



# श्री विश्व सनातनधर्म मन्दिर Shree Vishwa Sanaatan-Dharma Mandir 132 WHITEHORSE ROAD CROYDON SURREY CR0 2LA (U.K.)

In Memory of Late Shree Parshotam Lal Bhagat Abbott & Late Smt Parvesh Bhagat Abbott

Issue No. 014

Monthly

Aug 2015

## SAANAATAN DHARMA MESSAGE

**Jai Mata Di**

**What is Sanaatan Dharma?**

Sanaatana Dharma is a code of ethics, a way of living through which one may achieve moksha (enlightenment, liberation).

### MESSAGE FROM THE CHAIRMAN:

We thank you all on behalf of the Mandir Founders, Trustees for attending Satsang & festival regularly. We also take this opportunity to thank all the Volunteers for hosting and participating in serving Prasad to Maa Durga and all its devotees.

**Any Devotees who wish to participate as YAJMAN, please contact Mandir Management as soon as possible by e-mail / phone.**

In the meantime the Mandir services will continue as usual and all weekly programmes will remain unchanged. Daily Evening AARTY will be performed at normal time

Nitin Mehta MBE

Chairman

### Founder:

Shree Man Mohan Abbott

### Trustees:

Dr. Sh. H P Abbot  
Pandit Sh. Veerendra Rishi  
Pandit Sh. Dr Venkat Joshi  
Pandit Cllr. Sh. Raju Pandya

### Chairman:

Shree Nitin Mehta, MBE

**Mandir Purohit/ Acharya Ji**  
Vacancy:

### Newsletter Editor:

Mandir Management

### Newsletter Designer

Deveshi Priya, Age 10  
Geetesh Abbott

### This month's Festival:

JAYA PARVATI VARAT END (EUROPE ONLY)	जया पार्वति व्रत समाप्त	01-08-2015	SATURDAY
PANCHAK BEGINS 02.01 PM	पंचक आरंभ	01-08-2015	SATURDAY
PANCHAK END 04.26 PM	पंचक समाप्त	05-08-2015	WEDNESDAY
EKADASHI	एकादशी	10-08-2015	MONDAY
AMAVAS	अमावस	14-08-2015	FRIDAY
SANKRANTI (BHADRAPAD)	संक्रांति (भाद्रपद)	17-08-2015	MONDAY
NAG PANCHAMI	नाग पंचम	19-08-2015	WEDNESDAY
EKADASHI	एकादशी	26-08-2015	WEDNESDAY
PANCHAK BEGINS 12.21 AM	पंचक आरंभ	29-08-2015	SATURDAY
RAKSHA BANDHAN	रक्षाबंधन	29-08-2015	SATURDAY
PUERNIMA	पूर्णिमा	29-08-2015	SATURDAY

### Thought of the day – Failure

**Failure doesn't mean – you'll never make it, it means – it will take a little longer.**

### Thought of the day – Be Gentle On Yourself

**If you make a mistake, be gentle on yourself and encourage yourself to learn from it, let go and move on.**

### VOLUNTEERS:

We would appreciate any Volunteer service from the devotees.

Please contact Nitin Ji /  
Manmohan via e-mail:

[mail@vishvasanatadharam.org](mailto:mail@vishvasanatadharam.org)

## Weekly Programme:

### 1. EVERY MONDAY:(BHAGWAN SHIVJI PRAYERS / RUDR ABISHEK )

RUDR ABISHEK: As per ancient texts when Lord Vishnu was incarnated as Sri Rama, Lord established Shiva Lingam at Rameshwaram before crossing the sea. He performed Rudrabhishek to express his devotion towards Lord Siva. This Pooja, where Lord Shiva is worshiped in His Rudra form, is hailed by all Vedic scriptures as one of the greatest Poojas to remove all evils, to attain all desires and for all round prosperity and peace. It is an abhishek /puja performed for Lord Shiva and it is very auspicious to perform. (Devotees are welcome to come and perform this ceremony during Mandir Opening Hours on Monday)

### 2. EVERY TUESDAY:(HANUMAN JI / BAJRANG BALI JI PRAYERS )

RECITING SUNDERKANT CHAPTER FROM RAMAYAN & THEREAFTER ENCHANTING HANUMAN CHALISA.

