

Inside this issue

Havan QVCC

Article

Quotes

Congratulations

Celebrations

Donations

Sudoku/Recipe

News

Havan Dates

Contact

Editorial:

Namaste All,

We are proud to present the new and improved issue of the Arya Pratinidhi Sabha of Queensland Newsletter, *Ved Sandesh*, to our followers. Inside these new issues you will insightful knowledge accompanied by recipes and puzzles. I would also like to welcome to the team Sandeep who will be assisting me with the monthly newsletters.

Sandeep was the one who approached me with these new ideas and I'm happy to have implemented them. I hope you find these new newsletters as educational as the previous ones.

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Ved Sandesh— Volume 8 Issue 3

Arya Pratinidhi Sabha of Queensland



Havan Yaj by Jyoti Women's Club at QVCC

The Havan Yaj Satsangh was held on Sunday 19 February at the Queensland Vedic Cultural Centre. Members of Jyoti Women's Club performed the Yaj and the programme was very well attended.

The gesture shown by the Jyoti Women's Club is commendable and the club also presented the cheque of \$2000.00 towards Hall project. The president of Arya Pratinidhi Sabha of Qld Jitendra Deo thanked the members of Jyoti Women's Club wholeheartedly for their kind donation. Jitendra Deo also briefed all about the project and the first stage of construction works will begin in few months. He also highlighted the importance of the Hall as there are limited ones available and due to the location of this project it will be very widely used by the community. President requested all the organisation to get together and help in this project, and once its completed it will benefit all.

President of Jyoti Women's Club Mrs Kala Wati Kumar addressed the audience at the Satsangh, and thanked Sabha of taking this initiative of the hall project. She briefly spoke about the club, and suggested we all work together and make this project a success.

Havan Yaj at Queensland Vedic Cultural Centre– 198 Learoyd Rd, Willawong, Qld



Members performed Yaj at QVCC



Members performed Yaj at QVCC



Mr & Mrs Jyoti Sharma performed Yaj at QVCC



Mr & Mrs Jyoti Sharma performed Yaj at QVCC

The Enlightenment Day of Maharishi Dayanand Saraswati



In the Vedic/Hindu tradition, there are many festivals that are observed throughout the year. There are different festivals to celebrate, some honour the seasons, harvests and a number of them to remember and pay tribute to very special people who have had a major influence on the general public.

Maharishi Dayanand Bodh Diwas was celebrated at Queensland Vedic Cultural Centre on February 15th. This event marked the day when *Maharishi Swami Dayanand Saraswati* was enlightened and he went for search of truth. When he was a teenager, he wanted to find the true God. This led him to begin a personal quest, lasting nearly three decades, for knowledge revealing the true nature of god.

Swamiji was founder of Arya Samaj movement, and his teachings were based on VEDAS, the oldest Hindu Scriptures in the world today. After observing a prayer meeting with his parents, he decided to find the true God. When he did not get answers from his parents he left his home, wondering Northern part of India to find a *Guru* who could answer his questions. He found *Guru Swami Virjanand* at Mathura, where he gained his knowledge and found most of his answers. After spending few years in *Ashram* of *Guru Virjanand*, *Mool Shankar* became *Swami Dayanand Sarawati*. *Swamiji* was instrumental in transforming India to modern India, we see today.

His major achievements included spread of true knowledge of VEDAS, fighting for discrimination against women and educating them, speaking against the caste system and evil practices, revival of Hindi and sanskrit languages and bringing forward the spirit of nationalism and independence. *Swamiji* authored many books and *Sanskar Vidhi*, *Satyarth Prakash*, *Rigveda Bhashya* and *Yajurveda Bhashya* are among the many.

Source: Jitendra Deo

Quotes

All power is within you. You can do anything and everything. Believe in that.

~ Swami Vivekananda

Attractiveness and magnetism of man's personality is the result of his inner radiance.

~ Yajur Veda

Congratulations

The Arya Pratinidhi Sabha of Queensland would like to congratulate all the members of the Sabha, and in particular the Jyoti Women's Club for their efforts in supporting Havan on the 19th of February 2017. It was great to see so many members support the Sabha in our efforts towards constructing a community centre.

Celebrations

We are fortunate that this year is on a Sunday and the Sabha would like to welcome all to participate in the celebrations. The celebrations will be held on Sunday 12th March. We encourage everyone to come dressed to play in the colours and enjoy the festivities.

