



इसलवइ इसलवचेहर

२<sup>नवे</sup> वुवार्तेर २०२०



## WEEKLY ONLINE HAVAN

The Arya Samaj South Africa, provides spiritual upliftment with a weekly havan every Sunday at 09H00, led by Pt Kirun Satgoor, as well as discourses on various topics. Arya Samaj Gauteng also hosts a weekly online havan on Sunday at 10H30. Look out on social media for the next invites.



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havan

**YOU ARE INVITED TO JOIN ON ZOOM**

**EVERY SUNDAY @ 09H00**

## SCHOOL OF VEDIC STUDIES ONLINE CLASSES

The School Of Vedic Studies provides combined online classes for all to join. Various topics are discussed providing great insight. Look out on social media for the latest invites.



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COMBINED CLASSEVERY MONDAY

@ 6PM ON ZOOM

SHIVA

FROM VEDAS TO PURANAS

4 PART SERIES

DR B RAMBILASS

## ARYA SAMAJ GAUTENG VIRTUAL BRIDGE SERIES

A unique initiative initiated by the Arya Samaj in Gauteng known as the “Virtual Bridge Series” takes a look at key issues that are currently facing society. Guest speakers are invited to share their knowledge on certain topics and enlighten those taking part in discussion. Below are some of the topics covered and ones that are still to come.

LECTURE	TOPIC	GUEST SPEAKER	
<b>Completed Lecture Series</b>			
01	Covid 19, Injustice and Possibilities for Transformative Change	Dr Vishwas Satgar	
02	Covid 19, in search of truth in times of need ...Exploring elements of good journalism.	Prof. Franz Krüger	
03	Havan, Agnihotra and Yajna	Pt Dharmanand Raghubir	
04	The Youth and coping with Covid–building sustainable lifestyles.	Swami Vedanand Saraswati	
Platform 1	Faith and Humanity	Shaykh Fadhlalla Haeri	
05	Building resilient communities	Mr Neeshan Balton	
Platform 2	Vasudhaiva Kutumbakam	Swami Agnivesh	
06	Nature Based Ethics and Morals	Dr. Bisraam Rambilaas	
07	How can I make a difference amidst all this anxiety?	Denise Anthony	
08	The Prestige and Respect of Women in the Vedas	Arthi (Nanackchand) Shanand	
<b>Look out on social media for the next invite of the topics still to come:</b>			
09	Distribution of Wealth –and exploration of a Universal Value System	Dr B Rambilass	Scheduled: 21 Aug 2020
Platform 3	Love	Shaykh Fadhlalla Haeri)	Scheduled: 22 Aug 2020
10	Ubuntu UbuHindu Dialogue	Dr B Rambilass	Scheduled: 04 Sept 2020
Platform 4	Youth	Shaykh Fadhlalla Haeri)	





**TOGETHER WE CAN**

**RISE ABOVE COVID-19**

**The Arya Samaj Women's Forum (ASWF) is bringing together women to submit creative responses to the Covid-19 pandemic. The ASWF has provided a platform for individuals to reflect on their experiences and share with us the coping strategies that helped them through this challenging time. Displayed below are some of those responses.**

### **Covid**

Namaste

On the 13 July 2020 I had flu symptoms and went to the doctor who sent me to have a covid test done. On the 16 July 2020 the doctor called and advised that I had tested positive.

The first week was extremely sick. My chest was tight, I was light headed, my body ached and I had headaches. I had lost all sense of taste and smell. I think the fear of the unknown relating to this virus added to the trauma.

The doctor had asked my husband to have the test done and he also tested positive. We now had to take care of each other.

We only ate food because we had to take the medication. The medication from the doctor consisted of antibiotics, flustat, cough mixture and pain tablets. My daughter and son in law bought us Vitamin C, B, Immune Boosters and ACC200. We took the antibiotics, flustat and the vitamins daily and sat in the sun for at least 1/2 an hour everyday for our Vitamin D.

We also took home remedies such as turmeric with hot water and ate raw ginger which is excellent for a heavy chest.

We have an outstanding support structure, as our family and work colleagues checked on us everyday, sometimes thrice a day. We had days when we could not function but they encouraged us to eat and take our medicine timeously.

My daughter and my sister in law spoil us by cooking us dinner with my son in law and my brother in law doing our shopping.

We truly appreciated the love, care and support that we received during this time as this is the reason we beat covid.

Together we can beat this.

I HAVE NOT GOT ANY VISITORS SINCE ,AS I THINK PEOPLE FEEL INSECURE TO COME AROUND ME AND FEEL VERY REJECTED AND DISCRIMINATED.

I CANNOT SAY THAT I HAVE RECOVERED FULLY , AS I STILL COUGH A BIT FROM TIME TO TIME , BUT I AM POSITIVE THAT I WILL RECOVER FULLY.

NEVERTHELESS I HAVE FOUGHT COVID 19 AND VERY GRATEFUL TO GOD ALMIGHTY IN SAVING MY LIFE.

MY MESSAGE TO PEOPLE OUT THERE IS THAT DO NOT TAKE THIS PANDEMIC LIGHTLY.IT IS SERIOUS.

I WOULD NOT WISH FOR ANYBODY TO GO THROUGH WHAT I HAVE BEEN THROUGH.

I took some time to reflect on the month of July, and what a hectic month it's been! Sadness, negativity and frustration were experienced by my family. We lost a senior family member to cancer and experienced great misery. We had only just begun to recover, and 3 days later I lost my aunt to COVID-19. She was an essential worker. A joyful lady; she passed on just one day after testing positive. The rest of her immediate family tested positive as well. My other aunt's husband had also tested positive for COVID-19 and was hospitalized for 35 days. He was on the road to recovery, but unfortunately, passed away. Both my aunt and uncle had underlying conditions. There are also a number of other close relatives that have tested positive.

All this happened in 31 days, and I'm still wondering how I got through this. There are a few points that stuck with me. These were: communicating how I felt - sometimes all the thoughts in your brain just have to come out! Having a bit of privacy or space also helped, and I listened to all my favorite songs to clear my head. The constant hype doesn't help and it's difficult to work with all the tension in the air. When times were really hard, exercise and ballet helped – even just doing a pirouette!

Most importantly, my family supported each other, and we got through this because we're stronger together.



MY NAME IS RENEE MAHARAJ AND I AM A RECOVERING COVID-19 PATIENT.I WOULD LIKE TO SHARE MY TRAUMATIC EXPERIENCE WITH EVERYBODY.

I AM A CHRONIC RHEUMATOID ARTHRITIS PATIENT FOR THE PAST 23 YEARS . IN JUNE I HAD BLOOD TESTS DONE , AND A FEW DAYS LATER I HAD TO SEE MY PHYSICAN FOR MY ROUTINE CHECK-UP,WHICH I DO EVERY 6 MONTHS. A WEEK LATER I STARTED EXPERIENCING A SEVERE CONTINUOUS DRY COUGH, AND ALSO LOST MY SENSE OF SMELL AND TASTE.

I WENT TO MY LOCAL GP , WHO THEN PUT ME ON A COURSE OF MEDICATION AND ANTIBIOTICS FOR 5 DAYS. THIS STILL DID NOT HELP, AND I WENT BACK TO HIM , AND HE THEN PUT ME ON A COURSE OF PREDNISON. THIS AGGRAVATED MY CONDITION.I STARTED EXPERIENCING SEVERE CHEST PAINS, AND HE NOW REQUESTED COMPLETE CHEST X-RAYS.

THE RESULTS OF THE X-RAYS READ SEVERE BI-LATERAL PNEUMONIA , WITH THE POSSIBILITY OF COVID-19 INFECTION. ARRANGEMENTS WERE THEN MADE BY HIM AND MY PHYSICAN , AND I WAS IMMEDIATELY HOSPITALISED AT ST. AUGUSTINES HOSPITAL. A COVID TEST WAS DONE AND TWO DAY LATER THE RESULTS CAME THROUGH AS POSITIVE. AT THIS POINT MY BREATHING ALSO BECAME DIFFICULT AS MY LUNGS WERE BADLY AFFECTED.

THIS THOUGHT DEVASTATED ME , AS I FELT THAT I WAS NOW IN MY DEATH-BED. I WAS IMMEDIATELY ISOLATED IN THE HOSPITAL WARD.

I AM A VERY SPIRITUAL HUMAN BEING AND HAVE A LONG TIME AGO SURRENDED MYSELF TO ALMIGHTY GOD. IT WAS VERY DIFFICULT TO ACCEPT THIS CONDITION, BUT I PULLED MYSELF TOGETHER, AND SAID TO MYSELF THAT I AM GOING TO FIGHT THIS MONSTER DISEASE.

THE HOSPITAL NURSING STAFF AND DOCTORS THAT TREATED ME WERE VERY SCEPTICAL TO COME NEAR ME,AND OF COURSE I DID'NT BLAME THEM,EVERYBODY IS AFRAID OF THIS PANDEMIC.YOU FEEL VERY SAD AND DEPRESSED BECAUSE YOU ARE ISOLATED ,NO VISITATION,MEALS ARE SERVED IN POLYSTYRENE CONTAINERS.IT IS COLD WHEN IT REACHES YOU.

I WAS PUT ON OXYGEN, AND WAS GIVEN SUPPLEMENTS, THIAMINE, ZINC AND CALCIUM , BECAUSE THERE IS NO SCIENTIFIC TREATMENT FOR COVID AS YET.MY SODIUM LEVELS DROPPED DRASTICALLY.

I WAS GETTING MORE DEPRESSED AND 4 DAYS LATER, I TOOK A FORCE DISCHARGE,TELLING THE DOCTOR, THAT I WILL SELF ISOLATE.IT WAS VERY DIFFICULT FOR MY HUSBAND, BECAUSE MY DAUGHTERS ARE MARRIED AND RESIDING IN GAUTENG.

AT HOME, I ISOLATED MYSELF IN MY ROOM,MY HUSBAND MADE SURE THAT MY MEALS WERE SERVED TIMEOUSLY, WHICH WERE PREPARED BY MY SISTER AND DELIVERED DAILY.I ALSO TOOK A LOT OF HOME REMEDIES VIZ. HOT WTER WITH BICARB OF SODA,HONEY AND LEMON JUICE.ANOTHER INDIAN REMEDY WAS A MIXTURE OF SUMAC POWDER AND KALONJI POWDER WITH HOT WATER.I USED TO CONSUME THIS THE WHOLE DAY

MY NEIGHBOURS, WERE FOR SOME REASON AFRAID TO COME OUT OF THEIR HOMES TO EVEN COMMUNICATE. AFTER 14DAYS OF ISOLATION AND ADHERING TO ALL MEASURES OF PREVENTION, I RE-TESTED MYSELF. MY RESULTS CAME BACK AS NEGATIVE.

I survived Covid-19

I started with terrible headaches, body pains, sore throat, and sleepless sweaty nights for four days in a row. I thought its burnout because I have been attending back to back Zoom meetings. I then joked to my family that I think I need to isolate myself, lest I have "Covi Covi," as we jokingly named Covid-19. I spent most of my days in my room. Days went by, and I felt I was sick, and possibly I could have "Covi Covi." I started reading more about the virus and people's stories on social media and discovered I had similar symptoms. That's when I thought I am going to die. Just when I survived Colectomy a few months ago, now I am going to be killed by "Flue." Thoughts started playing in my mind. "I am never going to survive this time." "Covi Covi" has taken many people, young and old. I am going to be part of the death toll.

The fifth day I started losing the sense of smell and taste, but no flue like symptoms anymore. I was so confused about these symptoms. So, I went to my GP. I explained that I don't have flue anymore, just loss of smell and taste. Surely, he can give me something to bring it back. He then suggested I test for Covid-19. He did the test. He didn't give me any medication and said, I must go home and continue with my supplements. Driving back from the Dr., I thought, why is he so relaxed? Could it be, he knows that there is no cure for Covid-19, it means I am going to die? Or is he relaxed because I have recovered?

I got home and told my family, and I will continue to isolate until the results come out. If I am positive, chances are they all positive. The room was tense. Probably, everyone was thinking, "This is it!". Three days later, my Dr called me and informed me that I tested positive, and I should continue to isolate and take the required supplements and suggest my family gets tested if they have symptoms.

I was so calm and accepted the results. My mother then said, "All right, what must we do now? Let's focus! Do what is necessary for survival". That's when we all wore soldier mentality and ready to fight at war! We were going to fight "Covi Covi" with all that we had.

I can proudly say, I won the war through my mind and the support of the family. I kept on reminding myself, "stress weakens the immune system." I cannot afford to stress. My immune fought and fought, and I beat Covid-19.

Ntokozi Mngadi



# THE HEAL FOUNDATION

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

**The HEAL Foundation, the humanitarian wing of the Arya Samaj South Africa, has been actively involved in supporting communities during the Covid -19 lockdown. Some of the key initiatives that took place:**

## **FEEDING SCHEME**

Provided over 20 000 meals to different communities throughout the lock down, through various campaigns held over a period.

## **HAMPER DISTRIBUTION**

Over 500 hampers distributed to members of the community that were in dire need of assistance

## **MASKS AND SANITIZERS**

Over 4000 masks and over 300 sanitisers were distributed to communities and patients at hospitals. Masks were donated from various individuals and many were hand-stitched by Swami Maitreyi at the Narain Jeawon Vedic Centre

## **ANIMAL WELFARE**

Donation of dog food and blankets were made to the SPCA

***Below are some of the pictures taken throughout the campaign covering all the various aspects. A special thanks to each of volunteers, donors and partners who came on board to make each and every project a success!***





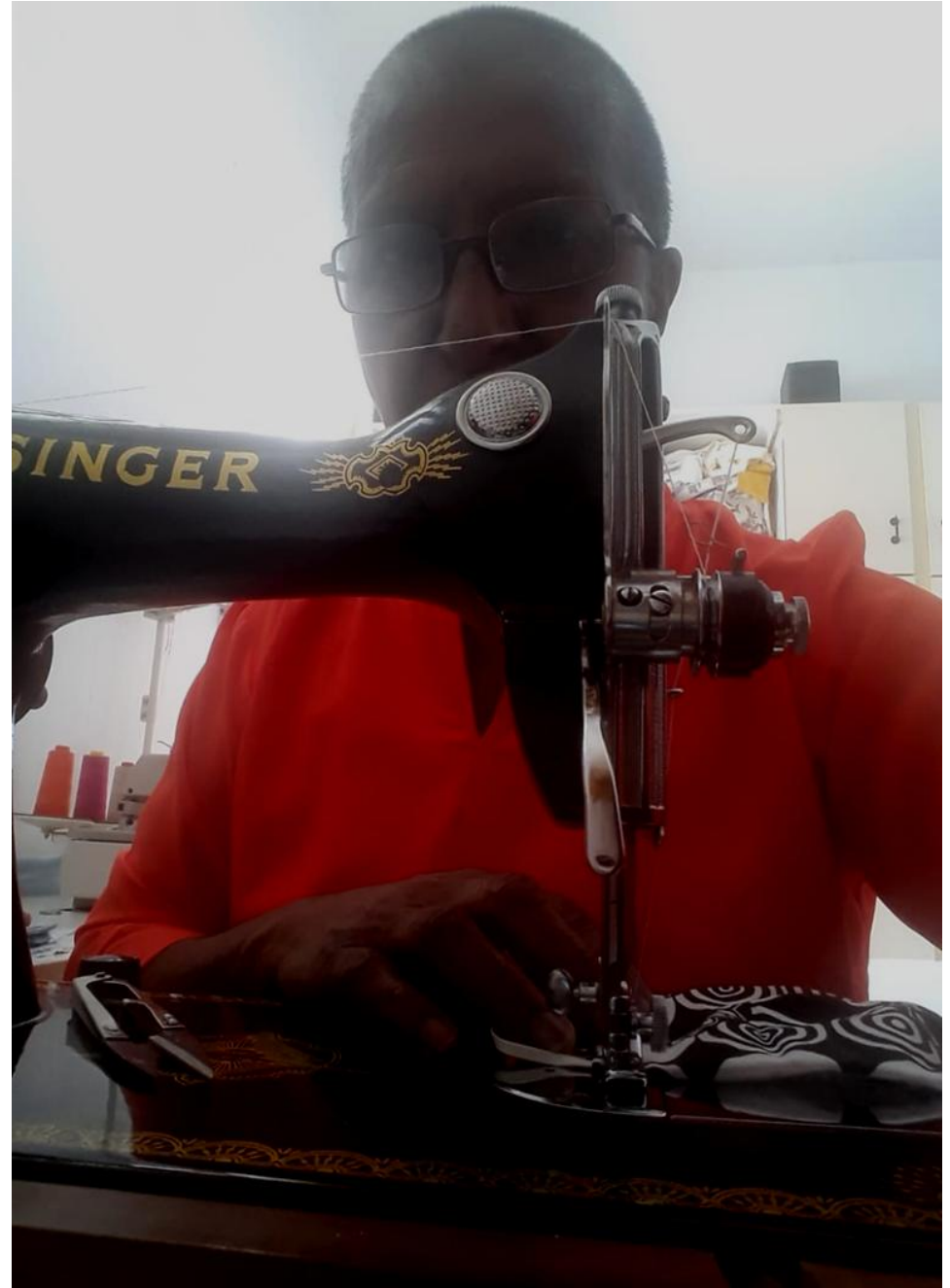
























