



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. 016

Monthly

Oct 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

This month's Festival:

| | | | |
|--------------------------------|---------------------|------------|-----------|
| MAHA LAXMI VARAT (EUROPE ONLY) | महा लक्ष्मी व्रत | 04-10-2015 | SUNDAY |
| EKADASHI | एकादशी | 08-10-2015 | THURSDAY |
| SHARADHA ENDS | श्राद्ध समाप्त | 12-10-2015 | MONDAY |
| AMAVAS | अमावस | 12-10-2015 | MONDAY |
| NAVRATRA BEGINS | नवरात्रा आरंभ | 13-10-2015 | TUESDAY |
| SANKRANTI (KARTIK) | संक्रांति (कार्तिक) | 17-10-2015 | SATDAY |
| DURGA ASHTMI | दुर्गा अष्टमी | 21-10-2015 | WEDNESDAY |
| DASHAHARA | दशहरा | 22-10-2015 | THURSDAY |
| PANCHAK BEGINS(08.19 PM) | पंचक आरंभ | 22-11-2015 | THURSDAY |
| EKADASHI | एकादशी | 23-10-2015 | FRIDAY |
| PANCHAK ENDS (08.42 PM) | पंचक समाप्त | 26-10-2015 | MONDAY |
| PURNIMA VARAT | पूर्णिमा व्रत | 26-10-2015 | MONDAY |
| SHARAD PURNIMA | शरद पूर्णिमा | 27-10-2015 | TUESDAY |
| KARVACHAETH | करवा चौथ | 30-10-2015 | FRIDAY |

VOLUNTEERS:

We would appreciate any Volunteer service from the devotees.

Please contact Nitin Ji /
Manmohan via e-mail:

mail@vishvasanatadharam.org

Monthly Programme:

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.

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.

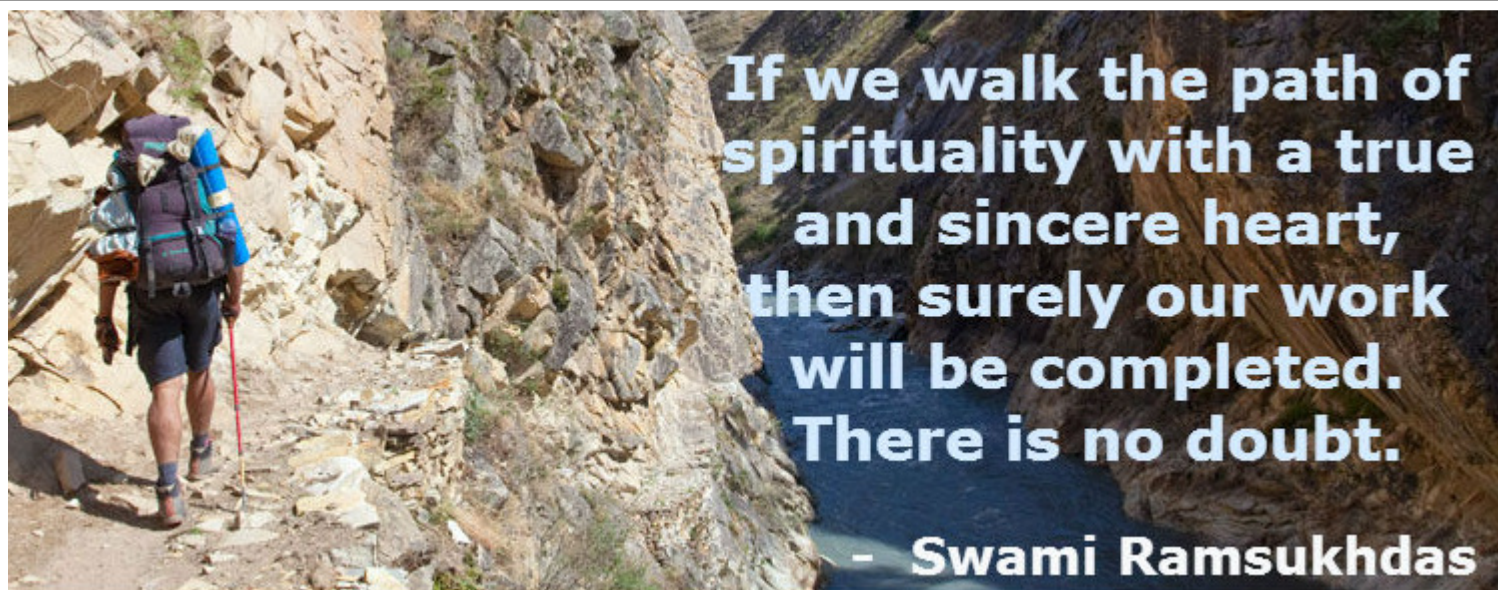
6. EVERY SATURDAY: (DEDICATED TO SHREE HANUMAN JI FOR BHAGWAN SHANI DEV JI)

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.