### 3.EVERY WEDNEDAY:(BHAGWAN VISHNU PRAYERS)

ENCHANTING LORD KRISHNA MANTRA AND RECITING 1008 NAMES OF LORD VISHNU, THEREAFTER BHAJAN

### 4. EVERY THURSDAY:(BHAGWAN VISHNU / LAXMI JI)

RECITING SRIMAD BHAGAVAD PURANA, THEREAFTER BHAJAN

### 5. EVERY FRIDAY:(DEDICATED TO ALL MATA JI )

KATHA AND BHAJAN IS DEDICATED TO MAHALAXSHMI MATA JI, SANTOSHI MA, ANNAPURANESHWARI AND MAA DURGA.

### 6. EVERY SATURDAY: (DEDICATED TO SHREE HANUMAN JI FOR BHAGWAN SHANI DEV JI)

ENCHANTING HANUMAN CHALISA (108 TIMES)

### 7. EVERY SUNDAY: (BOOKINGS AVAILABLE FOR PRIVATE PRAYERS / FUNCTIONS)

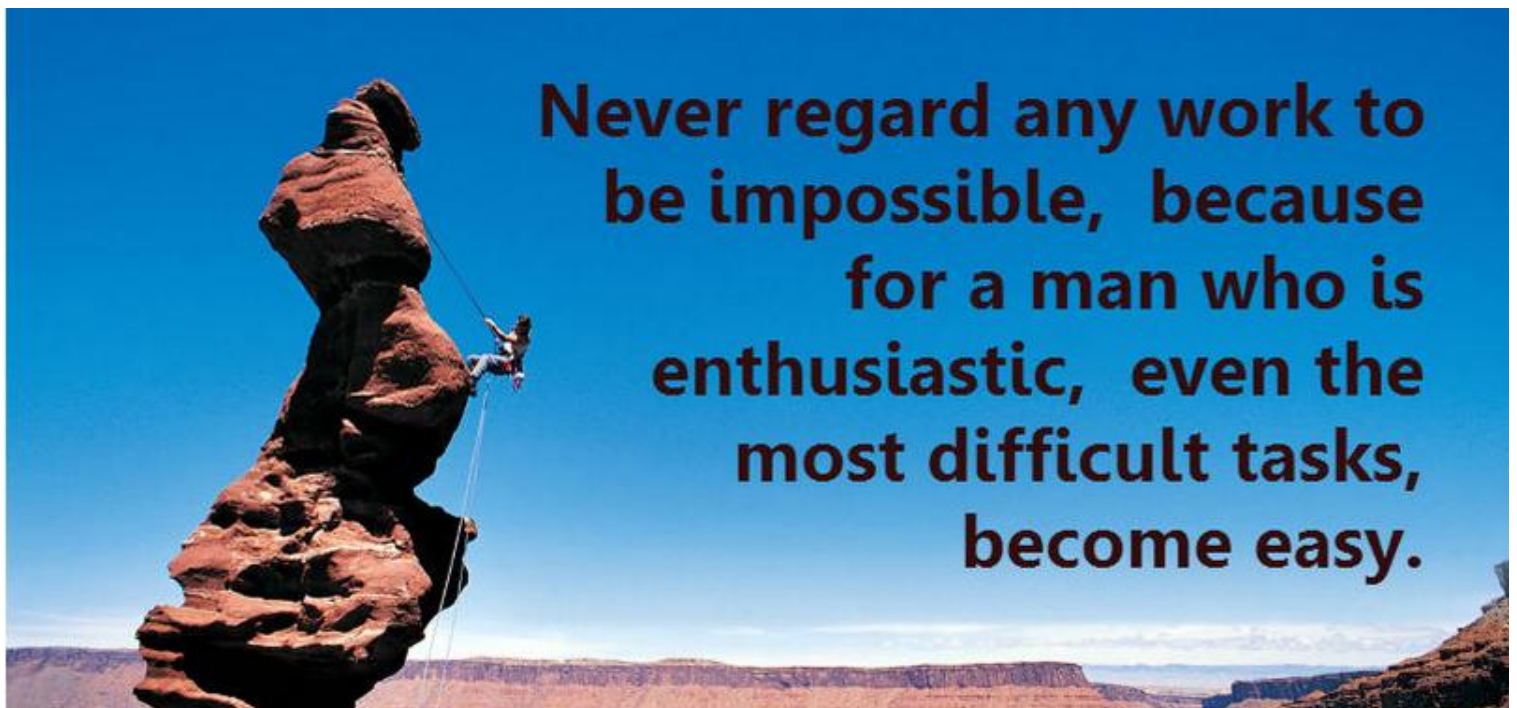
TO BE ADVISED ON A WEEKLY BASIS

ANY DEVOTEES WISH TO BOOK THE MANDIR FOR ANY OF THE ABOVE DAYS FOR THE ABOVE PRIVATE POOJA CEREMONY, PLEASE CONTACT MANDIR MANAGEMENT BY E-MAIL.

## Monthly Programme:

### 1. SATSANG

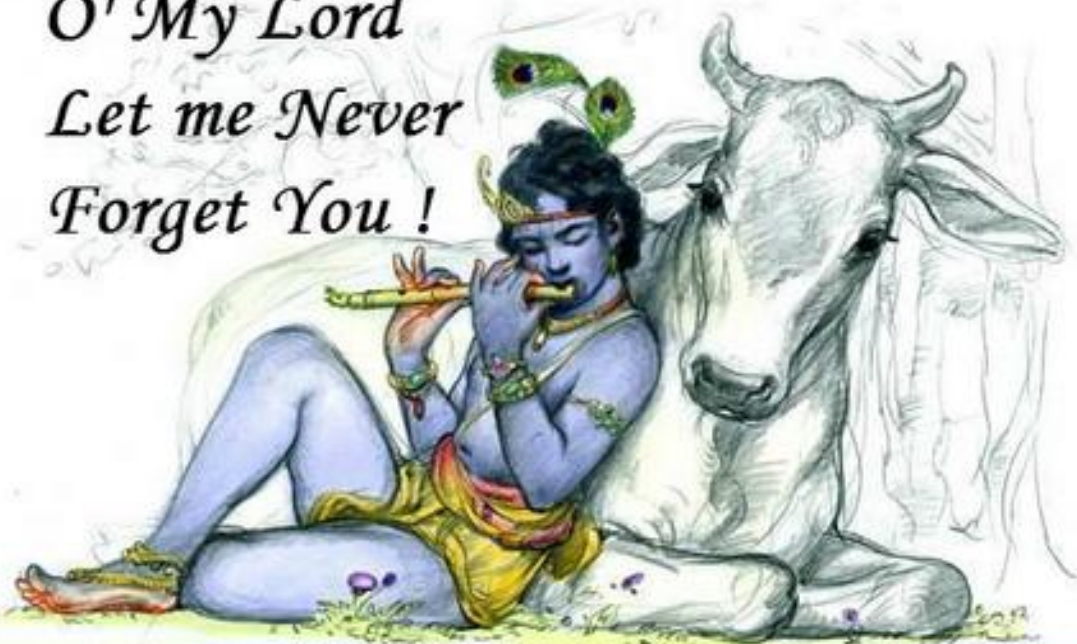
REGULAR MANDIR DEVOTEES HAVE BOOKED THE MANDIR FOR A MONTHLY SATSANG TO BE HELD EVERY FIRST SUNDAY OF THE MONTH FROM 3PM TO 5PM. ANY DEVOTEES WISH TO BE YAJMAN ON THE DAY, PLEASE CONTACT THE MANDIR MANAGEMENT TEAM ON 07956348676.



