

DIWALI 76

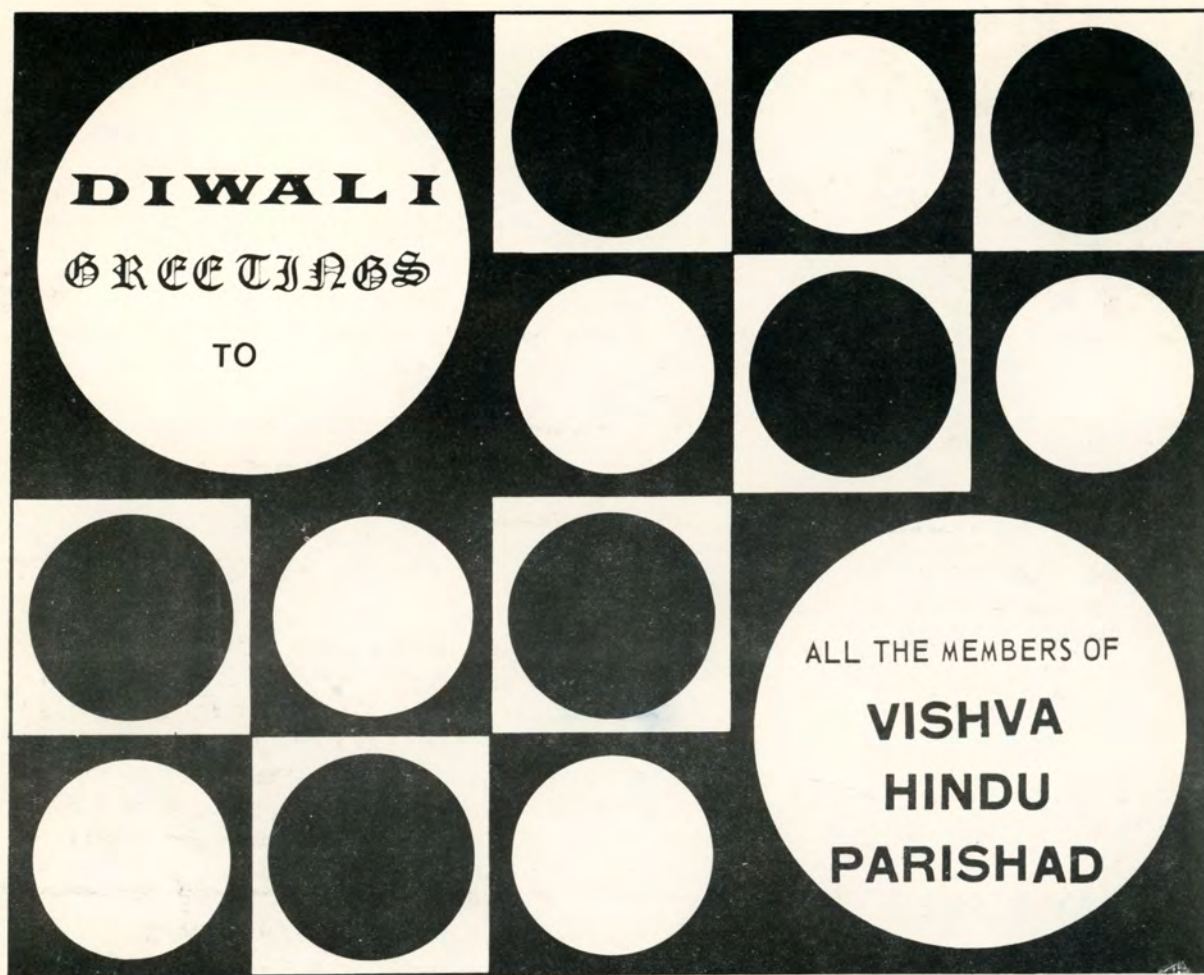


ch 1 76



PRACISM

vishva
HINDU PARISHAD



KANYA ENTERPRISES INC.

3499 KINGSWAY VANCOUVER B.C.

IMPORT - EXPORT - WHOLESALE - RETAIL

TELEPHONES: 433-0610 & 437-4322

TELEX: 04-51522 KANYA - CABLE: SHEWABROS.

Associated offices: DAISHIN BLDGS

113-1 HIGASHIMACHI

KOBE (JAPAN) Ph: 332-1974

1401 HEUNG HWA BLDGS.

CHUNG-KU

SEOUL (KOREA) Ph: 776-1823



DIWALI SOUVENIR

VISH VA HINDU PARISHAD OF B.C., CANADA

Registered under the Societies Act of B.C. — No. 9729

V.H.P. Temple: 3885 Albert St., Burnaby, B.C.
Phone: 299-5922

THE SOUVENIR COMMITTEE

Mr. Shiam S. Sehgal
Dr. Shadi Khanna
Mr. Sukh Khosla
Mr. Khub Samtani
Mr. Bhim Sen Nair
Mr. Sudesh Kalia



IN THIS ISSUE

Premier's Message	5
President's Message, Dr. S. Khanna	7
Consul General of India Message	8
Mayor Tom Constable's Message	8
Swami Satyamitranandjimaharaj	9
Swami Vivekananda by Swami Bhaskarananda	11
Balanced Mind, Hari Babaji	15
Self Realisation and Meditation, Swami Tilakji	17
Diwali, Hinduism and Parishad, Dr. D.P. Goel	19
Vedic Concept, G.C. Sbastri	21
Why Hindu Parishad, Khub Samtani	23
Diwali 76, Kewal Khosla	25
Treasurer's Report, Hari Varshney	27
Concept of Brahman and Diwali Celebrations, N. Thakore	29
Diwali Festival — Its Sanctity and Significance, S. Sehgal	33
Our Many Thanks, Sudesh Kalia	37
Programme	40/41
Vedic Light, B.S. Nair	43
Festivals, Raj Kapahi	44
Thank You God for This Life, Naren Nagin	45
The Light From India, Narayan	45
Swami Muktananda Paramahansa	50
Useful & Handy Information	56
Natraj School, Nimmi Bali	61
VHP Drama Group, Ashok Sharma	65
Membership List	70-77
Publicity & Prestige, Sukh Khosla	78

लक्ष्मीस्तोत्रम्

लक्ष्मीं क्षीरसमुद्रराजतनयां श्रीरंगधामेश्वरीं
दासीभूतसमस्तदेववनितां लोकेकदीपाङ्कुराम् ।
श्रीमन्मन्दकटाक्षलब्धविभवब्रह्मेन्द्रगङ्गाधरां
तां तैलौक्यकुटुम्बिनीं सरसिजां वन्दे मुकुन्दपियाम् ॥

I worship Lakshmi, the daughter of the king of the milk-ocean, the queen of the abode of Lord Vishnu, whose servants are the wives of all the gods, who is the one light and the sprout of the universe, through a side-glance of whose benign grace Brahma, Indra and Siva have attained to their high positions, who is the mother of the three worlds, who is called Kamala, and who is the consort of Bhagwan Vishnu.

PRAYERS FOR HAPPY DIWALI

We solemnly pray to and adore GODDESS
LAKSHMI AND INVOKE HER BLESSINGS FOR A
A VERY HAPPY AND PROSPEROUS DIWALI
FOR ALL.

PROGRAMMES AT THE VHP TEMPLE

REGULAR FEATURES

Chanting of Amrit Vani, Sankirtan, Every Sunday
Bhajans and discourse on scriptures 10:30 to 12:00 a.m.

Satsang and Sankirtan by Sanatan Dharam Prem Ramayan Mandli Every second Tuesday
of the month
7:30 - 9:00 p.m.

Havan Yajya, Ved Path and Sankirtan Every Wednesday
7:00 - 8:00 p.m.

Satsang and Sankirtan by Sathya Sai Baba Mandal Every Thursday
8:00 - 9:00 p.m.

Satsang and Sankirtan by Gujrati Bhajan Mandal Every last Saturday
of the month
8:00 - 10:30 p.m.

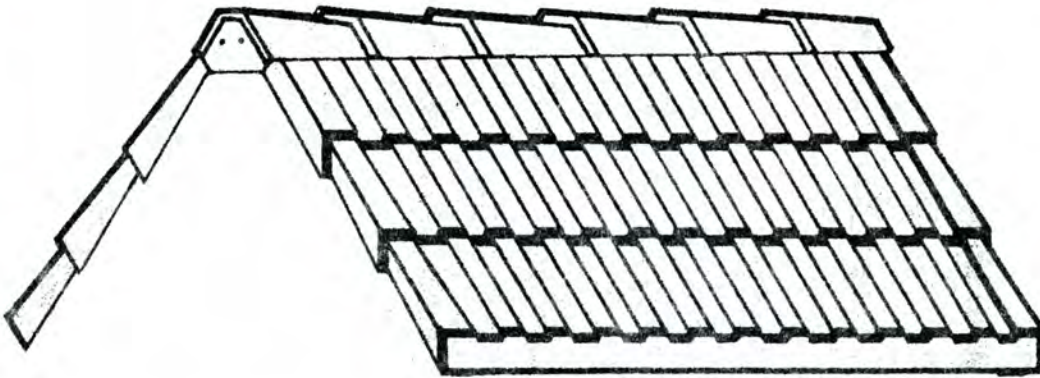


Columbia Concrete Ltd.

8704-120th St., Surrey

For Full Particulars, Phone: 596-3388

MAKE YOUR NEXT ROOF A PERMANENT ROOF

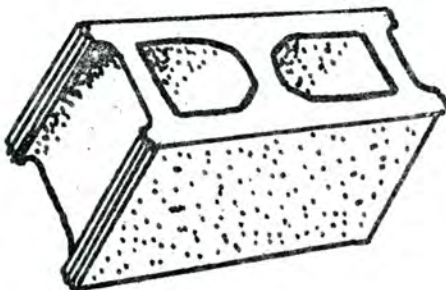


WITH

Columbia ROOF TILE

Mediterranean or Double Roman

Available in 5 Colours: RED TAN BLACK GREY GOLD





VICTORIA

1 9 7 6

On behalf of the province and the people of British Columbia, I send you greetings on the occasion of the Diwali, the Festival of Lights - the most important festival of the Hindu Community.

The Vishva Hindu Parishad has a long and proud record of service to the Hindu Community in British Columbia, and I congratulate your organization for all that you have done for your people.

I deeply appreciate the fact that you invited me to be the guest of honor for this important event, however, prior commitments make it impossible for me to attend. It is my hope, however, that I will be with you on the occasion of a future festival.

Best wishes to you all.

Yours sincerely,

A handwritten signature in cursive script that reads 'Bill Bennett'.

W. R. Bennett,
Premier.

Tomorrows built here:

VANCOUVER CENTRAL BRANCH
500 One Bentall Centre
505 Burrard Street, Vancouver V7X 1B2
Telephone: 681-5321

Sun Life has a plan where you call the shots. You can tailor your family's future with the help of Sun Life's computer. It's called EFSP — Electronic Family Security Programming. For peace of mind today and freedom tomorrow, call a tomorrow builder..

SunLife
OF CANADA

The Tomorrow Builders

ABDUL BHALOO

Res.: 936-6347

JIMMY MOOLJI

Res.: 299-2126

KASSAMALI NAZARALI

Res.: 434-0885

PRESIDENT'S MESSAGE

Dr. S. Khanna

Diwali is an occasion for great excitement and rejoicing. Among our great festivals, which spread joy and comradeship amongst all, there is none which is so popular. Every city, town and village is turned into a fairyland with millions of oil lamps, candles and electric lights illuminating homes and public places. It is celebrated throughout India and all over the world wherever people from India have settled. For the business community, it heralds a new year and a special feature of the festival is the worship of Lakshmi, the Goddess of wealth and prosperity.

It is my privilege and pleasure to extend my heartiest greetings to all members of the Vishva Hindu Parishad and other fellow Canadians on this auspicious occasion of Diwali.

It is also an occasion which marks the victory of love, truth, and goodness over the forces of evil and darkness. A study of Lord Rama's life shows that truthfulness, love and compassion ultimately overcome forces of jealousy, hatred, lust, greed and impatience. On this auspicious occasion, let us take stock of the religious and cultural values embodied in Hindu Dharama and as symbolised by Diwali festivities. Let us imbibe the teachings of our great religion and practice the prescribed restraints. This will result in a higher level of spiritual consciousness, develop a new awareness of moral and spiritual purity in life, and bring greater happiness and satisfaction in our lives.

We, who have settled outside India, have an onerous responsibility. Our acts and behaviour should set an example for other Canadians so that they can also make their lives spiritually satisfying and joyous by emulating the great traditions of our cultural heritage. This should be our contribution to the Canadian cultural mosaic.

The celebration of festivals like Diwali bring us together and those organisations such as the Vishva Hindu Parishad, which make it possible, need our whole-hearted support. By taking keen interest in the day to day affairs of the organisation and participating actively whenever possible and extending all financial support to it, we can strengthen our organisation so that it can work still more effectively for the benefit of us all.

In the past, Diwali celebration has been one of our most successful activities. This year, the Board of VHP decided to celebrate this great festival on a still grander scale. A separate religious programme has been organised in the Hindu Temple and cultural centre which will be illuminated in the Diwali tradition and a variety cultural programme in the Queen Elizabeth Theatre. I am sure that you will enjoy both of these activities. A great deal of time and expense has gone into these and a large number of people have made voluntary contributions of time and talents to make these a success. They deserve our recognition and I would like to congratulate them and thank them on behalf of the VHP of B.C.

To all fellow Canadians, I wish again a very happy Diwali and prosperous year and urge them all to support us financially and otherwise with all their might and join us in our other activities and help us in raising the quality of life in this great country.





OFFICE OF THE MAYOR

THOMAS W. CONSTABLE
MAYOR

BURNABY
BRITISH COLUMBIA
V5G 1M2



October 1, 1976.

GREETINGS:

My warmest and most sincere congratulations to the Hindu Community on their celebration of "Diwali" Festival of Lights.

It is my view that community groups are extensions of our family units. All part of the greater family unit represented within the Municipality.

The strength and success of every family unit may be dependent on its ability to communicate, understand and tolerate each other. It is the same with our municipal overall community unit that we must share, communicate and appreciate each other's way of life and culture.

It is with great pleasure that I wish the Vishva Hindu Parishad of B. C. outstanding success with their Festival of Lights, and to all attending, I wish you happiness and contentment.

Warm regards,

Tom Constable,
M A Y O R.



Telephone: 681-0644
Cables: CONGENDIA, Vancouver

CONSULATE GENERAL OF INDIA
325 HOWE STREET
VANCOUVER, B.C., CANADA V6C 1Z7

October 7, 1976



It gives me great pleasure to extend my felicitations and best wishes to the Indian community in British Columbia on this most inspiring festival of Diwali.

Diwali is a day of rejoicing and full of excitement. It reminds us of the sacrifices made by Rama and the ultimate victory of good over evil. It fosters goodwill and brings families and friends together. It is my hope that this occasion will help different cultural groups in British Columbia come together and further strengthen the bonds of friendship and goodwill that exist between the peoples of Canada and India.



PARAMHANSA PARIVRAJKACHARYA PUJYA SHREE 1008 SWAMI SHREE
SATYAMITRANAND GIRI MAHARAJ

**WE OFFER OUR RESPECTFUL OBEISANCES AND LOVING
PRANAMS AT THE LOTUS FEET OF HIS HOLINESS SHREE SWAMI
SATYAMITRANANDJI MAHARAJ!**

Revered Swamiji is a great personality from the Saintly order of India. He comes from a devout Brahmin family of U.P. At a very early age, Swamiji left his home in search of the TRUE KNOWLEDGE. He studied at the holy feet of SWAMI VEDVYASANANDA, his Guru. So profound was his learning and devotion that at the young age of 27, he attained the esteemed title of JAGAT GURU SHANKARACHARYA Bhanupura Pith. After carrying out the holy and heavy burden of being a Shankaracharya for 9 years, he renounced this distinction to be free to spread the teachings of Vedic philosophy to the entire world population. Swamiji has travelled extensively since 1962 all over the world — USA, UK, Europe, Japan, Australia, Phillipines, Fiji, Thailand, new African states and the Far East. He has been delivering his dynamic message of Vedic philosophy in terms of the scientific understanding to make it acceptable to the modern mind.

We have also been blessed and fortunate to have Swamiji in Vancouver this year. He delivered his learned discourses from June 6-10 and these attracted full houses as never seen before. It is worthy of special mention that with a forceful appeal from Swamiji the VHP raised donations of \$13,262. Swamiji's message to the community appeared in the July, '76 issue of the VHP Newsletter.

On this auspicious occasion of Diwali, we earnestly pray for the health and long life of Swamiji and wish all success in his divine mission blessing the humanity to seek the TRUE KNOWLEDGE AND THE TRUTH ETERNAL.

**ARE YOU TAKING FULL
ADVANTAGE OF
CURRENT TAX RELIEF**



T. RAJ KAPAH C.L.U.
UNIT SUPERVISOR
RES. 433-3441



RAVI MATHUR
REPRESENTATIVE
RES. 438-2307



D. S. GREWAL
REPRESENTATIVE
RES. 273-0278



GURCHARANJIT S. KHEHRA
M.A., M.SC., D.G.A.
REPRESENTATIVE
RES. 585-2846

The 1520-777 HORNBY STREET, VANCOUVER 1, B.C. Bus: 689 8831
 **Monarch Life**
ASSURANCE COMPANY

SWAMI VIVEKANANDA: ASIA'S FIRST SPIRITUAL AMBASSADOR TO THE WEST

Swami Bhaskarananda

In an address delivered in the year 1963 at New York, U Thant, the then Secretary General of the United Nations, said: "Swami Vivekananda was the greatest spiritual ambassador of India, if I may say so, in the history of India. And for that matter, the history of Asia."

Students of the history of religion know that in the year 1893 a Parliament of Religions was held in Chicago in which most of the world's important religions were represented. The Parliament was a great success. In the language of the Hon. Mr. Merwin Marie Snell, President of the Scientific Section of the Parliament of Religions:

"One of its chief advantages has been in the great lesson which it has taught the Christian world, especially to the people of the United States, namely, that there are other religions more venerable than Christianity, which surpass it in philosophical depth, in spiritual intensity, in independent vigour of thought, and in breadth and sincerity of human sympathy, while not yielding to it a single hair's breadth in ethical beauty and efficiency."

Swami Vivekananda came to the Parliament as the representative of Hinduism, and since his first oration he became the most popular speaker at the Parliament. He became a sensation! He was the first to make 'true' Hinduism known to the western world. Sister Nivedita, a noble daughter of England who opted India as her second motherland, while referring to Swami Vivekananda's first address at the Parliament of Religions, wrote:

"Of the Swami's address before the Parliament of Religions, it may be said that when he began to speak it was of the religious ideas of the Hindus, but when he ended, Hinduism had been created. . ."

Hinduism with its scriptures containing many apparently contradictory statements, its six different systems of philosophy, numerous sects and various rituals had been a sort of riddle to most Indians baffling their understanding, what to speak of the people of the West! It was Swami Vivekananda who, for the first time, could give a clear and comprehensive account of Hinduism in a language acceptable to the modern mind and particularly to the science-oriented mind of the West. He was the first spiritual teacher to hand down the invaluable treasure called Hinduism or Vedanta to the modern world in a new casket free from the age-old dust and cobweb of apparent confusion and ambiguity.

Swami Vivekananda, as a wandering monk, had travelled on foot far and wide in India and thereby could know the country and its people thoroughly. He had first-hand knowledge of the extreme poverty of the masses of the then neglected British India, their trials and tribulations, their frustrated hopes and aspirations. At the same time, a spiritual giant that he was, he had direct knowledge and experience of the vast spiritual wealth that India possessed despite its acute material poverty. He also knew that in order to counteract the surging wave of materialism that had been gaining momentum in the West, the counter-wave of spirituality must rise from India; otherwise, the whole world would be deluged by that upsurge of materialism. A man of astounding scholarship (of whom Mr. J.H. Wright, Professor of Greek in Harvard University, once wrote: "Here is a man who is more learned than all our learned professors put together."), Swami Vivekananda knew the pros and cons of the Western civilization, its glory and also its weaknesses. He knew that while the Western world enjoyed material affluence it also suffered from spiritual poverty. Only India, equipped with its ancient storehouse of spiritual treasure, could remove the spiritual poverty of the West and bring about harmony between 'Western' materialism and 'Eastern' spirituality. According to Swami Vivekananda such harmony was essential for the enduring peace and well-being of mankind. Inspired by this prophetic conviction, Swami Vivekananda once said: "I have a message to the West as Buddha had a message to the East."

He came to the Parliament of Religions to deliver that message to the West and the Western world was dazzled by his commanding and saintly personality, his electrifying oratory and illuminating message. He became a hero overnight. A young man of barely thirty, he had suddenly to take the role of a world teacher willy nilly by divine commission.

Once Rabindranath Tagore said to Romain Rolland, that great savant and man of letters of France, "If you want to know India, read Vivekananda. In him there is nothing negative, everything is positive." Swami Vivekananda was the embodiment of all that was good and great in India. It was therefore meet and proper that the Lord should select him as India's first spiritual ambassador to the West.

And what was Swami Vivekananda's message? What religion was he to teach the Western world? To quote



his own words: "Each soul is potentially divine. The goal is to manifest this divine within, by controlling nature, external and internal. Do this either by work, or worship, or psychic control or philosophy—by one, or more, or all of these—and be free. This is the whole of religion. Doctrines, or dogmas, or rituals, or books, or temples, or forms, are but secondary details." Or in other words, Swami Vivekananda's teaching was based on that fundamental truth of Hinduism or 'Vedanta': inner divinity of man.

Man in his essential nature is divine. He is eternal Existence, absolute Knowledge and infinite Bliss (Sat + Chit + Anandam). He is absolute Truth also (Satyam). If man realises his real nature he becomes liberated, he becomes free. That freedom is called 'Moksha'. This 'Moksha' or 'liberation' or 'self-realisation' can be attained by following mainly four spiritual disciplines: (i) 'Karma-Yoga' or unselfish work; (ii) 'Bhakti-Yoga' or devotion to God; (iii) 'Raja-Yoga' or control and concentration of mind and; (iv) 'Jnana-Yoga' or philosophical enquiry. According to one's temperament one is advised to follow one or more of these disciplines. These disciplines although apparently different are so many paths which reach the same goal, i.e., God or 'Brahman' or 'Truth' or the 'Self'. Those who are temperamentally very active are advised to follow 'Karma-Yoga'; 'Bhakti-Yoga' is suitable for those who are emotional by nature and who love the idea of a personal God; 'Raja-Yoga' is meant for those who have a mystical mind. A mystic's mind wants to analyse its own self, it wants to understand the workings of the human mind, what the forces are that are working inside, and how to know, manipulate, and obtain control over them. The rational and intellectual people who have a philosophical bent of mind and want to know the absolute truth are suitable for 'Raja-Yoga'. Swami Vivekananda used to say: "To become harmoniously balanced in all these four directions is *my* ideal of religion. And this religion is attained by what we, in India, call Yoga—union. To the worker (Karma-Yogi), it is union between men and the whole of humanity; to the mystic (Raja-Yogi), between his lower and Higher Self; to the lover (Bhakti-Yogi), union between himself and the God of Love; and to the philosopher (Jnana-Yogi), it is the union of *all* existence." "It is imperative that all these various Yogas should be carried out in practice; mere theories about them will not do any good. First we have to hear about them, then we have to think about them. We have to reason the thoughts out, impress them on our minds; and we have to meditate on them, realise them, until at last they become our whole life. No longer will religion remain a bundle of ideas or theories, nor an

intellectual assent; it will enter into our very self. By means of intellectual assent we may today subscribe to many foolish things and change our minds altogether tomorrow. But true religion never changes. Religion is realisation; not talk, nor doctrine, nor theories, however beautiful they may be. It is being and becoming, not hearing or acknowledging; it is the whole soul becoming changed into what it believes. That is religion."

Faiths like Christianity and Islam teach the 'Bhakti-Yoga' or the path of devotion only. They are like shops where only one kind of spiritual commodity is available. But Hinduism or Vedanta is like a supermarket where all kinds of spiritual commodities are available according to the taste and temperament of the customers. A universal religion must recognise the natural necessity of variation and at the same time it should acknowledge that "unity in variety is the plan of the universe." As individuals we all vary in our outer appearance and mental make-up but as existence we are one with the whole universe. "That universal existence is God, the ultimate Unity in the universe. In Him we are all one." Amongst all world religions Hinduism is the only religion which caters for the varying spiritual needs of people of different spiritual temperaments and at the same time it recognises the unity of all beings—they being essentially no other than God.

The Vedas declare: "Ekam Sat Vipra Bahudha Vadanti", i.e., "Truth (or God) is one, but sages call it by various names." Sri Ramakrishna, that great saint and prophet of new India, realised the truth of this Vedic utterance in his life by attaining the same God through Hinduism, Christianity and Islam. He taught that different faiths are but so many paths which reach the same goal. So there need be no quarrel between different religions. This catholic outlook is predominant in the message of Vivekananda also, who was the foremost disciple of Sri Ramakrishna.

All the founders and prophets of different religions speak of essentially the same spiritual truths but nevertheless some elements of narrow-mindedness, bigotry and fanaticism can be detected in the scriptures or the sacred books of almost all religions of the world. According to Swami Vivekananda, all these are worst enemies of spirituality and should be shunned. Sri Ramakrishna used to say: "All scriptures are like sugar mixed with sand. Reject the sand and eat sugar."

Swamiji did not like the idea of overemphasising 'sin' as is done by some religions. If at all there be anything like sin, it is our 'weakness' alone which may be called sin. Sinning is no other than committing mistakes. If man commits mistakes he can rectify them also. But man does not go from error to truth; he travels from lower to higher truth. He reaches the highest truth when he realises his "self" or discovers his inner divinity.

To seek only one's own liberation may be good but it is not the highest ideal. Once Swamiji said, "If you want only your own liberation you will remain in bondage. If you help others to attain liberation you will be free." The implication is that no spiritual development is possible if one does not feel for the suffering humanity. "Atmanomokshartham Jagaddhitaya Cha"—was his motto. "Work for your own salvation and also for the good of the world." This love of man, this feeling for the suffering humanity makes the teaching of Swami Vivekananda all the more appealing to the modern mind. This is why he founded the Ramakrishna Mission, the monks and householder devotees of which are taught to serve man as God through the Mission's various philanthropic and charitable activities like running schools, colleges and hospitals for the poor and the needy, conducting relief works, etc.

Swami Aseshananda, one of the senior monks of the Ramakrishna Mission, while giving his tribute to Swami Vivekananda in an article published in the 'Vedanta and the West', writes: "There are two kinds of greatness—one influences people as long as the person lives the body, and the other remains firm and continues to exert its power even after the death of this mortal frame. Leaders of spiritual thought belong to the second category. Like roses they fall to the ground and their petals scattered. But the gentle spring breeze carries the sweet fragrance of their message to distant lands. Swami Vivekananda is one of these leaders whose thoughts are travelling far and wide, even though he is gone from our midst. His spiritual power has not diminished; on the contrary, it has gained momentum through the passage of time."

Swami Vivekananda is still present amongst us in spirit helping and inspiring people in all corners of the world. May he live in our heart for ever!

HAPPY DIWALI

BHALLA'S SERVICE STATION

3684 LOUGHEED HIGHWAY, VANCOUVER.

(Corner of Lougheed & Boundary Rd.)

Experienced Licensed Mechanics.

SPECIALISTS IN IMPORT AND NORTH AMERICAN CARS.

COME AND SEE

NAVAL & VIJAY

PHONE:

298-9584

for

FREE ESTIMATES

SATISFACTION TO OUR CUSTOMERS — OUR MOTTO

Treat your family or friends to a holiday in Canada. British Airways can arrange it.

With our prepaid ticket plan you can fly someone to Canada for a holiday they'll never forget. We have low 22/45 Day Excursion Fares which are easily arranged and paid for through British Airways Vancouver office or a travel agent. British Airways serves Bombay, Calcutta and Delhi, and we'll make sure your family or friends get safely to Western Canada.

For information contact:

British Airways, 1012 West Georgia St., Vancouver 1-800-361-8071

**British
airways**

BALANCED MIND

from the writings of His Holiness Shri Hari Babaji

A balanced mind is rare these days. The winds of material progress are blowing so fast that, sometimes, even the most settled brain loses its keel, and imbalance of mind results. An unbalanced mind is incapable of acting rightly at the right time. It sometimes flashes brilliance, while at other times and occasions it sheds gloom and darkness.

As mind is controlled by vital forces, so the vitality of this force greatly determines the health of the mind. Besides that, the mind has accumulated impressions of births. The manifestations of the vital force through different minds is different, as accumulated impressions of past lives of different individuals are different. Such impressions can be good, bad or indifferent.

The good impressions are known as Daivi Prakriti, attributes of nobility. The indifferent impressions make a man unpredictable. Sometimes, by his actions, he gives evidence of nobility and sometimes of viciousness. It is only a person possessed of Daivi Prakriti who can aspire to possess a balanced mind.

We have a very authentic definition of Daivi Prakriti or Daivi Sampati (wealth of nobility), given by Lord Krishna in the Bhagwad Gita. According to that definition, a man possessing wealth of nobility must be fearless, entirely pure in mind and firmly established in the pursuit of the Truth. He should have full control over his senses; have equanimity of mind; should be truthful, loving, kind, polite and tender. He should practice non-violence and have leaning towards noble deeds. He should be humble, have untiring patience and should maintain simple living and high thinking. He should be charitably disposed. He should see, smell, speak, and touch without getting infatuated. He should imbue power which makes the wicked tremble. He should renounce completely. This renunciation is complete when he is fully egoless.

It is only persons of noble character who can strive for balance of mind. Lord Krishna narrated these attributes of nobility in order to afford Arjun an opportunity for self-examination or introspection. While giving this opportunity, the Great Lord was cautious that Arjun may not slip into self under-valuation, which is generally born in a sick mind. Arjun, obviously, had a sick mind at that time. In order to save Arjun from slipping from a frying pan into the fire, the Great Lord himself assured Arjun that he was born with these characteristics of nobility. This assurance the Lord gave when he said: Oh son of Pandu! Do not be struck by remorse or sorrow, for you are born with the wealth of characteristics of nobility.

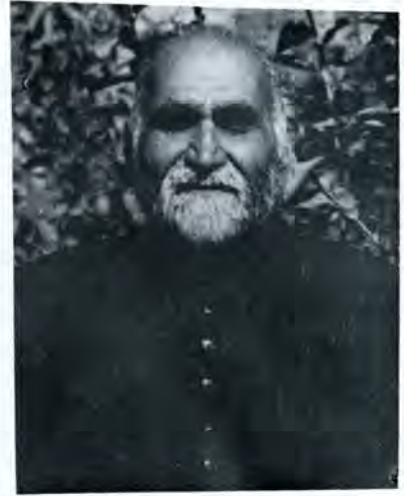
To make matters further clear to Arjun, for restoring his confidence in his self and in God, Lord Krishna enumerated to Arjun the attributes of a vicious mind. This was enough, by process of elimination, to enable Arjun to regain steadiness. His trembling legs no more trembled and his faint heartedness started leaving him.

Arjun had lost his balance of mind or peace of mind, due to his losing Krishna consciousness. He was seeing Lord Krishna, holding the reins of the horses of his chariot, but he was forgetting that Lord Krishna runs the whole show, in the theatre of this world, as He likes. This forgetfulness of the powers of the Lord made Arjun egoistic. He began to think that he will be killing his relatives and friends; that he will be depriving his ancestors of libations; that he will be responsible for unchastity of women; that he will cause Varanshankar; that he will lose or win, etc., etc. This is how Arjun lost Krishna consciousness.

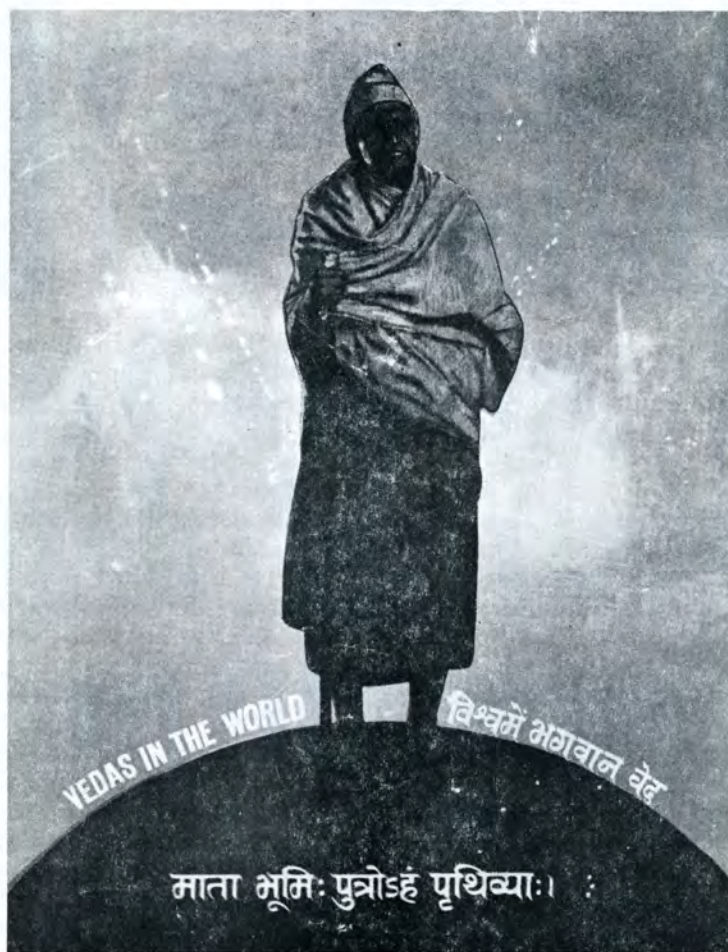
I have not said that Arjun never had Krishna consciousness. That could never be, for he was born with characteristics of nobility, due to his having done noble deeds in previous births. When I say that Arjun lost Krishna consciousness, I plainly mean that he possessed it previously for nobody can ever lose what he never possessed.

The reader will now be anxious to know as to what is the evidence that Arjun possessed Krishna consciousness before the start of the Mahabharata war. There are innumerable items of evidence in this connection, but I will content myself by giving only one item of evidence, which is clear proof that Arjun was living in full Krishna consciousness before he came to the battlefield of KURUKSHETRA, for fighting the Mahabharata war. When Duryodhan, the eldest of Kuru brothers, and Arjun approached Lord Krishna for support,

Arjun preferred to have Lord Krishna alone and Duryodhan got all the armies of Lord Krishna. This was in spite of the fact that He will not wield any weapon in the war and that He will be only driving the chariot of Arjun. This shows that at that time Arjun was fully conscious of the fact that on whichever side the Lord was, that side was bound to be victorious. This was full Krishna consciousness or unshakeable faith in the Lord-God. This faith was eroded on the battlefield due to Arjun's mind being clouded by attack of ignorance. He forgot that he was not the body; that his grandfather was not the body of that grandfather; and that he (Arjun in body) was not the dispenser of Justice in the world.



Although Arjun had lost Krishna consciousness and had been assailed by imbalance of mind, resulting in trembling, faint-heartedness, etc., yet the great Lord could not leave him in that pitiable state, of a hopelessly disturbed mind. The Lord never loses hold of those who are born with characteristics of nobility. The Lord thus very methodically dispelled ignorance from the mind of Arjun, and ultimately restored full Krishna consciousness to him by showing him His Majestic awful form. This left no doubt with Arjun that the Lord had already arranged the destruction of his relatives and had already won the war for him, and that he (Arjun) was only to be the outward cause for it. I have thus shown that disturbance of mind results from loss of faith in God and that a Balanced mind again results when that lost faith is fully restored.



SWAMI GANGESHVARANANDJI MAHARAJ

Vishva Hindu Parishad has offered its full collaboration to the Vedic Mission of Ved-Darshanacharya Mahamandaleshwar Swami Shree Gangeshwaranandaji Maharaj Udasin, the ninety-six years old blind monk, who has published all the four Vedas in one large volume and established 'VEDA MANDIRS' (Ved Study Circles) all over the world.

SELF REALISATION AND MEDITATION

Swami Tilak

The Universe, which is evidently active on various levels, is a manifestation of the Eternal Truth which embraces individuality also. In reality, individualities are simply the momentary glimpses of the Supreme Truth through Time and Space. For understanding, let us take the example of electricity. Though it manifests through an electric fan as electro-magnet, through a heater as heat, through a refrigerator as cold and through an electric bulb as light, yet its unity remains unaffected.

Indeed we have two quite different things: one, the field of activity and the second, the master of the field. Among the mentioned examples, the fan, the heater, the refrigerator and the bulb are the fields of activity, but electricity itself is the master of the fields. In Sanscript, the terms "field" and "the master of the fields" correspond respectively to "KSHETRA" and "KSHETRAJNA". KSHETRAJNA, or the master of the field, never changes, but the field, according to its nature, extracts necessary force from its master. The master does not act, whereas the field has no power to act without the help of its master. Electricity is one, but its effects are many. The function of electricity varies from field to field; it adapts itself to the nature of the field through which it passes. That is why we have electro-magnet, heat, cold and light—so many manifestations of the same electricity.

Likewise, Self is one. But when it passes through the level of senses, it seems to take the form of senses. Mind, intellect and ego, too, are the reflection of the same Self. One Self is playing different roles on different levels. None of these fields can retain their activity without the presence of the Self. Undoubtedly, the fields have their own problems. The defects of the field adversely affect its function.

However, it is most unfortunate that human being is prone to commit the folly of identifying his own self with the diverse fields through which it passes. Sometimes, he feels as though ego is his true self. And, sometimes, he takes his mind, intellect or senses for his true existence. This wrong identification of the Self with no-Self results in inner restlessness. Who can find peace among the sensual objects?

At present, you are seated before me. I am looking at you. Any defect in my eyes or in your appearance, or somewhere between you and me, may affect my vision. The defective vision superimposed on myself begins to give me trouble. I react favourably to a beautiful face and adversely to an ugly one, without realizing that beauty or ugliness of the outer objects does not cause any change to my real self. I do not know why I should suffer for the forms of others. How strange that the ugliness of the ugly man does not affect the ugly man himself but affects me!

If man could create a perfect world, there would be no misery or sorrow in his destiny. But a Perfect World is a cry for the moon. A Perfect World means a world devoid of change. In that wonderful world all should be either young or old. But, how can you think of one without thinking of the other? It is absurd to seek perfection in the world of relativity.

So, one must not wait for the Perfect World. We must put the Perfection of the Self in the Universe and enjoy it all the time, everywhere. Instead of being affected by the imperfection of the exterior world, we should affect the exterior world with the inner perfection.

It means we are to reverse the whole process. An ordinary man gets influenced by the outer imperfection, whereas a Yogi influences the outer world with his inner perfection—the perfection of the Self. However, one cannot be a yogi until one realizes his Self, which is beyond any trace of imperfection. Imperfection has power over senses, mind, intellect and ego, but the True Self is beyond its reach.

In a pale-looking glass, one's face looks pale. But one should not become pale with the paleness of the reflection. It is not the mirror that glorifies man; it is man that gives some purpose to the vain existence of the mirror. In the same way, the imperfection of the world imposed on my mind does not produce any effect on my Self, but the realization of the perfection of the Self surely gives a great meaning to the world. Through Self-Realization, I come to know that the same Eternal Self which forms my existence, forms the existence of the whole Universe also. The ever-changing world is the outer surface of the Truth that is invulnerable to any change. The individual and the Universal Self are the two facets of the same Absolute.

Now, let us come to meditation.

Before thinking in terms of influencing the world, one should realize one's own perfection. Consciousness



has its own peculiarity. It can identify itself with the Self as well as with the sense-objects. For its identification with the Self, it has to be detached from the outer objects.