Goddess Durga Arrival On Turang



दिनशशि सूर्य गजरुढा शनिभीमै तुरंगमे।
गुरौशुक्रेच दोलायां बुधे नौकाप्रकीर्तिता॥
गजेश जलदा देवी क्षत्रभंग तुरंगमे।
नौकायां कार्यसिद्धिस्यात् दोलायौ मरणधुरवम्॥

रविवार और सोमवार को भगवती हाथी पर आती हैं, शनि और मंगल वार को घोड़े पर, बृहस्पति और शुक्रवार को डोला पर, बुधवार को नाव पर आती हैं।
दुर्गा हाथी पर आने से अच्छी वर्षा होती है, घोड़े पर आने से राजाओं में युद्ध होता है।
नाव पर आने से सब कार्यों में सिद्ध मिलती है और यदि डोले पर आती है तो उस वर्ष में अनेक कारणों से बहुत लोगों की मृत्यु होती है।

The week day, on which **Navratri** or **Devi Paksha** starts, is considered for Durga Arrival. If Goddess Durga arrives on **Tuesday** or **Saturday** then it is believed that she comes mounting on a horse. Goddess Durga coming on a horse is not considered very auspicious. It is believed that it is omen of likely war among nations.

This is with reference to the coming auspicious days of Navratri (13 Oct 15 to 23 Oct 15).

The Chand Path (Durga Saptshati recitation in Sanskrit) is the best tool to minimise the effect of the above stated situation.

- 1. Arrange red color cloths for maa bhagwati and a pair of dhoti (if possible red).**
- 2. A ghee/ yellow mustard oil lamp (which will be continue throughout the Navratri day & night) & Agarbbati to be lit at least during path.**
- 3. Durga saptshati book and asana of red or black blanket.**
- 4. Offerings as you like for naivadya if possible KHEER).**
- 5. Girls age of nine or below and a boy. You may feed them (at least nine girls) by inviting either in a single day of asthami with one boy kid or daily single girl with boy on asthami.**
- 6. Thank Maa Bhagwati for her blessings and paray for future every day after pooja.**

Maa Bhagwati Ki Kripa Aap Sab Per Bani Rahe.

|| Shri Hari ||

If one repeats the Divine Name with a true heart, then God cannot wait. He leaves all His other work and comes ! It means, there is an exceptional and singular power in Naam Japa, by which man will quickly attain his supreme good (kalyaan).

**Just once, with a true heart,
firmly accept -**

**I am only God's and
only God is mine**

because

**This body and this world can never stay
with anyone and
God can never leave anyone.**

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

Monthly Management Accounts

**SHREE VISHWA SANAATAN DHARMA-MANDIR
INCOME & EXPENDITURE ACCOUNT
FOR THE PERIOD ENDING 30TH SEPTEMBER 2015**

| INCOME: | | <u>Sep-15</u> | <u>Year to-date</u> |
|--|--------|---------------|---------------------|
| Donations received in Daan Patr directly from Devotees | 1T TBA | | 988.38 |
| Donation received from the Founders of the Mandir | 251.00 | | 1602.79 |
| Donation received from Yajman | | | 1331.51 |
| Daily Aarti Donations | 42.45 | 293.45 | 286.67 |
| | | | 4209.35 |
| EXPENSES: | | | |
| Rates & water Charges | 251.00 | | 1050.40 |
| Electricity | | | 8.00 |
| DAKSHNA TO POOJARI JI ON CHAAL PRTHISHTA CEREMONY | | | 250.00 |
| PRASAD OUTSIDE CATERING | | | 315.00 |
| Fire Security | | 251.00 | 0.00 |
| | | | 1623.40 |
| NET RETAINED | | 42.45 | 2585.95 |
| BANKED | | 42.45 | 2622.97 |
| NOTE : | | | |

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

॥ ॐ श्रीपरमात्मने नमः ॥

यह सिद्धान्त है कि नौकर अच्छा हो, पर मालिक तिरस्कारपूर्वक उसे निकाल दे तो फिर उसे अच्छा नौकर नहीं मिलेगा। ऐसे ही मालिक अच्छा हो, पर नौकर उसका तिरस्कार कर दे तो फिर उसे अच्छा मालिक नहीं मिलेगा। इसी प्रकार मनुष्य परमात्मप्राप्ति किये बिना शरीरको सांसारिक भोग और संग्रहमें ही खो देता है तो फिर उसे मनुष्यशरीर नहीं मिलेगा।

—परमश्रद्धेय स्वामीजी श्रीरामसुखदासजी महाराज



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Poetry Of The Month

DISCIPLINE

Discipline as godly gift to man,
By which the human life is changed,
Though it country's law and order maintained,
Without which no rule of conduct is gained.

Discipline is brings victory to militant man,
Who work under order of his command;
Who with valour and fortitude stands fast,
Holds up courage against any loss,

'Tis a system of rules for conduct,
To bring under control the child and adult;
Who knows not how to obey the code rule,
And constantly becoming unrestrained rude.

Discipline is for a at student at collage and
school,
Gets him best education by this rule,
He obtains fine wet from habits studious so
well
That make him pearl in oyster-shell.

Discipline observed at a Ticket window,
Gets speedy chance for each in row;
None misses suitable soat in train, tram and
Bus,
If observes this splendid rule of conduct.

Discipline is a rule of life,
Which makes you youth clever and wise;
It beings for him agood reputation
Of unending orbs mingled in mazy motion.

Discipline is a peace of self contentment,
To own all sypathies and outrage none,
This is faith in law for those who bow,
Because the rule 'Must Obey' they know.

Discipline is strength of failing hopes,
It l conscientious love on the high rope,
This is fermile bossom of the earth,
Grow from it love of pure perfectness.

Discipline is a non-violent force,
Which brought freedom country whole,
It is a moral virtue in man,
Helps him to make best of bad bartain.

From discipline unity strived,
The spirit of tolerance ever revived.
It is the fruit on noble character,
Which elevates to great preceptor.

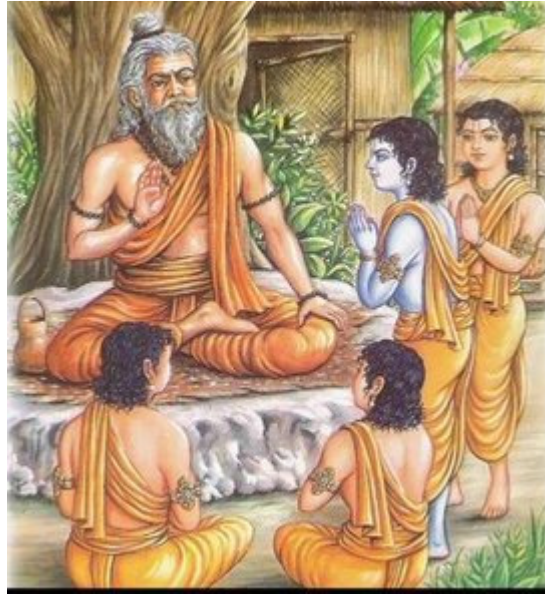
Discipline awakens as fron as paracise,
Draws new strength to tread the thorny life,
It kills the bitter thoughts, which make
The present dark in future to illuminate.

Disciplined soldier stands calm and resolute
Alike a closed forest and mute,
With folded arms and look, which are
The weapons of unvanqished war.

O disciplined soldier rise like a lion,
In file of palatoon you may join,
Shake your chains to earth like a dew
Though they are many and you are few.

Alod scents who inherit habits fine,
With disciplined creed they more with time.
It is modest creed and yet
Pleasant,if one consideres' best.

By Bhagat Har Govind Abbott



Beneficial Advice for Children

Follows on from previous newsletter...

41. To eat any remnants from other's plate, i.e. food partially eaten by others, or to feed someone these remnants is prohibited.
42. Water from taps in trains, in latrines (washrooms), and such impure water should at no time be used for washing face, gargling, or drinking.
43. Never lie. Always tell the Truth.
44. Never steal anything from anyone. To cheat in exams is also stealing, or to assist someone in cheating is also stealing. One must remain ever careful from these acts.
45. Always abide in the words of Mother, father, Guru, and various elders, and immediately with great enthusiasm complete any task assigned by them. By obeying the instructions of elders, one receives blessings, by which one can progress spiritually.
46. Do not fight with anyone.
47. Do not speak abusive words to anyone.
48. Do not vocalize any indecent words.
49. Do not hit or fight with anyone

50. Never sulk or take offense and also never be stubborn
51. Never get angry.
52. Do not speak ill of others, or backbite them.
53. Students must never laugh or make fun of their teachers, rather they must always respect their teachers, and when the teacher comes to teach, then stand up and pay your obeisance (do namaskar) and thus give them respect.
54. Treat those of the same age as you and those younger to you with love.
55. Speak less, speak with modesty, humility and courtesy. Speak that which is beneficial to others, and speak loving words.
56. Aspire to see to the supreme good of all.
57. In a group gathering, be civilized and cultured, and take permission to move through crowd, walk with humility. Do not brush, push others while moving in crowds.
58. While going in an assembly or for satsang gathering, be extremely careful that your feet do not touch anyone else. If by mistake your feet touch someone, then join your hands and seek forgiveness.
59. Do not walk with your shoes on, in the midst of men who are sitting in an assembly.
60. If you wish to give a lecture or conduct a question - answer session in a gathering, then do so gracefully, in a civilized manner. And while in an assembly or while studying, do not chit-chat.

to be continued...



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

COMMUNITY SPECIAL



Dear Community Member,

Thank you for your registration and overwhelming support for UK Welcomes Modi. All applications are undergoing checks with the relevant agencies. We will be in touch shortly about the next stages in the process.

Preparations for 13th November 2015 at Wembley Stadium are taking place in earnest. We look forward to your active participation to help make this event a grand success.

For news and event updates, please follow us on [Facebook](#) and [Twitter](#).

Sincerely,

**UK
WELCOMES
MODI**



Connect with us: www.ukwelcomesmodi.org
info@ukwelcomesmodi.org



होतइव vs. ब्रोहोतइव

Reverence for Life Month
October

जीवन के प्रति सम्मान का माह
अक्टूबर



*I believe animals should be respected as citizens of this earth.
They should have the right to their own freedom,
their own families, and their own life.*

— John Feldmann, Goldfinger

प्राणियों का इस पृथ्वी के नागरिक के रूप में आदर किया जाना चाहिए।
उनको अपनी आज़ादी का, अपने परिवार का और
स्वयं के जीवन का अधिकार होना चाहिए।

— जोन फेल्डमन, गोल्डफिंगर

**We owe all creation the same care
and respect that we wish for ourselves.
Destroying, harming or hindering any life form
is against the philosophy of reverence for life.**

Beauty Without Cruelty अधिकार है कि हम अपने लिए जैसे जतन
और सम्मान की अपेक्षा करते हैं, ठीक वही सम्मान हमें उन्हें देना चाहिए।
किसी भी प्रकार के जीव को नष्ट करना, हानि पहुँचाना या बाधा पहुँचाना
जीवन के प्रति सम्मान के सिद्धांत के विरुद्ध है।



**Do to others what you would have them
do to you, and you just can't go wrong.**
अन्यों के प्रति वही करें, जैसा अन्य आपके प्रति करे
ऐसी अपेक्षा हो, और आप कभी भी गलत नहीं होंगे।

Beauty Without Cruelty is a way of life which causes
no creature of land, sea or air terror, torture or death

ब्यूटी विदाउट क्रुएल्टी एक ऐसी जीवनपद्धति है जो किसी जीव को चाहे वो
भूमि, जल अथवा वायु का हो भय, पीड़ा, अथवा मृत्यु नहीं पहुँचाती

होतइव vs. ब्रोहोतइव

Dear Community Leader *(In & around Croydon & South London)*

Namaste ! We are approaching the time of the year where we start thinking about others and do Sewa .

Sewa Day this year is on Sunday 4th October 2015. Thousands of volunteers from all over the world will be joining to do Sewa .

This is a wonderful opportunity for you and your organisation to get involved . Our younger generation have taken up this wholeheartedly and would do your organisation proud if they get involved. Below is a small introduction of Sewa Day .

Please visit the site at : www.sewaday.org for great articles, previous projects and case studies. ***There is no fund raising involved*** . You can also register your projects on this site.

There are three criteria: (a) Help relieve hardship ,(b) Bring a little joyto others & (c) Help the environment. [\(see below an example of each of this three criteria](#)

We sincerely hope you will motivate your organisation to take part in this year's Sewa Day.

Pranam

Anil shah

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F: + 44 208 776 6223

M: 07908 448153

E:Mail : anil@virwholesale.com

An act of kindness without expectation

Sewa is a universal concept, which involves performing an act of kindness without expectation of reward. It is performed selflessly and without ulterior motive. Sewa is a sanskrit word and is embedded in the Dharmic traditions of ancient India. It means to sacrifice your time and resources for the benefit of others without wanting anything in return. On Sewa Day, thousands of good-hearted people across the world come together to perform Sewa and experience the joy of giving in its truest sense. By participating in this collective endeavour, we hope that the seeds of Sewa are watered so that acts of kindness and public service are performed more often. Sewa Day is a catalyst in making this happen. Previously, participating groups have organised Sewa Day volunteering projects in old people's homes, homeless shelters, schools in disadvantaged areas, hospitals and hospices, country parks, conservation areas and city farms – all with an aim of making a positive difference to someone else's happiness and prosperity. Join us this year to make our dream a reality.

Each project organised is based on at least one of the guiding principles below:

Help relieve hardship

Bring a little joy...to others

Help the environment



We discourage all projects that involve fund-raising; as the purpose is to give your time. So, let's focus on that. All that matters is that you commit to doing a good deed on Sewa Day.



Introducing
a new school for
CROYDON



KRISHNA AVANTI
PRIMARY SCHOOL

Opening September 2016

Open
September 2016



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 21st 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



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: