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Maha Shivaratri and Dayanand Bodh Divas

A memorable function was hosted by the Arya Samaj South Africa and its affiliate Yuvak Arya Samaj Clairwood celebrating the first of four major festivals this year. Our Guest speaker was Sonali Deoraj who gave a discourse on “Awakening the Shiva within you”, followed by divine meditation by Swamiji and soulful bhajans. A spiritually uplifting evening indeed!!



Dayanand Jayanti - Avoca Cultural Society

The celebration of Swami Dayanand Jayanti was held in association with the Swami Vivekananda Cultural Centre and the Consulate General of India. The Guest speakers were Dr Yogi and Arya Youth League member Arhana Debipersad who gave a talk on the relevance of Swamiji's mission in the 21st century.



Leadership Development

The Arya Samaj Women's Forum hosted a Leadership Development Programme for a group of young ladies 16-25 years of age. It was designed for ladies keen on leadership positions offered at school or at tertiary institutions. It will enhance skills for graduates who are in a leadership role in the workplace. The programme runs for three-months and offers focussed knowledge and skills training, presented by experts. The programme began in February and will culminate in April with an awards ceremony.



Holistic Health and Wellness Day

A host of brilliant guest speakers, medical doctors and ayurvedic practitioners made this inaugural Holistic Health and Wellness day one to remember. The audience were truly enlightened on how a vegan diet positively affects one's health. Following the presentations, free medical checks were provided for the audience. by all the practitioners.



Vegetarian and Vegan Lifestyle - Cooking Course

In line with the Samaj's advocacy campaigns through the HEAL Foundation, a vegetarian and vegan cooking course was held in Westville, Pietermaritzburg and Chatsworth. The course was designed to inform the public on how our dietary choices have a major role to play on the sustainability of the environment and on one's health.





Vegan Chef Championship Cook - Off

An exhilarating end to conclude the series. Teams, selected from the three courses, were divided into 3 groups, in a final Master-Chef style cook – off. A whole lot of fun in the kitchen saw Team 3 winning the competition. All the participants, judges and members of the public enjoyed a wonderful cook – off. The food produced was simply sumptuous. Well done to all involved!!



Beach Yoga - Fun in the sun for the monthly Yoga sessions conducted at the beachfront



Stalwarts' Functions

The Arya Samaj South Africa hosted a function for the years of dedicated service by the stalwarts in growing the organisation to its present stature. The stalwarts enjoyed the festivities and reminisced on the times of yore. An enjoyable function for all !



Sarva Dharma Ashram

Learners at the Sarva Dharma Ashram wrote the Veda Niketan Examinations. Shown below are some of them receiving their certificates by a Swami from Rishikesh. Well done to these lovely learners. We are all very proud of you!



Narain Jeawon Vedic Centre

With informal settlement fires becoming a common occurrence in the Kenville area, the AYL together with both Swamijis, packed and distributed groceries and blankets to all those affected. Furthermore, World Aids Day was celebrated at NJVC where Swami Maitreyi was instrumental in mobilising community awareness.



Howick Veda Dharma Sabha

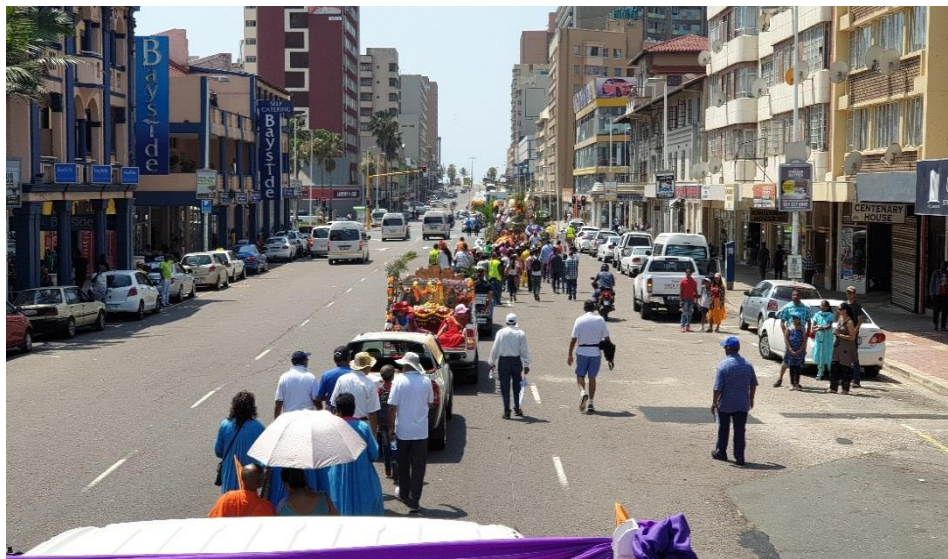
The Howick Veda Dharma Sabha celebrated its 49th Anniversary in grand style. The program consisted of havan, a talk by Swami Maitreyi and music and dance. A significant milestone reached. May the Samaj grow from strength to strength!



Purohits of APS and Sanathan Dharma Sabha at the Westville Hindu School conducting a Janeu ceremony for the children



Arya Samaj South Africa taking part in the Durban Diwali festival that was hosted by South African Hindu Maha Sabha



Launch of The HEAL Foundation



THE HEAL FOUNDATION

*The Humanitarian, Environmental and Animal Liberation
Wing of the Arya Samaj South Africa*

What is the HEAL FOUNDATION?

“HEAL” is the acronym for the Arya Samaj South Africa’s “Humanitarian, Environmental and Animal Liberation” projects. The Heal Foundation is an integral part of the Arya Samaj which advances its cause of doing good to the world by promoting the physical, spiritual and social welfare of every sentient being. The Arya Samaj subscribes to 10 Principles of universalism, some of which are; Belief in God, Benevolence, Altruism and the alleviation of the suffering of fellow man. These 10 Principles are a blueprint for spiritual and social development of an individual as well as society.

Why you should support HEAL?

By supporting the HEAL foundation you will be able to support any of the causes in which you or your business wishes to make a positive impact. We are a fully transparent organization and all funds received will be specifically allocated for the upliftment of humanity. We have a dedicated team of members and volunteers who will ensure that these projects will be undertaken effectively and efficiently.

Are HEAL Donations Tax Deductible?

Yes, all donations received for the HEAL Foundation are fully tax deductible and will qualify for a section 18A certificate.

Banking Details

Beneficiary: Arya Pratinidhi Sabha # 2

Bank Name: First National Bank

A/c No: 62843090292

Branch Name: Westville, Durban

Branch Code: 223526

Swift Code: FIRZAJJ

Reference: Name + Surname + HEAL

Kindly email us your proof of donation to admin@aryasamajsa.org and indicate whether you require a section 18A tax certificate

Events to Look Forward to in the Upcoming Months:

- *Wellness Clinic hosted at YAS Clairwood on the 15th March*
- *Beach Yoga to be hosted on the 22nd March*
- *Ram Naumi and Arya Samaj Founders Day on the 29th March*

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