Never regard any work to  
be impossible, because  
for a man who is  
enthusiastic, even the  
most difficult tasks,  
become easy.



*O' My Lord  
Let me Never  
Forget You !*



**Things Received by Us, are Not Ours**  
**मिली हुई सामग्री अपनी नहीं**

# Monthly Management Accounts

## SHREE VISHWA SANAATAN DHARMA-MANDIR INCOME & EXPENDITURE ACCOUNT FOR THE PERIOD ENDING 31ST JULY 2015

INCOME:	Jul-15	TBA	Year to-date
Donations received in Daan Patr directly fr T	988.38	TBA	TBA
Donation received from the Founders of th			1101.01
Donation received from Yajman	300.00		1331.51
Daily Aarti Donations	<u>4.20</u>	<u>1292.58</u>	<u>241.45</u>
			2673.97
EXPENSES:			
Rates & water Charges			536.01
Electricity			8.00
DAKSHNA TO POOJARI JI ON CHAAL PRTHI			250.00
PRASAD OUTSIDE CATERING			315.00
Fire Security	<u>0.00</u>	<u>0.00</u>	<u>1109.01</u>
NET RETAINED	<u>1292.58</u>		<u>1564.96</u>
BANKED	<u>1292.58</u>		<u>2577.75</u>
NOTE :			

Mandir Management

For and On behalf of Shree Vishwa Sanaatan Dharma Mandir (Croydon)



### For General and Newsletter Enquiries:

Shree Nitin Mehta (07910875908)

Shree Raju Pandya (07956252294)

Shree Dr H P Abbot (07956824091)

Pandit Shree Veerendra Rishi (07788436348)

Pandit Shree Dr Venkat Joshi (07986603951)

### E-mail Enquires:

mail@vishwasanatandharammandir.org

mail@vishwasanatandharammandir.org

### Website:

www.vishwasanatandharammandir.org

### Mandir Opening Times:

9.00am To 1.00 pm

5.00pm To 7.30.pm

### Mandir Closing Times:

1.00pm To 5:00 pm

7:30pm To 9.00 am





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In Memory of Late Shri Parshotam Lal Bhagat Abbott & Late Smt Parvesh Bhagat Abbott

## Poetry Of The Month

### CHARACTER

Character is refined knowledge,  
Which leads to bliss.  
It is that rosy flower,  
Whose fragrance not to miss.

Man is known by company he keeps,  
Without moral character he falls deep,  
Character teaches the rule of morality  
How to love sober and honestly.

Man of character bears ill-will not,  
Has friendly and compassionate thoughts;  
He gives no trouble to the world,  
The world for him troubles shed.

Character teaches self-restraint, sacrifice,  
Spiritual study, austerity and upright;  
Forgiveness, fortitude, and purity it had  
Free from arrogance and sincerity it bags.

Man of character is always serene,  
In him no slander talk, hypocrisy seen,  
Freed from levity and tenderness to all  
Modesty he holds, gentleness in talk.

Character is sole cause of reputation,  
Which is earned through public gratification,  
It is moral virtue of sublimation,  
Makes the path easy for salvation.

Character is beauty unconfined;  
Beautiful in man who makes such mind.  
His instinct speech and words grace,  
Compact of all must all embrace.

From good character come glorious thoughts;  
Which are source of love, harmony in all;  
It heals all strife circling your wall,  
Like a dew cloth from heaven fall.

#### (CHARACTERLESS)

Characterless is a deluded soul,  
Bounded with sloth slumber whole.  
Ignorance in performance action has he,  
Fruits of good action for him never be.

Character is line an egregious fool,  
In manners, behaviour he is silly coot,  
Who has transgressed all laws of morality,  
With naked dance of evil propensity.

This wicked and sickened soul  
Amidst suffering and sorrows roll.  
He is indulgent in sinful acts,  
Embarrass others with his guilty conduct.

He develops the attitude of indifference,  
For religious, temporal duties inference.  
Service to elders he knows not,  
From service of humanity he falls short.

Parts with diamonds for cheap glass  
Changes his gold for earth clot.  
Develops the devilish habits of lie and fraud,  
No name left out by which he is called.

By Bhagat Har Govind Abbott



## Beneficial Advice for Children

1. All should wake up before the sunrise.
2. Immediately on waking up, one must remember God and praise the glories of God by reciting -  
tvameva mata cha pita tvamev; tvameva bandhuscha sakha tvameva |  
tvameva vidyaa dravinam tvameva; tvameva sarvam mama devadeva ||  
You alone are my mother and my father, You alone are my friend and my beloved companion,  
You alone are my knowledge and my wealth, O Supreme Lord, you alone are everything for me.
3. One should offer obeisance (pranaam) to the elders.
4. After toilet and shower, one should do exercises, running-boxing and various bodily fitness activities, yoga postures and breathing exercises (pranayam) and various other physical fitness activities.
5. Every morning, one must with certainty do minimum one round of holy beads of the Mantra '**Hare Ram Hare Ram Ram Ram Hare Hare, Hare Krishna, Hare Krishna, Krishna Krishna Hare Hare.**' And he who has completed the thread ceremony, must before sunrise do 'sandhya' and minimum one round of holy beads of the Gayatri japa.
6. Minimally one must recite one chapter of Srimad Bhagavad Gita with meaning daily. Here it would be good to establish a system of reciting the first chapter on 'pratipada' (first day of the increasing or decreasing moon), second chapter on 'dvitiya', third chapter on 'tritiya' etc. Continue one chapter a day until 'Ekadashi' (eleventh day). Now 'Dwadashi' recite Chapter 12 and 13, and on 'Trayodashi' recite Chapter 14 and 15, on 'Chaturdashi' recite Chapter 16 and 17. Then on 'Purnima' (full moon) and 'Amaavasya' (no moon) recite Chapter 18. In this way, every 15 days, you will complete the recitation of the 18 chapters of Gita, whereby in a month, you would have recited the entire Gita twice. If there are lesser day in the fifteen day moon cycle, then 7th and 8th chapter should be completed on the same day, If there are more than 15 days in the moon cycle, then Chapter 16 and 17 should be read separately on different days.

7. Children must reach the school on time and pay great attention to the lessons and lectures as you would do to remember God. Do 'Naam Japa and remember the Lord's Divine Form, remaining silent, without much hustling, on the way to and from school.

8. You must be present at the time of the morning prayer and praises of the Lord, and these must be done with love and attention; because the time simply goes by, and when the mind is not engaged in God, one does not benefit.

9. It is good to remember-recollect what you have learnt previously and learn and remember what is taught on the same day as it was taught. By doing so, there will be enthusiasm to study at all times.

10. Studying should never be seen as difficult.

11. You must try to be the best in your class.

12. One should become very pleased, on seeing some other student further ahead in their studies, and the sentiments should be one of, that this person is surely progressing, and seeing him, I too will get encouragement to study and further my opportunities.

13. One should not be envious of his peers, nor wish that someone else remain weaker in studies, so that he is regarded by others as better.

14. Seeing any knowledge or skill, one should enter it with great enthusiasm and interest and try to grasp it; because eagerness to know and learn is a quality of a student.

15. One should not have any pride, believing one's self to be a highly knowledgeable, because this will be a major roadblock to one's progress.

