



# 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. 031

Monthly

Jan 2017

## सानातान धर्मा मेससेज

### जै माता दी

#### 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:

Dear Friends

We wish all Devotees "A VERY HAPPY & PROSPEROUS NEW YEAR ".

We thank you all on behalf of the Mandir Founders, Trustees for attending regular 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.**

**Please note Mandir now has additional Floor for serving Prasad .**

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.

**IF YOU LIKE our newsletter - PLEASE GENEROUSLY SHARE !**

**THERE IS NO GREATER SERVICE TO HUMANITY THAN BRINGING ONE CLOSER TO GOD.**

Nitin Mehta MBE, [animalahimsa@gmail.com](mailto:animalahimsa@gmail.com)

Chairman



#### VOLUNTEERS:

We would appreciate any Volunteer service from the devotees.

Please contact Nitin Ji / Manmohan via e-mail: [mail@shreevsdm.org](mailto:mail@shreevsdm.org)

**This month Special Satsang:  
Bhagwan Shree Satya Narayan Katha will be performed  
on 8<sup>th</sup> January 2017  
from 3.00pm to 5.00pm .**

**Any Devotee wish to be Yajman on the day**

Please contact Mandir Management on :  
Nitin 07910875908/07956348676 Man Mohan

#### 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 11

*Full Time POOJARI  
required*

Applicant should have knowledge of all Shrutis, Puranas etc for the benefit of the Local Community as stated in Sanaatan Dharma.  
For more details contact : Nitin 07910875908/07956348676 Man Mohan

#### For General and Newsletter

##### Enquiries:

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Shree Raju Pandya (07956252294)  
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#### E-mail Enquires:

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

#### Website:

[www.shreevsdm.org](http://www.shreevsdm.org)

**Mandir Opening Times:** 10.00am To 1.00 pm & 5.00pm To 8.00pm  
Evening Aarty Time : 7.30pm

## Weekly Programme:

(BOOKINGS ARE NOW AVAILABLE FOR DAILY PRIVATE PRAYERS / FUNCTIONS)

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

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

3.EVERY WEDNESDAY:(BHAGWAN GANESH JI PRAYERS)

4. EVERY THURSDAY:(BHAGWAN VISHNU JI & LAXMI JI PRAYERS)

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

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

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:

SATSANG

REGULAR DEVOTEES CAN BOOK THE MANDIR FOR FAMILY SATSANG. ANY DEVOTEES WISH TO BE YAJMAN ON THE DAY, PLEASE CONTACT THE MANDIR MANAGEMENT TEAM ON 07956348676 OR BY E-MAIL.

|| Shri Hari ||

## Taking Refuge in Gita

continued....

In Gita, there is a description of various different types of "yogis" - *Karmayogi, Jnanayogi, Dhyaanyogi* etc. But the Lord has only called *Bhaktiyogi*, in other words, one who takes refuge in God as rare, great soul -  
*"Bahunaam janmanaamante jnaanavaanmaam prapadyate,  
Vasudevah sarvamiti sa Mahaatmaa sudurlabhah."*

(Gita 7:19)

"In the very last of all births (i.e. in the human birth) the man of realization, worships Me, realizing that all is God. Such a great soul is very rare."

(Gita 7:19).

God has called a "*Mahatma*" as a rarity, but has called Himself as easily attainable -  
*Ananyachetaah satatam yo maam smriti nityasha*

*Tasyaahum sulabh paarth, nitya yuktasya yoginah.*

(Gita 8:14)

"O You Delighter of Prthaa! (the Son of Prthaa!). He who always, exclusively and constantly thinks of Me (remembers Me) with undivided mind, to that Yogi always absorbed in Me, I am easily attainable." (Gita 8:14) i.e. I can be easily attainable by such a Yogi. (continued....)



**RADHASOAMI**

मन के मत में न चलो  
क्योंकि मन के अनेको मत हैं  
जो मन को सदैव  
अपने अधीन रखता है  
वह साधु कोई विरला ही होता है

**GURU DE JIYO**

☆ कड़वा सच ☆

गरीब से करीब का रिश्ता भी  
छुपाते हैं लोग....  
और अमीरों से दूर का रिश्ता भी  
बढ़ा-चढ़ा कर बताते हैं लोग....  
चाहें कितना भी कमा लो लेकिन कभी घमंड न करना,  
क्योंकि शतरंज का खेल खत्म होते ही राजा और  
मोहरे एक ही डिब्बे में रख दिए जाते हैं।...