Donations

February 2017	Sponsoring	Amount
Jyoti Women's Club	Donation	\$2000.00
Pt Devendra Pathik & Mrs Sushila Pathik	Gate and Fence	\$15000.00
Mr Sunil Dutt	Donation	\$10000.00
Mr Vijendra Rai & Mrs Nirmala Rai	Donation	\$2000.00
Mr Rajesh Chand & Mr Aman Chand	Donation	\$1000.00
Mr Vijay Singh & Pdta Ramkali Singh	Donation	\$1000.00
Mr Lalta Prasad & Mrs Kala Prasad	Donation	\$1000.00
Mr & Mrs Murari Lal	Donation	\$1000.00
Mr & Mrs Jothi Sharma	Donation	\$100.00
Mr & Mrs Baram Deo	Donation	\$100.00
Mr Kewal Varun	Donation	\$100.00
Dr Priyamvada	Donation	\$50.00
Mrs Kaushalya Kumar	Donation	\$50.00

Thank You for all Donations

Sudoku Challenge One

					5			4
5		4	7				8	
7		9		4			5	1
	9				3		6	
2	6	3				1	4	7
	5		6				9	
9	7			6		5		3
	4				7	6		9
1			3					

Answer:

8	7	7	9	5	3	6	2	1
3	4	5	2	8	7	6	1	9
9	7	8	4	6	1	5	2	3
8	5	1	6	7	4	3	9	2
2	6	3	5	9	8	1	4	7
4	9	7	1	2	3	8	6	5
7	3	9	8	4	6	2	5	1
5	1	4	7	3	2	9	8	6
6	8	2	9	1	5	7	3	4

Recipe—Mango Daal

A North Indian take on the classic Daal. Fun to make and fun to eat; great for the whole family.

Ingredients (Serves Four)

1 cup yellow lentils
4 cups water
1 teaspoon salt, divided
1/2 teaspoon ground turmeric
1 tablespoon canola oil
1/2 teaspoon cumin seeds

1 medium onion, chopped
4 cloves garlic, minced
1 tablespoon minced fresh ginger
1/2 teaspoon ground coriander
1/4 teaspoon cayenne pepper
2 mangoes, peeled and diced

1. Place lentils in a colander and rinse until the water runs clear. Combine lentils, 4 cups water, 1/2 teaspoon salt and turmeric in a large saucepan. Bring to a boil. Reduce heat to a simmer, partially cover and cook, stirring occasionally, for 15 minutes.
2. Meanwhile, heat oil in a large nonstick skillet over medium heat. Add cumin seeds and cook until fragrant and starting to brown, about 30 seconds. Add onion; cook, stirring, until soft and beginning to brown, 4 to 6 minutes. Add garlic, ginger, coriander, cayenne and the remaining 1/2 teaspoon salt and cook, stirring, for 1 minute more.
3. Stir the garlic mixture and mangoes into the lentils. Return to a simmer; cook, stirring occasionally, until the lentils are falling apart, 10 to 15 minutes more. Stir in coriander.

Thank you

Thank you to the Jyoti Women’s Club for sponsoring the Havan on Sunday 19 February 2017.

A general thanks as well to all members who sponsored Havan throughout February. Your support is greatly appreciated.

10 PRINCIPLES OF ARYA SAMAJ



1. God is the efficient cause of all true knowledge and all that is known through knowledge.
2. God is existent, intelligent and blissful. He is formless, omniscient, just, merciful, unborn, endless, unchangeable, beginning-less, unequalled, the support of all, the master of all, omnipresent, immanent, un-aging, immortal, fearless, eternal and holy, and the maker of all. He alone is worthy of being worshiped.
3. The Vedas are the scriptures of all true knowledge. It is the paramount duty of all Aryas to read them, teach them, recite them and to hear them being read.
4. One should always be ready to accept truth and to renounce untruth.
5. All acts should be performed in accordance with Dharma that is, after deliberating what is right and wrong.
6. The prime object of the Arya Samaj is to do good to the world, that is, to promote physical, spiritual and social good of everyone.
7. Our conduct towards all should be guided by love, righteousness and justice.
8. We should dispel Avidya (ignorance) and promote Vidya (knowledge).
9. No one should be content with promoting his/her good only; on the contrary, one should look for his/her good in promoting the good of all.
10. One should regard oneself under restriction to follow the rules of society calculated to promote the well being of all, while in following the rules of individual welfare all should be free.

Correspondence

The construction will start very soon. The final stages of the plans are underway. We had no objections to our Development proposal and it was the last hurdle.

We anticipate that construction could begin soon.

Havan Schedule

March Dates: 5 March Satsangh at 2pm-4pm; 12 March Satsangh at 2pm-4pm;
19 March Satsangh at 2pm-4pm; 26 March Satsangh at 2pm-4pm;

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