As soon as one is free from the hold of sense-objects, mind, intellect and ego, one realizes one's own Perfection. Sometimes, the wise use the word "visualization" in place of "realization". Whatever may be the case, one should not think that the realization or visualization is an ordinary act of perceiving.

Take for instance, one may say: "See, how beautiful is this picture!" Here, "seeing" means perception through eyes. But when one says, "See, how nice is this song," the sense is completely changed. One means perception through ears. So we have many types of "seeing". We "see" the taste of food through our tongue, the scent of a flower through our nose, the beauty of a thought through our mind. But when one claims that one is seeing God or Self, one is surely not referring to the sensual or mental perception. Here, it is the realization of the Self by the Self that is implied.

Body, no doubt, is a wonderful instrument for the realization of the Truth. But he who is attached to the body can never gain anything in the field of Self-Realization. Like any other mechanism, the mechanism of the body is also bound to fail. He who is engrossed in the thought of body cannot enter the realm of Self.

Unfortunately, people do not realize the simple fact that mechanism and spirituality are two quite different things. Some renowned psychologists are said to be experimenting with people who do some sort of meditation. It has been reported that a person in meditation emits alpha waves. And now, every one who is interested in spirituality talks about this fact. One says that in deep meditation alpha waves are produced, and the other says that a person is in deep meditation when his cerebrum produces alpha waves. As a consequence, some of the experts try to produce mechanically alpha waves in the brain. But all this tends to a big confusion. No symptoms of the body or the brain should be taken as deciding factors in the field of Self-Realization.

Even when we sleep, our heart beats. But the observation of the heartbeats alone cannot tell us anything about the experience of one who dreams or is in deep sleep. Similarly, we cannot enter the secret of meditation simply through the study of brain and its activities. As Dr. Wilder Graves Penfield, Emeritus Director of the Montreal Neurological Institute rightly puts it: "In conclusion, it must be said that there is as yet no scientific procedure which can produce any positive, constructive mental activity. There are many things, from alcohol on to the more recently discovered techniques, that can interfere with the brain's functioning, but there is no method of forcing the brain to do anyone's bidding from outside. The assumptions of materialism have never been substantiated. Science throws no light on the nature of the spirit of man or God."

Meditation is an inner process that leads one to Self-experience. The mechanization of meditation is far from a possibility. Experience is a monopoly of the one who experiences. Moreover, what one gains in meditation is very different from the ordinary experience. We prefer to call it realization.

Now, let us see what happens in the proposed realization.

Let us imagine that we have a circle here. Any circle consists of three things: circumference, radius and center. Circumference is nothing but an extension of center through radius. A circle may be reduced to a point or to infinity. When it is reduced to a point, all its constituents—circumference, radius and center—dissolve into center, which is but a point related to circumference. As soon as it is liberated from circumference, center does not mean anything more than a point which consists of no length, no breadth and no magnitude. A point bereft of position automatically loses its entity and becomes one with Infinity. Point is present in Infinity and Infinity in point. We can grasp Infinity and point as well. But our intellect does not help us in comprehending that great mystery that encompasses in itself Infinity and point both. That is Eternity.

The Universe is infinite and the individual point-like, but they both unite in the Eternity of Self. Self can produce infinite universes as well as infinite individuals. And even after producing infinite universes and infinite individuals, the constancy of Self remains unaffected.

According to the Vedic RISHIS: "That is Perfect. This is Perfect. From Perfect only Perfect is derived. Even after taking Perfect out of Perfect, it is Perfect that remains."

Truly speaking, in a circle, center is perfect, circumference is perfect and perfect is radius as well, for all of them stay in Eternity. Center is virtually a point, and circumference and radius the lines which, on their turn, are the strange combination of point and infinity. I need not say that any line, small or big, has infinite points. Thou point has no length yet, in association with Infinity, it produces the effect of length. Otherwise, it is nothing but a mysterious game of point and Infinity in conjunction with Eternity. While Eternity is a reality, point and Infinity are born out of our limited comprehension. Whatever seems different from Eternity is merely a perceptual reality which does not hold true without Eternity.

Now, it must not be difficult for you to understand the concept of Reality given by the Hindu Rishis. They tell us there is but one Self (ATMAN). It is Eternal. It is imperishable. It is all-pervading. As Infinity in conjunction with point, which is simply a sense of position or situation, produces the apparent effect of length in a line, even so, the Eternal ATMAN, in conjunction with the sense of Ego produces the apparent effect of all the things that are present in the Universe.

DIWALI, HINDUISM AND PARISHAD

D.P. Goel

Once again, as we celebrate Diwali this year, I shall like to extend my warmest greetings to all the members of our community and to all the Canadians. On this very auspicious occasion let us rededicate ourselves to the ideals of Diwali and Hindu religion. Of all the festivals celebrated by mankind, Diwali is the most ancient festival and of all religions, Hinduism is the most ancient religion. Hindu sacred scriptures, eg., VEDAS, GEETA and UPNISHADS are not only the most ancient scriptures but also are the store of knowledge from which the whole world has learned the basic truth about God and religion since the dawn of civilization. Most scholars believe that there is hardly any truth in this universe which is not mentioned in very vivid terms in the VEDAS and GEETA. The vedic scholars and sages and philosophers in ancient India, not only realized the existence of God, but also described this basic truth with logic and perfection in VEDAS and GEETA. Without this realization and description of the existence of GOD by the vedic sages, there would not have been any religion in its present form in the world today. HINDU religion believes that God is omnipresent and all pervasive. Divine spark is present in all of us. It is by discarding our negative values and by imbibing the positive values within us, we synchronise our mental vibrations with the divinely vibrations and become one with God.



Diwali, Deepawali or the festival of lights, symbolises the victory of love and goodness over the forces of hatred and evil. Let us pray again today that this light of Diwali will enter the lives of our unfortunate brethren and bring a ray of hope in their lives in the New Year. Let the spark of this light also enter the hearts and souls of the fortunate ones and bring love and compassion within them for our less fortunate neighbours and fellowmen.

VISHVA HINDU PARISHAD of B.C. was founded about four years ago to bring the message of Hindu religion and Indian culture in our lives. Our temple and community centre was acquired about two years ago. During this short period our temple and community centre had been a nerve centre of our community activities. We had been very fortunate that our temple had been visited by religious and philosophers Saints of India and also by the cultural giants from that ancient land. Swami Chinmayanand Ji, Swami Gangeshwaranand Ji, Swami Satyamitranand Ji and Lata Mangeshkar have all brought the message of Hindu religion and culture to all the members of Vishva Hindu Parishad and the members of our community.