कमल चाहे पानी में रहता है.  
पर इसका ध्यान सूर्य की  
ओर होता है। ठीक इसी  
प्रकार गुरुमुख भले ही संसार  
में रहे परंतु उसका ध्यान  
अपने सद्गुरु के चरणों की  
ओर रहता है।

# OUR "GOD"



"BRAHAMA" "VISHNU" "MAHESH"

Shree BRAHAMA JI : THE CREATOR / GENERATE

Shree VISHNU JI: THE ORGANISOR / PRESERVER / SUSTAINER

Shree MAHESH /SHIV JI : THE DESTROYER



Acrostic of "GOD"

G : GENERATE "THE BRAHAMA JI"

O : ORGANISE "THE VISHNU JI"

D : DESTROYER "THE SHIV JI"



Acharya. Dinesh

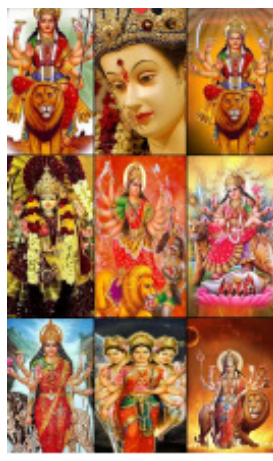
## How to Get Rid of the Restlessness of the Mind?

A question has come up that how to get rid of the restlessness (lack of peace, disturbances, agitation) in the mind?

It is a very easy point. We know about the restlessness of the mind. Therefore, the thing that is known, seen by us, is not our Self (*swaroop*). If I saw the building, then, did I become the building? I saw a stone, then, did I become the stone? That which is seen is separate, and the seer is separate. There is no doubt about this. It is you, who has knowledge and awareness of the restlessness of the mind. You are the one to see the restlessness. Is there any doubt about this? We see the agitation and the agitation is the kind that is seen, then what is the interference? We saw a stone, now if it gets heated, then what difference does it make to us, and if it gets cold, then what difference does it make?

This mental resolution that may this restlessness, this agitation go away, is the reason for this agitation. It is due to this resolve that a relationship continues with the disturbances. If you resolve that let there be no disturbances in my mind, then be assured that there will most certainly be disturbances. Therefore sever the relationship with the mind. Really speaking, there is no relationship with the mind. It is only an assumed relationship. You have presumed the mind to be yours. The disturbances come and they go, resolves come and then they go away, but you remain as-is, In this there is no doubt. Then whether these go away or not, you simply leave them. Do not blend with them, do not become pleased or displeased. Just as when the sun beats down hard, and in the heat, the mind instinctively directs you to move to a shady spot. But you do not criticize the sunshine or feel pleased with the shade. We are neither to condemn anyone, nor praise anyone, this is very important for a sadhak (spiritual aspirant). To be contd...





## MAA DURGA

[27/10 9:55 am] acharyad347:

# जानिए मां दुर्गा के शक्तिपीठ की पौराणिक कथा

दुर्गाष्टमी पर होता है महागौरी पूजन, पढ़ें 3 पौराणिक कथाएं :

नवरात्रि के आठवें दिन, मां दुर्गा की आठवीं शक्ति महागौरी का पूजन किया जाता है। मां के महागौरी नाम और स्वरूप को लेकर 3 पौराणिक कथाएं भी प्रचलित हैं। अवश्य पढ़ें महागौरी की पावन कथाएं...

देवी पार्वती रूप में महागौरी ने भगवान शिव को पति-रूप में प्राप्त करने के लिए कठोर तपस्या की थी। एक बार भगवान भोलेनाथ द्वारा कहे गए किसी वचन से पार्वती जी का मन का आहत होता है और पार्वती जी तपस्या में लीन हो जाती हैं। इस प्रकार वर्षों तक कठोर तपस्या करने पर जब पार्वती नहीं आती तो पार्वती को खोजते हुए भगवान शिव उनके पास पहुंचते हैं। वहां पहुंचकर वे पार्वती को देखकर आश्चर्य चकित रह जाते हैं। पार्वती जी का रंग अत्यंत ओजपूर्ण होता है, उनकी छटा चांदनी के समान श्वेत और कुन्द के फूल के समान धवल दिखाई पड़ती है, उनके वस्त्र और आभूषण से प्रसन्न होकर देवी उमा को गौरवर्ण का वरदान देते हैं और वे महागौरी कहलाती हैं।