16. Regularly one must do some service or the other for the elderly and for those who are poor and suffering.

17. One must not laugh at seeing a handicapped, suffering, deaf-dumb person, committing mistakes.

18. On receiving sweets, fruits or any edible things, one must share with others.

19. Only those things that are acquired ethically must be put to use.

20. One must want to not take anything from others, even though it is given by others.





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**Community Special submission can be sent to the Mandir management by 25<sup>th</sup> of each month. We will endeavour to print in the newsletter FOC.**

## COMMUNITY SPECIAL



Kumbh Mela is the world's largest religious fair. It is not only a display of supremacy of the Bharatiya culture, but is also a spiritual congregation that provides satsang. The Kumbh Mela held every 12 years at Prayag, Haridwar, Ujjain and Trimbakeshwar-Nashik on the occasion of the Kumbh Parva has an important place in the Hindu civilization. The spiritual glory and cultural importance of the Kumbh Parva is unique.







### **Sacred rivers of Kumbh - Ganga, Godavari and Kshipra**

'Kumbh-Mela' is held at Prayag and Haridwar on the bank of Ganga, at Trimbakeshwar – Nashik on the bank of River Godavari and at Ujjain on the bank of River Kshipra. Many devotees have a Holy bath in the sacred rivers at this Holy place during the Kumbh Parva with the intention of nullifying their sins.





Introducing  
a new school for  
CROYDON



**KRISHNA AVANTI**  
PRIMARY SCHOOL

Opening September 2016



Open  
September 6



**KRISHNA AVANTI**  
PRIMARY SCHOOL



## Introducing a new 2 form-entry primary school for Croydon

Avanti Schools Trust are pleased to announce the fifth addition to our family of successful schools. Supported strongly by the local community, the school will provide an outstanding education for all.

Avanti schools prepare pupils for their respective life-journeys by promoting educational excellence, character formation and spiritual insight. Our Hindu faith schools are truly inclusive, seeking pupils and staff from all backgrounds and faiths; we do not operate a faith criteria for pupils. Alongside teaching the full curriculum, we are unique in offering practical 21<sup>st</sup> century spirituality, rooted in ancient wisdom. Class meditations, values-led lessons and yoga encourage reflection and are tools for life.

The planned permanent site will be a brand new building where Victoria House currently stands (CR0 4HA).

All children that will be starting Reception year in 2016 should apply via Croydon Council from September 2015 and register their interest online:

**[www.avanti.org.uk/kapscroydon](http://www.avanti.org.uk/kapscroydon)**



**AVANTI** SCHOOLS  
TRUST

A Journey of  
Self-Discovery





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**SHREE VISHWA SANAATAN DHARMA VIVAH SERVICE ( VSDMVS )**

Please complete this form in BLOCK CAPITAL letters and send it to the above address with

Please send SELF ADDRESSED STAMPED envelope.

Contact Details

Title	Mr / Miss / Mrs / Dr	First Name	Surname
Address		Town / City	County: Post Code
Tel Number	Landline:	Mobile :	
E-mail			

Applicant Details:

Title	: Mr / Miss / Mrs / Dr	Sex : Male Female
First Name		
Surname		
Marital Status		
Nationality		
Date of Birth	Height : ft in	
Smoker :	Yes No	Vegetarian Yes No
Caste: (Optional)		
Qualifications	Occupation	

Declaration and Consent:

I understand and agree that the **SHREE VISHWA SANAATAN DHARMA MANDIR VIVAH SERVICES** and its Management will under no circumstances be held responsible legally or morally for the bonafide of either of the 'parties' concerned nor liable for any form of legal action.

I declare that the above particulars are correct to the best of my knowledge.

Signed (applicant): \_\_\_\_\_ Date: \_\_\_\_\_

Contact Name: \_\_\_\_\_ Tel No: \_\_\_\_\_

Please inform us in writing as soon as your son/daughter is engaged / Married.

For Office Use Only:

Date: / / Ref No: