



The official Newsletter Of AHMA

August 2007

Patron

Dr Karam Singh

Vice Patron

Mr Chatar Pal

Legal Advisor

Mrs Latika D Prasad

Auditor

Mr Satya Prakash

Trustees

Mr Sajana Nand
Mr Nand Lal
Mr Amar Singh
Mr Sukh Deo Sahai
Mr Ben Bhan Sharma

**Excutive Committee Members
2006/2007**

President

Mr Sajana Nand

Vice President

Mr Amar Singh
Mr Anboha Nand
Mr Vishnu Sharma
Mr Raj Singh
Mrs Pushpa Nand

Secretary

Mr Sanjesh Nand

Assistant Secretary

Mr Mukesh Goundan
Mr Vijay Sharma

Treasurer

Mr Sukh Deo Sahai

Assistant Treasurer

Mr Sachida Nand
Mrs Savina Chand

Committee Member

Mrs Praveen Sharma
Mr Samir Nand
Mr Vinod Sharma
Mr Aman Nand
Mr Arbin Lal
Mr Rohit Dass
Mr Virendra Sharma

Public Officer

Mr Sunil Jas

Life Members

Mr Robert A Prasad
Mrs Vishalaxmi

Contact Us

Postal:

P O Box 444
Doonside NSW 2167

Phone:

Mr Sanjesh Nand

Shri Krishna Janam Asthami

Marg means path. Almighty God created human beings in this beautiful world hoping that they will live in this world in a very well organised and disciplined manner. It is evident from our Shastras that whenever there is a decay of dharma and rise of adharm, the almighty Lord embodies himself in one form or another to show us the path to righteousness or dharma which is the karma that is conducive to man's growth and progress. What impedes them is adharm.

In Dwapar Yuga, the demon Kansa had exceeded the limits of adharm. There was misery and sufferings everywhere. Thus the incarnation of Lord Krishna became imperative. He finally vanquished the demon Kansa and established the path of righteousness. He was born on the eighth day of the month of Bhado which is widely celebrated as

Shri Krishna Janam Asthami.

Lord Krishna blesses those who perform his duties. One may ask what are his duties. He expects us to make this world a wonderful place to live in. To do this he has very kindly given to us valuable hands, legs, eyes, mouth, ears and mind to differentiate between the good and the evil.

We all have to pay for our own doings whether it's good or bad. If you do good deeds, you will achieve good outcome, and if you don't, the opposite will be the case. As the adage goes in Hindi "B oye Per Babool Ke to Aam Kahan Se Khaye". (If you sow thorns, you cannot eat fruits - You will reap what you sow).

Service to humanity is service to God which is the main priority of the Association. May the blessings of Lord Krishna shower upon all of us.



The Executive committee joins me in wishing you a very happy Krishna Janam Asthami.

Mr Sajana Nand JP

President

AHMA has set up an email address for correspondence and feedback.

Email us at:
ahma1993@gmail.com

Calender Dates

**Aug 28— Krishna Janam
Sept 4: Asthmi**

**Sept 26— Pitra Paksh
Oct 11:**

**Oct 12— Nav Raatri
Oct 21:**

Nov 9: Deepawali

Coordinator for Publication:

Anboha Nand

The renovation and alteration plan for the Centre has been duly approved by the Blacktown City Council. The construction work has already begun. It is estimated that the renovations and alterations to the existing structure will cost approximately \$200,000.

On Sunday 11th August, being 'Guru Purnima' - which is a very auspicious day - a foundation laying ceremony was performed by Pt Jagdish Shukla from India and the Association 's priest, Pt Harish Chand including other Brahmans, Pt Vishadya Sharma, Pt Amrit Prasad, Pt Sukhandra Shandil, Pt Narendra Prasad Shandil, Pt Ravi Mishra. The Association wishes to thank all the priests for making available their valuable time for this momentous occasion. A large number of members, their friends and relatives and well wishers attended and participated in

the ceremony. An appreciable amount of cash donations was received including very encouraging pledged donations by way of cash and supply of materials towards the completion of the Centre. Please contact any member of the Executive Committee for any donations in cash or kind.

The Association wishes to record its appreciation to each and everyone for their participation and contributions on this special occasion and looks forward to your continued support in its affairs.