एक अन्य कथा के अनुसार भगवान शिव को पति रूप में पाने के लिए देवी की कठोर तपस्या के बाद उनका शरीर काला पड़ जाता है। देवी की तपस्या से प्रसन्न होकर भगवान उन्हें स्वीकार कर, उनके उनके शरीर को गंगा-जल से धोते हैं। तब देवी विद्युत के समान अत्यंत कांतिमान गौर वर्ण की हो जाती हैं तथा तभी से इनका नाम गौरी पड़ा।

महागौरी की एक अन्य कथा भी प्रचलित है, इसके जिसके अनुसार, जब मां उमा वन में तपस्या कर रही थीं, तभी एक सिंह वन में भूखा विचार रहा था। एवह भोजन की तलाश में वहां पहुंचा जहां देवी उमा तपस्या कर रही थीं। देवी को देखकर सिंह की भूख बढ़ गई, लेकिन वह देवी के तपस्या से उठने का इंतजार करते हुए वहीं बैठ गया। इस इंतजार में वह काफी कमजोर हो गया। देवी जब तप से उठी तो सिंह की दशा देखकर उन्हें उस पर बहुत दया आई और मां उसे अपना सवारी बना लेती हैं क

[27/10 9:56 am] acharyad347: दुर्गाष्टमी और महानवमी का है विशेष महत्व, पढ़ें संपूर्ण जानकारी

भारतवर्ष में नवरात्रि का पर्व वर्ष में दो बार बड़ी श्रद्धा, भक्ति व हर्षोल्लास के साथ मनाया जाता है जिसे वसंत व शारदीय नवरात्रि के नाम से जाना जाता है। मां 'दुर्गा' की पूजा व आराधना ठीक उसी प्रकार कल्याणकारी है जिस प्रकार अंधेरे में घिरे हुए संसार के लिए भगवान सूर्य की एक किरण।

आदिशक्ति जगदंबा की परम कृपा प्राप्त करने हेतु नवरात्रि में दुर्गाष्टमी व महानवमी पूजन का बड़ा ही महत्व है। इस अष्टमी व नवमी की कल्याणप्रद, शुभ बेला श्रद्धालु भक्तजनों को मनोवांछित फल देकर नौ दिनों तक लगातार चलने वाले व्रत व पूजन महोत्सव के संपन्न होने के संकेत देती है। मां दुर्गा की आराधना से व्यक्ति एक सद्गृहस्थ जीवन के अनेक शुभ लक्षणों- धन, ऐश्वर्य, पत्नी, पुत्र, पौत्र व स्वास्थ्य से युक्त हो जीवन के अंतिम लक्ष्य मोक्ष को भी सहज ही प्राप्त कर लेता है।

इतना ही नहीं बीमारी, महामारी, बाढ़, सूखा, प्राकृतिक उपद्रव व शत्रु से घिरे हुए किसी राज्य, देश व संपूर्ण विश्व के लिए भी मां भगवती की आराधना परम कल्याणकारी है।

इस पूजा में पवित्रता, नियम व संयम तथा ब्रह्मचर्य का विशेष महत्व है। पूजा के समय घर व देवालय को तोरण व विविध प्रकार के मांगलिक पत्र, पुष्पों से सजाना चाहिए तथा स्थापित समस्त देवी-देवताओं का आह्वान उनके 'नाम मंत्रों' द्वारा कर षोडशोपचार पूजा करनी चाहिए, जो विशेष फलदायिनी है। भविष्य पुराण के उत्तर-पूर्व में महानवमी व दुर्गाष्टमी पूजन के विषय में भगवान श्रीकृष्ण से धर्मराज युधिष्ठिर का संवाद मिलता है जिसमें नवमी व दुर्गाष्टमी पूजन का स्पष्ट उल्लेख है।

यह पूजन प्रत्येक युग- सतयुग, त्रेता, द्वापर, कलियुग तथा कल्पों व मन्वंतरों आदि में भी प्रचलित था। मां भगवती संपूर्ण जगत् में परमशक्ति अनंता, सर्वव्यापिनी, भावगम to be contrd

### why Lohri, the bonfire festival, is celebrated.

**Lohri** is a popular **festival**, celebrated by Punjabi particularly of Hindu and Sikh faith. It is one of the greatest **festivals** of Punjab and Haryana and is celebrated on the 13th of January during the month of Paush or Magh, a day before Makar Sankranti. 13 Jan 2017 this year.

Many people believe the festival was originally celebrated on winter solstice day, being the shortest day and the longest night of the year. According to the Hindu calendar, Lohri falls in mid-January. The earth, farthest from the sun at this point of time, starts its journey towards the sun, thus ending the coldest month of the year, Paush, and announcing the start of the month of Magh and the auspicious period of Uttarayan.

In the morning on Lohri day, children go from door to door singing and demanding the Lohri 'loot' in the form of money and eatables like til (sesame) seeds, peanuts, jaggery, or sweets like gajak, rewri, etc.



They sing in praise of Dulha Bhatti, a Punjabi avatar of Robin Hood who robbed the rich to help the poor, and once helped a miserable village girl out of her misery by getting her married off like his own sister.

These munchies that the children collect are known as Lohri, and they are distributed at night during the festival. Some may be offered to the sacred fire.

Singing and dancing form an intrinsic part of the celebrations. People wear their brightest clothes and come to dance the bhangra and gidda to the beat of the dhol. Punjabi songs are sung, and everybody rejoices.

Sarson ka saag and makki ki roti is usually served as the main course at a lohri dinner. In the villages of Punjab, Lohri is an occasion where the entire village gets together and participates in the celebrations like one big happy family and lit a bonfire.

During this time, the farmers are undergoing a period of rest because wheat, which is the main crop in Punjab, is sown in October and harvested in March or April. In January, the fresh crop has just started growing, and the farmers are ecstatic.

A prayer is made to Agni, the god of Fire, and Prasad is distributed. The prasad comprises of five main things: til, gazak, gur, moongphali (peanuts), and phuliya or popcorn. An offering is also made of this Prasad to the sacred fire.

Lohri is celebrated throughout the country in different forms, as a harvest festival. It is called Pongal in the South, Bhugali Bihu in Assam, Bhogi in Andhra Pradesh and Sankranti in the central part of the country.

Modes of celebrating Lohri are also different, but the message conveyed by the festival, that of setting aside differences and rejoicing by celebrating the end of the harvest season and the chilly winter is the same.

Lohri song

There are many Lohri songs. For example, the following song which has words to express gratitude to Dulla Bhatti:

Sunder mundriye ho!  
Tera kaun vicharaa ho!  
Dullah Bhatti walla ho!  
Dullhe di dheer vyayae ho!  
Ser shakkar payee ho!  
Kudi da laal pathaka ho!  
x  
Kudi da saalu paata ho!  
Salu kaun samete!  
Chacha gali dese!  
Chache choori kutti! zamidara lutti!  
Zamindaar sudhaye!  
Bum Bum bhole aaye!  
Ek bhola reh gaya!  
Sipahee far ke lai gaya!  
Sipahee ne mari itt!  
Bhaanvey ro te bhaanvey pitt!  
Sanoo de de Lohri, te teri jeeve jodi!  
(Cry or howl!)



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

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

## Poetry of the Month

### Health

The life of man depends on health,  
Which has source for character and wealth,  
No one can be happy in this world,  
Whose health doesn't safely work.

Health is the sole aim of life;  
Without health nothing to think and guide.  
Unhealthy can't serve the country,  
Home, nation and the gentry.

Sickly man has no life worth  
To stand for any hard test,  
In the field of work  
For his family and himself.

Thus for maintenance of good health  
The following rules are best:-  
Morning walk and night in rest,  
Daily exercise, and bath its next.

Cleaned clothes and daily bath  
Brushed teeth and hair washed  
Balanced food and daily walk;  
Help to save money a lot.

Without health the life is burthen,  
Even in ease or rushing to work sudden.  
No performance of physical and mental work  
To pursue and complete without good health.

Health is most precious thing in life  
Without which no one can survive  
In the manner most suited to his choice

For making happy and cheerful voice.

Neither to feel happy nor to enjoy  
From ill health everyone is annoyed;  
No cheerful life for devotion to work;  
Home, Nation and Country can't be served well.

Sick person is head-ache in family,  
He remains on work hardly,  
His children starve at home;  
His better half also groans,  
In absence of solution for bread  
By a person of broken health.

So, take care of your health first,  
This is the advice best  
Of the people of your interest;  
For healthy brain always shines  
Of healthy man with healthy mind.

Unhealthy person is a burden  
On family friends and relations;  
No country, and Nation is strong,  
With people health brok'n and worn.

Good health brings you long life,  
And from sound health you always buy  
Pleasures, happiness and joy;  
While unhealthy gets premature and decay;  
Of diseases becomes victims and prey  
Making room for his early passing away.



#### For General and Newsletter Enquiries:

Shree Nitin Mehta (07910875908)  
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[Versified by Bhagat Har Govind]



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132 WHITEHORSE ROAD CROYDON SURREY CR0 2LA (U.K.)