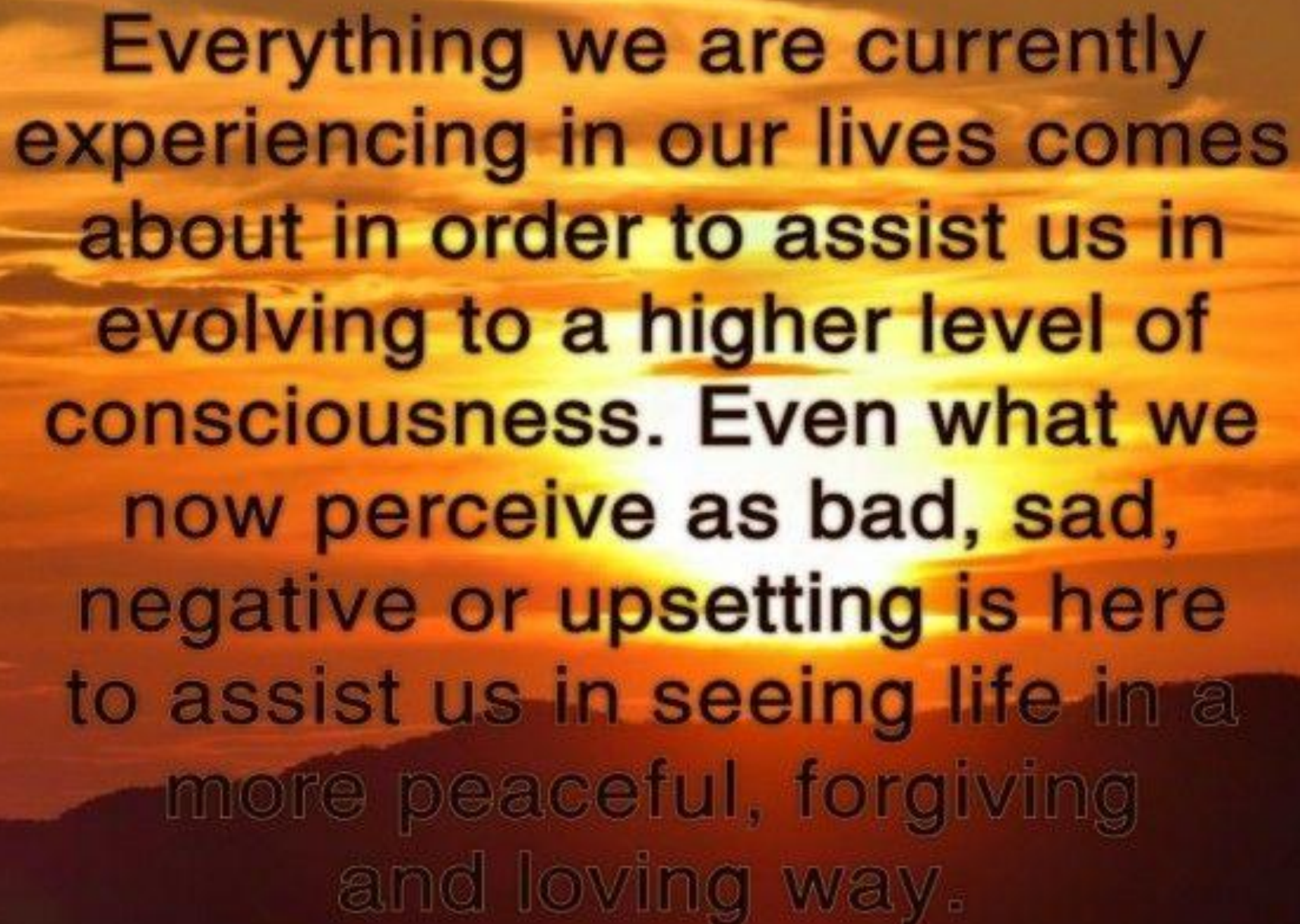










A photograph of a sunset or sunrise over a mountain range. The sky is filled with warm, golden-orange light, and the sun is visible as a bright, glowing orb near the horizon. The mountains in the foreground are silhouetted against the bright light. The entire image is framed by a blue border with a decorative pattern at the corners.

Everything we are currently experiencing in our lives comes about in order to assist us in evolving to a higher level of consciousness. Even what we now perceive as bad, sad, negative or upsetting is here to assist us in seeing life in a more peaceful, forgiving and loving way.