvi Mongia	Anmol Sethi	Anjali Sethi	Adhitya Sethi
Ver Darji	Chandni Amin	Simran Varma	Saran Varma
Mahi Darji	Sohum Koshal	Simran Koshal	Aksh Mani
Varenya Vedlankar	Panav Mendiratta	Prithak Mendiratta	Sanah Soni
Om Vedlankar	Lithika Soni	Reeya Julka	Tushar Falor
Virat	Pranay Dhanak	Sanika Dhanek	Priyanshi Mathur

DONATIONS FROM GAYATRI MAHAYAJNA OF 23RD APRIL, 2017 CONTINUED.....

NAME	AMOUNT (KSH)	RECEIPT NO.
Mr. S. P. Shoor	1,000	10679
Mrs. Prem Handa	1,001	10680
Drs. Ravinder & Tula Bowry	2,000	10682
Dr. Pankaj & Family	2,050	10682
Estate of Late Ramesh Kumar Pyarelal Gupta Donation towards Langar	50,000	10683
Estate of Late Ramesh Kumar Pyarelal Gupta	2,000	10684

DONATION - 30TH APRIL, 2017

NAME	AMOUNT (KSH.)	RECEIPT NO.
Mr. Rajinder Falor	1,000	10687

SERMON FROM 30TH APRIL 2017– ORIGIN OF VEDAS

CONTINUED FROM THE LAST SERMON...

Question. Were the metres – the Gayatri and others also composed by God?

Answer. Whence arose this doubt? God knows all the sciences and He has, therefore, knowledge requisite for composing the metres – the Gayatri and others. This doubt is consequently groundless.

Question. Does not the tradition say that the Vedas were composed by the four-faced Brahma? Don't say so. Tradition is included in the proof called 'oral testimony' which has been defined by Gotamacharya in the Nyayashastra. 1.7 as the saying of a trustworthy person (Apta).

The commentary of Vatsyayana on the above aphorism is to the following effect. 'An Apta is he who has realized the truth (about a thing) and who, actuated by a desire to instruct others, represents to them the facts exactly as they have fallen under his own observation. Apta is the realisation of truth about a thing and a person who possesses it is called an Apta. The tradition alone is, therefore, authoritative which is true and not that which is false. Consequently that tradition is Aitihiya and worthy of acceptance which stands the tests of truth and is the saying of a trustworthy person and not that which is false and (unworthy of credit) like the ravings of a mad man. The saying that the Vedas were composed by Vyasa or the Rishis is also false. The modern Puranas and the Tantric books (which contain such stories) are worthless and of no use whatever.

Question. Why can it not be the case that the Mantras and Sukatas were composed by the Rishis whose names are written over them?

Answer. Do not say so, because Brahma and others themselves studied the Vedas and learnt them from others. There is a passage in the Shvetashvatar-opanishad 6.18 which says: 'He (God) who first creates Brahma and then gives the Vedas to him!' Manu also bears testimony to the fact that the Vedas were known to Brahma when the Rishis had not been born. For, says he in 1.23 'For the purpose of the success of the Yajna He (God) Milked (caused to be revealed) from Agni, Vayu and Ravi the three eternal Vedas, the Rigveda, the Yajurveda, and the Samaveda, and again in 2.151 'Kavi, the young son of Angiras, taught his fathers (elders)'. Brahma himself learnt the Vedas from Agni, &c., what then should we say of Vyasa and others? To be continued.....

Sermon by: Dr. Acharya Deendayal Vedalankar ji

ACKNOWLEDGEMENTS

- Thank you to Puja Joshi, Malika Sood and Sharda Sethi for organizing Sundays Children's Havan so successfully. Keep up the good work!!!
- Mrs. Neera and Mr. Suresh Kapila for donating a huge strong table to be used outside Yajnasala to serve tea and meals. Management of Arya Samaj Nairobi extend their heartiest thanks to the family.

ELDERS CORNER

There will be a get together of elders at Social Centre, Arya Samaj Parklands Complex at 11 a.m. which will include TAMBOLA and their interaction with each other. ALL ARE WELCOME. Lunch will be served.

To make them strong and stable to prevent falls. To improve their mental capacity to regain self confidence of their youth. Show them favourite movies. Ask them to present their experiences of countries they visited. Ask them to tell jokes or fun instances of their life to bridge gaps between our generations.

SHORT MORAL STORY

The Bridge: A Beautiful and Heart-Warming Story

This is a story of two brothers who lived side by side in their own farms for many years, until one day, a foolish argument caused a rift between them. This was the first serious disagreement the brothers had in all of their 50 years. Up until that day, they always worked their fields together, shared knowledge and produce, and lent a helping hand to one another in times of need.

The fight began over a small misunderstanding, which can sometimes happen, but the dispute dragged on and became an angry exchange of words, followed by weeks of silence.

One day, there was a knock on the older brother's door. When he opened it, he was facing an old, bearded carpenter, holding a toolbox. "I could sure use some work, sir" said the stranger. "Do you need any repairs in your farm?" "Yes", replied the brother. "I've got a job for you. Across the creek, there's a farm that happens to belong to my younger brother.

Until recently, the whole area between our homes was green, but then he changed the creek's path, making it into a border between us. I'm sure he did that for spite, but I'll show him..." said the older brother. "You see those trees by the barn? I want you to turn them into a 10-foot tall fence. I never want to see his face again."

The old carpenter thought quietly to himself for a few minutes and eventually said: "I see".

The farmer helped the carpenter carry his tools and the wood, and then drove off to the city on some errands. When he came back in the evening, the old carpenter had finished. Upon arriving at the creek, the older brother was stunned. His eyes were bulging out, and he couldn't utter a single word.

Where a fence should have been standing, a bridge now stood. A quaint and special bridge, truly a work of art, with an intricately carved banister. At the same time, the younger brother happened to come to the same spot. He rushed over the bridge and embraced his older brother, and said:

"You're something special... building a bridge, after all I've said and done!" While both brothers were hugging, the old carpenter collected his tools and started walking away. The brothers turned to him and said "Please, stay for a few more days – we have more things that need fixing." "I would have loved to stay, kind sirs," said the carpenter. "But I have many more bridges to build and things to fix in other places..."

The moral of our story is a simple one: We often let anger push us away from our loved ones, and allow pride to come before our love. Don't let it happen to you. Learn to forgive and appreciate what you have.

Remember: The past cannot be changed, but the future can be. No quarrel can spoil a true connection. Build your bridges when you have to, and always cross them with a smile.

HEALTH BENEFITS OF FRUITS AND VEGETABLES

Watermelon

- * Promotes weight loss.
- * Lowers cholesterol
- * Helps stop strokes
- * Controls blood pressure
- * Fight dehydration

Pineapple

- * Strengthens bones
- * Relieves colds
- * Aids digestion
- * Dissolves warts

Tomatoes

- * Protects prostate
- * Combat Cancer
- * Lower cholesterol
- * Protects your heart

Carrots

- * Save eyesight.
- * Protects your heart
- * Prevent constipation
- * Combat cancer
- * Promotes weight loss

Avocados

- * Battle diabetes
- * Lower cholesterol
- * Help stop strokes
- * Control blood pressure
- * Smoothen skin

Onions

- * Reduce risk of heart attack
- * Combat cancer
- * Kill bacterial (bactericidal)
- * Lower cholesterol