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

**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

Namastay

Please visit the following website to pledge not to use milk in your temples or in your homes for religious ceremonies.

TEMPLES WHICH SIGN THE PLEDGE WILL BE GIVEN  
CERTIFICATES!

Please send the link to all the temples and individuals you know. Let us start a new, compassionate way of worship in 2017!!

[www.youngindianvegetarians.co.uk](http://www.youngindianvegetarians.co.uk)

Nitin Mehta

Namaste All,

Please see below invitation to Bhajans and Meditation on Sunday 1<sup>st</sup> January 2017 at Bhirenbbhai and Ilaben's place.

Jai Guru Datta

Pushpa (on behalf of DSYM UK)

Dear Souleekers

Namaste!

Aum Namah Shivaya!

You all are cordially invited to Bhajans and Meditation we are holding at our house on **Sunday 1<sup>st</sup> January 2017** (details below)

Any friends or family members who want to come are most welcome!

However, in order that we can attend to the necessary catering arrangements it would be very much appreciated **IF YOU CAN KINDLY CONFIRM YOUR ATTENDANCE BY Saturday 24<sup>TH</sup> DECEMBER 2016.**

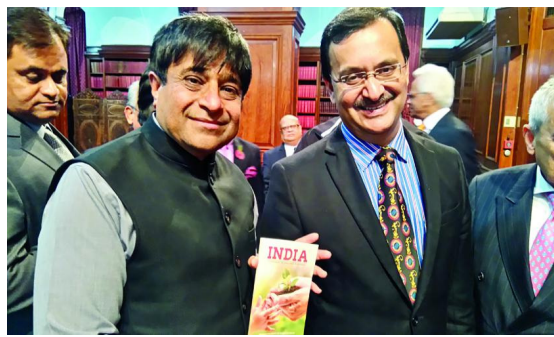
Date: Sunday 1<sup>st</sup> January 2017 Time: 4.00pm to 6.00pm followed by light refreshments (**Please kindly arrive by 3.45pm for a prompt 4.00pm start**) Address: "Dormers" 5 West Way, Carshalton Beeches, Surrey, SM5 4EJ Telephone Contact: 020 8642 2069 (Home), 07771 808099 (Bhiren mobile), 07748652380 (Ila Mobile) Email: [bhiren@dstoker.co.uk](mailto:bhiren@dstoker.co.uk)

After the possible excesses of celebrating on New Year's Eve – why not start the New Year in a positive and charged up frame of mind by joining us in chanting bhajans and taking part in group meditation! We do hope you will **ALL** be able to join us. Look forward to seeing you all! Best wishes for the "festive" season and the New Year!

Kind regards

Bhiren & Ila





(L-R) Nitin Mehta presenting his book to the Indian High Commissioner, Dinesh K. Patnaik in London.

*London is fortunate to have such an altruist within its Indian diaspora, born in Kenya Nitin Mehta enjoyed a thoroughly Indian childhood but he did not visit India until he was eight years old, then he fell immediately in love with his heritage.*

London is fortunate to have such an altruist within its Indian diaspora, born in Kenya Nitin Mehta enjoyed a thoroughly Indian childhood but he did not visit India until he was eight years old, then he fell immediately in love with his heritage. His pocket sized paperback book "INDIA- a civilisation the world fails to recognise" summarising Indian intellect over about 3 million years, was published in September. It is a comprehensive reminder of "the real India" and how Indian culture has hundreds of deeper levels that western culture; it also disparages those who report negative inaccuracies.

Following a foreword by Maneka Ghandi, a fellow animal-welfare friend, there are admiring quotes and qualifications about India's importance and ingenuity from a cornucopia of philosophers, mathematicians, astrologers, politicians and literary greats spanning the last two millennia and the globe. Less well known Indian connections are demonstrated across time and distance, a 4,000 year old Vishnu statue was discovered in the Russian Village of Staraya Maina and in ancient India literature Russia is referred to as land of the Rishis (hence Russia). Mehta explains the true origins/meaning of Aryan people and their reach from Iran to Egypt, from Asia to Europe (and how Russian, Greek and German languages all have Sanskrit affiliations), contemporarily there are thriving Indian diasporas fitting in over the world, thanks to their highly enlightened philosophy of living.

*Mehta came to Britain following Kenya's independence in 1964 as for the Indian community who held British passports there were no jobs; Mehta arrived in UK in 1973 to start a new successful motor parts business.*

After a journey through the arts of India, Mehta comes to the colonial wars of the C18th and how Indian heritage was distorted with perpetual misapprehension consequences to this day; he explains how India is indomitable, as the chapters on the Indian Renaissance and Indian contributions to the modern world make clear.

Mehta came to Britain following Kenya's Independence in 1964 as for the Indian community who held British passports there were no jobs; Mehta arrived in UK in 1973 to start a new successful motor parts business. Mehta has not stood still since, the founder of the Young Indian Vegetarians movement and website, he has also been active in the Vegetarian Society UK promoting recipes, compassion in animal welfare and supporting animal sanctuaries, his email address is @animalahimsa. In 1999 he received an MBE for services to the broader local community, in 2002 the Mayor of London recognised his significant contribution to the City of London — the Metropolitan police has submitted his name to honour his support for their multi-cultural efforts. In 2006 The Asian Voice acknowledged his services to the Gujarati language and vegetarianism with an award. The International Friendship Society presented him with The Glory of India award in 2008 for his work promoting Indian culture in the UK. Most recently in 2012 he received the Night Watch Charity award for volunteering to help to provide food for the homeless of Croydon in south London every night. Quite honestly London is lucky to have him in our community.

Mehta is a proper Jain dharmic but not a silent devoted patriot, his book is not only a reminder of India's past greatness and future innovative, economic, scientific and academic potential but a poke at those who have adopted a negative western influenced outlook towards India, de-facto defectors of Sanatan Dharma and Ahimsa.

Book available from me. £6.00 including postage.





# 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

VIKRAMI SAMVAT 2073/74



### LIST OF FESTIVALS - 2017

PANCHAK BEGIN (12.59PM)	पंचक आरंभ	01-01-2017	SUNDAY	EKADASHI	एकदशी	04-07-2017	TUESDAY
PANCHAK END (10.15AM)	पंचक समाप्त	06-01-2017	FRIDAY	GURU PURNIMA	गुरु पूर्णिमा	08-07-2017	SATURDAY
EKADASHI	एकदशी	08-01-2017	SUNDAY	PANCHAK BEGINS 5.33AM	पंचक आरंभ	12-07-2017	WEDNESDAY
PURNIMA VART	पूर्णिमा	11-01-2017	WEDNESDAY	PANCHAK END 7.49PM	पंचक समाप्त	16-07-2017	SUNDAY
PURNIMA	पूर्णिमा	12-01-2017	THURDAY	SANKRANTI (SHARAWAN)	संक्रान्ति (शरद)	16-07-2017	SUNDAY
LOHDI	लोदी	13-01-2017	FRIDAY	EKADASHI	एकदशी	19-07-2017	WEDNESDAY
SANKRANTI (MAGHA)	संक्रान्ति (मघ)	14-01-2017	SATURDAY	AMAVAS	अमावस	23-07-2017	SUNDAY
GANESH CHAETH	गणेश चैथ	15-01-2017	SUNDAY	NAG PANCHAMI	नाग पंचमी	27-07-2017	THURSDAY
EKADASHI	एकदशी	23-01-2017	MONDAY				
AMAVAS	अमावस	27-01-2017	FRIDAY	EKADASHI	एकदशी	03-08-2017	THURSDAY
PANCHAK BEGINS (5.24AM)	पंचक आरंभ	29-01-2017	SUNDAY	RAKSHA BANDHAN	रक्षाबंधन	07-08-2017	MONDAY
TIL CHOUTH	तिल पीथ	31-01-2017	TUESDAY	PURNIMA	पूर्णिमा	07-08-2017	MONDAY
				CHANDRA GRAH 16.50 - 21.51		07-08-2017	MONDAY