Co-ordinator, Sanatan Cultural Centre



**Existing Warehouse
1050 Richmond Road**



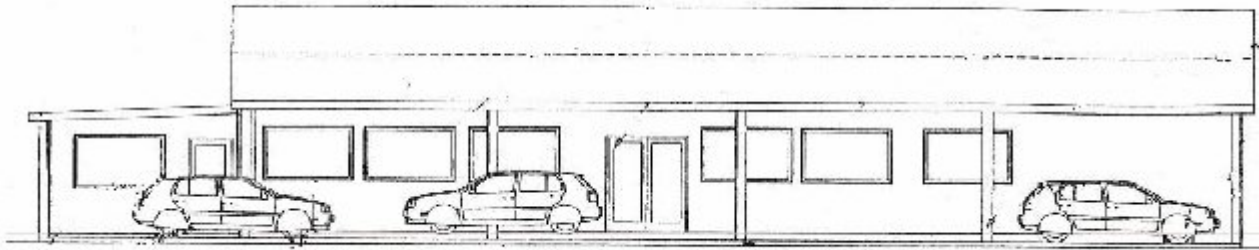
Existing Three Bedroom House.



The Hall to be renovated



View of warehouse from South.



Participants in the prayers & foundation laying ceremony.

“Our mission is to promote the cultural, social, spiritual and educational values of Sanatan Dharm in our multicultural diverse society”.



श्रावण शुक्ल पूर्णिमा को (इस वर्ष २८ अगस्त) रक्षाबंधन का पर्व मनाया जाता है। इस दिन दो त्योहार एक साथ मनाए जाते हैं—श्रावणी और रक्षाबंधन। श्रावणी ब्राह्मणत्व के अभिवर्द्धन का, वेद उपाकर्म के शुभारंभ का, धरती को हरीतिमा के कवच से आच्छादित करने का प्रतीक पर्व है। रक्षाबंधन बहन की, संस्कृति की, राष्ट्र की रक्षा हेतु बंधन से जुड़ने का प्रतीक त्योहार है। यह धार्मिक स्वाध्याय के प्रचार का, विद्या-विस्तार का पर्व भी है। इस दिन यज्ञोपवीत बदला जाता है एवं द्विजत्व को धारण किया जाता है। वेदमंत्रों से मंत्रित किया रक्षासूत्र इसी दिन आचार्य लोग अपने शिष्यों के हाथ में बाँधते थे। यह सूत्र उनकी रक्षा करता था। नारी जाति पर कोई विपत्ति आए, इसके लिए संकल्पित होने, संस्कृति की शालीनता को बचाए रखने हेतु संकल्पबद्ध होने का भी यह पर्व है। इस दिन वेदपूजा होती है। वेद अखिल धर्मों के मूल हैं। वेद का अर्थ है—धर्मपूर्ण ज्ञान। इससे सद्ज्ञान में श्रद्धा बढ़ती है। आज तो यज्ञोपवीत बदलने जैसे कुछ कर्मकांड एवं बहन द्वारा राखी बाँधाने तक यह सीमित होकर रह गया है। इसकी गरिमा पुनः स्थापित होनी चाहिए।

वाङ्मय खण्ड ३६ (४.६७)

शरीर में रोग

शरीर में रोग दो प्रकार से होते हैं—प्रारब्ध से और कुपथ्य से। पुराने पापों का फल भुगतने के लिए शरीर में जो रोग पैदा होते हैं, वे 'प्रारब्धजन्य' कहलाते हैं। जो रोग निषिद्ध खान-पान, आहार-विहार आदि से पैदा होते हैं, वे 'कुपथ्यजन्य' कहलाते हैं। पथ्य (सही आहार) का सेवन करने से, दवा लेने पर भी, संयम से रहने पर भी जो रोग मिटता नहीं, उसे प्रारब्धजन्य ही मानना चाहिए। दवाई और पथ्य का सेवन करने से जो रोग मिट जाते हैं, उन्हें कुपथ्यजन्य मानना चाहिए।

आत्मा और परमात्मा दोनों नीरोग हैं। रोग केवल शरीर में ही आता है। इसीलिये कहा गया है—'शरीरं व्याधिमन्दिरम्'।

—स्वामी श्री रामसुखदास जी

Membership

Membership is currently at \$10 per annum and expires on 1st January of each year. Members who have not renewed their membership should contact:

Mr Sukdeo Sahai: 9679 8670/ 0419 995 672

Hindi School

Currently Hindi classes are held at Doonside Technology High School on Sunday's from 10:00 am to 12 noon.

Bollywood dancing/tabla and harmonium classes are also held at the same site after the Hindi classes.

Parents are requested to support and encourage these classes.

For further information contact:

Mr Parma Ram: 9676 6560/ 0422 018 189; Mr Rohit Das: 04135 7799

Behind the Scenes



A READING TO REMEMBER

Let your friendship be stronger than your hate or anger
Learn the wisdom of compromise for it is better to bend a little than to break
Believe the best rather than the worst
People have a way of living up or down to your opinion of them
Remember that true friendship is the basis for any lasting relationship
The person you choose to befriend is deserving of the courtesies and kindness you bestow on your friends

Please hand this down to your children and your children's children

Sukh Deo Sahai JP
Treasurer