				PANCHAK BEGINS 11.45AM	पंचक आरंभ	08-08-2017	TUESDAY
VASNT PANCHAMI	वासंत पंचमी	01-02-2017	WEDNESDAY	PANCHAK END 1.19AM	पंचक समाप्त	13-08-2017	SUNDAY
PANCHAK END 03.42 AM	पंचक समाप्त	02-02-2017	THURSDAY	SHRI KRISHNA JANMASTMI	श्री कृष्ण जन्मजयंती	15-08-2017	TUESDAY
EKADASHI	एकदशी	07-02-2017	TUESDAY	SANKRANTI (BHADRAPAD)	संक्रान्ति (भाद्रपद)	17-08-2017	THURSDAY
PURNIMA	पूर्णिमा	10-02-2017	FRIDAY	EKADASHI (Europe Only)	एकदशी (यूरोप के लिए)	17-08-2017	THURSDAY
SANKRANTI (PHALGUN)	संक्रान्ति (फाल्गुन)	12-02-2017	SUNDAY	AMAVAS	अमावस	21-08-2017	MONDAY
EKADASHI	एकदशी	22-02-2017	WEDNESDAY	KEVDA TEEJ	केवडा तीज	24-08-2017	THURSDAY
MAHA SHIVRATRI	महा शिवरात्री	24-02-2017	FRIDAY	HARITALIKA TEEJ	हरितीला तीज	24-08-2017	THURSDAY
PANCHAK BEGINS 01.38 PM	पंचक आरंभ	25-02-2017	SATDAY	GANESH CHAETH	गणेश चैथ	25-08-2017	FRIDAY
AMAVASHI	अमावस	26-02-2017	SUNDAY	RISHI PANCHAMI	ऋषी पंचमी	26-08-2017	SATURDAY
PANCHAK END 09.46 PM	पंचक समाप्त	01-03-2017	WEDNESDAY	EKADASHI (Europe Only)	एकदशी (यूरोप के लिए)	01-09-2017	FRIDAY
HOLASTAK BEGINS	होलस्तक आरंभ	05-03-2017	SUNDAY	PANCHAK BEGINS 7.26PM	पंचक आरंभ	04-09-2017	MONDAY
EKADASHI	एकदशी	08-03-2017	WEDNESDAY	PURNIMA VRAT	पूर्णिमाव्रत	05-09-2017	TUESDAY
PURNIMA VRAT	पूर्णिमाव्रत	11-03-2017	SATURDAY	PURNIMA	पूर्णिमा	06-09-2017	WEDNESDAY
PURNIMA	पूर्णिमा	12-03-2017	SUNDAY	SHARADHA PURNIMA	शरद पूर्णिमा	06-09-2017	WEDNESDAY
HOLIKA DAHAN	होलीका दहन	12-03-2017	SUNDAY	SHARADHA BEGINS	शरद आरंभ	06-09-2017	WEDNESDAY
HOLI	होली	13-03-2017	MONDAY	PANCHAK ENDS 7.12AM	पंचक समाप्त	09-09-2017	SATURDAY
SANKRANTI (CHAITRA)	संक्रान्ति (चैत्र)	14-03-2017	TUESDAY	MAHA LAXMI VARAT	महा लक्ष्मी व्रत	13-09-2017	WEDNESDAY
EKADASHI	एकदशी	24-03-2017	FRIDAY	EKADASHI	एकदशी	16-09-2017	WEDNESDAY
PANCHAK BEGINS (11.27PM)	पंचक आरंभ	24-03-2017	FRIDAY	SANKRANTI (AASHVIN)	संक्रान्ति (आश्विन)	17-09-2017	SUNDAY
AMAVAS	अमावस	27-03-2017	MONDAY	SHARADHA ENDS	शरद समाप्त	19-09-2017	TUESDAY
SAMVAT BEGINS (2074)	समवत आरंभ	28-03-2017	TUESDAY	AMAVAS (Europe Only)	अमावस (यूरोप के लिए)	19-09-2017	TUESDAY
NAVTRATRA BEGINS	नवरात्र आरंभ	28-03-2017	TUESDAY	NAVTRATRA BEGINS	नवरात्र आरंभ	20-09-2017	WEDNESDAY
PANCHAK END (07.18AM)	पंचक समाप्त	29-03-2017	WEDNESDAY	DURGA ASHTMI	दुर्गा अष्टमी	28-09-2017	THURSDAY
				NAVMI	नवमी	29-09-2017	FRIDAY
				DASHAHARA	दशहरा	30-09-2017	SATURDAY
DURGA ASHTMI	दुर्गा अष्टमी	03-04-2017	MONDAY	EKADASHI	एकदशी	01-10-2017	SUNDAY
SHRI RAM NAVMI	श्री राम जयंती	04-04-2017	TUESDAY	PANCHAK BEGINS (4.21AM)	पंचक आरंभ	02-10-2017	MONDAY
EKADASHI	एकदशी	06-04-2017	THURSDAY	SHARAD PURNIMA	शरद पूर्णिमा	05-10-2017	THURSDAY
HANUMAN JAYANTI (EUROPE)	हनुमान जयंती	10-04-2017	MONDAY	PANCHAK ENDS (3.00PM)	पंचक समाप्त	06-10-2017	FRIDAY
PURNIMA	पूर्णिमा	10-04-2017	MONDAY	KARVACHAETH	कारवा चैथ	08-10-2017	SUNDAY
SANKRANTI (VAISHAKHA)	संक्रान्ति (वैशाख)	13-04-2017	THURSDAY	AHOI ASHTMI	अहोई अष्टमी	12-10-2017	THURSDAY
PANCHAK BEGINS 05.14 AM	पंचक आरंभ	21-04-2017	FRIDAY	EKADASHI	एकदशी	15-10-2017	SUNDAY
EKADASHI	एकदशी	22-04-2017	SATURDAY	SANKRANTI (KARTIK)	संक्रान्ति (कार्तिक)	17-10-2017	TUESDAY
PANCHAK END 05.24 PM	पंचक समाप्त	25-04-2017	TUESDAY	DHANTRESH	धन्तेश्वर	17-10-2017	TUESDAY
AMAVAS	अमावस	26-04-2017	WEDNESDAY	DIWALI	दिवाली	19-10-2017	THURSDAY
AKSHAY TRITIYA	अक्षय तृतीया	28-04-2017	FRIDAY	AMAVAS	अमावस	19-10-2017	THURSDAY
				ANNKUT	अन्नकुट	20-10-2017	FRIDAY
				BHAI DHUJ	भाई दूज	21-10-2017	SATURDAY
EKADASHI	एकदशी	06-05-2017	SATURDAY	PANCHAK BEGINS (12.28PM)	पंचक आरंभ	29-10-2017	SUNDAY
PURNIMA	पूर्णिमा	10-05-2017	WEDNESDAY	EKADASHI	एकदशी	31-10-2017	TUESDAY
SANKRANTI (JYESTHA)	संक्रान्ति (ज्येष्ठ)	14-05-2017	SUNDAY	PANCHAK END (11.58PM)	पंचक समाप्त	02-11-2017	THURSDAY
PANCHAK BEGINS (5.41PM)	पंचक आरंभ	18-05-2017	THURSDAY	PURNIMA (Europ Only)	पूर्णिमा व्रत	03-11-2017	FRIDAY
EKADASHI	एकदशी	22-05-2017	MONDAY	EKADASHI	एकदशी	14-11-2017	TUESDAY
PANCHAK END (03.53PM)	पंचक समाप्त	23-05-2017	TUESDAY	SANKRANTI (MARGSHIRSH)	संक्रान्ति (मार्गशीर्ष)	16-11-2017	THURSDAY
AMAVAS	अमावस	25-05-2017	THURSDAY	AMAVAS	अमावस	18-11-2017	SATURDAY
				PANCHAK BEGINS (08.31PM)	पंचक आरंभ	25-11-2017	SATURDAY
				GITA JAYANTI (Europe Only)	गीता जयंती (यूरोप के लिए)	29-11-2017	WEDNESDAY
				EKADASHI (Europe Only)	एकदशी (यूरोप के लिए)	29-11-2017	WEDNESDAY
				PANCHAK END (10.42AM)	पंचक समाप्त	31-11-2017	FRIDAY
EKADASHI (NIRJALA)	एकदशी - नीरजला	04-06-2017	SUNDAY	PURNIMA VRAT	पूर्णिमाव्रत	02-12-2017	SATURDAY
VAT SAVITRI VARAT	वट सावित्री	08-06-2017	THURSDAY	PURNIMA	पूर्णिमा	03-12-2017	SUNDAY
PURNIMA	पूर्णिमा	09-06-2017	FRIDAY	EKADASHI	एकदशी	13-12-2017	WEDNESDAY
PANCHAK BEGINS 11.58 PM	पंचक आरंभ	14-06-2017	WEDNESDAY	SANKRANTI (PAUSH)	संक्रान्ति (पौष)	16-12-2017	SATURDAY
SANKRANTI (AASADH)	संक्रान्ति (आषाढ)	15-06-2017	THURSDAY	AMAVAS	अमावस	18-12-2017	MONDAY
PANCHAK END 12.55 PM	पंचक समाप्त	19-06-2017	MONDAY	PANCHAK BEGINS (2.58AM)	पंचक आरंभ	23-12-2017	SATURDAY
EKADASHI	एकदशी	20-06-2017	TUESDAY	PANCHAK END (8.06PM)	पंचक समाप्त	27-12-2017	WEDNESDAY
AMAVAS	अमावस	23-06-2017	FRIDAY	EKADASHI	एकदशी	29-12-2017	FRIDAY



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132 WHITEHORSE ROAD CROYDON SURREY CR0 2LA (U.K.)



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

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

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Please send SELF ADDRESSED STAMPED envelope.

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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.

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

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

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