On this very holy and auspicious occasion Deepawali, let us all rededicate ourselves to the lofty ideals of Hindu religion and culture. Let us never forget that all the members of Vishva Hindu Parishad and the Board of Directors of V.H.P. are the servants of our fellowmen. Let the holy light of Diwali enter our heart and remove clouds of jealousy and ignorance from within us. Let Diwali and our great Hindu religion inspire us with new ideas and ideals and benevolence and let us resolve today to make positive contributions to our society and to our fellowmen. Let us not keep aloof from the activities of the total Canadian Community in the coming year and let us be humble and grateful to God for the opportunities available for us to serve our Canadian society and the world. Let us close our ranks and by our unity and service show the colour and the strength and the character of the fabric of the East Indian Community. Let us resolve once more that we shall leave no stone unturned to make our Vishva Hindu Parishad of B.C. a great and vital organization in the coming year.

I, on my behalf and on the behalf of my family and VHP of B.C., wish all the Canadians a very happy Diwali and a prosperous New Year.

Happy Diwali

GREETINGS FOR 1976, LOVE YOU ALL

From your
Humble Real Estateman

MEDAILLON
AWARD WINNER
for 1973 - 74 - 75

WHEN THINKING OF

**Selling or Buying
for Quick Action
call KUMAR at**

291-2821 298-3084



KUMAR ISRANI

OR WRITE AS PER YOUR NEEDS.

Postage



the Permanent

3953 East Hastings Street
Burnaby, B.C. V5C 2H8

ATTENTION:
Mr. ISRANI

Dear Kumar,
Kindly call upon us,
for following purpose.

- ☐ Market Evaluation
of our House.
- ☐ Market Evaluation
of our Apartment Block.
- ☐ Market Evaluation
of Duplex.
- ☐ Market Evaluation
of our Business.
- ☐ About Guaranteed
Trade Plan.
- ☐

Mark " X " in Box.

NAME

ADDRESS

PHONE

OM
VEDIC CONCEPT

Gian Chandra Shastri

The message of the Vedas is meant for the entire humanity and is not restricted to one particular country or race. Its universality has been acknowledged by the Western scholars too. The honest and sincere effort made by the international scholars from time to time to study and understand the Vedic literature and its precepts is highly commendable.

One of them was Professor Max Mullar. He studied Sanskrit literature and translated Rig Veda, the biggest of the four Vedas, into English. It was really a commendable effort, which had not been made by any one else previously and even after him till today. He was a renowned Professor of Sanskrit at the Oxford University of London during the last century. As a result of his extensive study, he made some observations, which were accepted by the Western world. One of them was that the Vedic Rishis and Saints used to worship and glorify many Gods as well as elements. This was illustrated by the following:



1. Agnimeede – I worship Agni, the fire.
2. Surya Atma Jagatastasthushashcha – Sun is the soul of this moveable and immoveable universe. I worship him.
3. Bhurasi Bhumirasi – Here the earth is praised.

There are many such references in the Vedas signifying the worship of many Gods by the Hindus in pursuance of the methods of their ancestors. The reasons for this are: firstly, that God has been glorified with names such as: Agni – the fire; Surya – the Sun; Vayu – the Air; Indra – the Rain; Lakshmi – the Goddess of fortune, etc., and secondly, pertaining to each of these attributes, there are deities in the Hindu Temples and different ways of their worship have been adopted. Due to these references and the worship of many deities, it has been inferred that the Hindus worship many Gods and elements. In fact it is not so.

Strong conviction of the Vedic Rishis is - **एको देवः**, Eko Devah – which means that God is one and He is all powerful being second to none. He only should be worshipped and none else. It is also mentioned in the Vedas:

इन्द्रं मित्रं वरुणमग्निमादुर्यो दिव्यः स सुपर्णो गरुत्मान् ।

एकं सद् विप्राः बहुधा वदन्ति अग्निं यमं मातरिश्वानमाहुः ॥

ऋग्वेद-1-164-46.

Though He is ONE AND ONE ALONE, but he possesses many attributes. Due to these attributes the learned Vedic Rishis glorified Him with many names. Some of these names have been explained in the said hymn and are: Angi, Surya, Bhoomi, Indra, Mitra, Varuna, Divya, Yama, etc. These pronounced names symbolise God for his prayer, glorification and worship. But in the other context, these names denote objects. Sanskrit words are compound words and convey meaning relative to the objective and spiritual references.

During the Vedic age the Almighty was glorified with the various names corresponding to His various attributes and these were later named accordingly. The creation is kept under control, so He is called Yama. His attribute of knowledge is called Saraswati, as He is omiscient. His attribute of prosperity is named as Lakshmi. During the Puranic age all these names were personified and that personification gave place to deities. It is because of this that we see a large number of deities in our temples. Actually worshipping of the different deities relates to the worship or glorification of the one Almighty God.

It is an accepted law of nature: Many is One and One is many. Similarly numerous personifications of one God represent that He is in all of them. So in short, in worshipping personifications, we worship and believe in the One only.

May that Almighty and Kind Father bless everyone of you with the happiest DEEPMALA AND NEW YEAR.

PEACE BE WITH ALL!

PROFESSIONAL SALESMAN TO SERVE YOU AND YOUR
PARTICULAR REAL ESTATE NEEDS . CALL ME AT

MARS REALTY

1437 KINGSWAY, VANCOUVER.

872-0131

**BUYING,
SELLING,
TRADING ?**



AMARJIT GILL
Res. 278-5443



EASTERN STAR TRAVEL

7487 EDMONDS ST., BURNABY.

**Excursion Charter Tours Anywhere
in the World.**

525-6655



**GURMEL
DHALIWAL**

**OFF. 581-4601
RES. 588-7360**

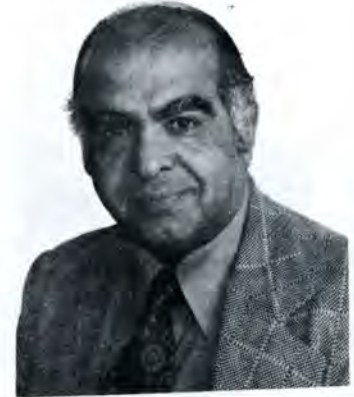
- * HOMES, NEW OR OLD
- * COMMERCIAL PROPERTIES OR SITES
- * APARTMENT BLOCKS
- * FARMS, LAND, HOME ACREAGE
or any other real estate need

**BLOCK
BROS.**



BLOCK BROS. REALTY LTD.
A DIVISION OF BLOCK BROS. INDUSTRIES LTD.
9360 - 120th Street, Surrey, B.C.

When DADA SAHIB APTE, a great Hindu leader came to Vancouver in 1972 and with his help, Respected Dr: GOEL, GOPE SHEWA, RAJ KAPAHI, LATE SHRI S.K. SHAH, GIAN NATHJI, ATUL GHOKLE, ANANT VAZE and MUNESHWARPARSAD formed Vishva Hindu Parishad of B.C. many had asked "What was the necessity of the New organisation when already there were one dozen Indian organisations?" The question remained on the lips of many for many years till Hindu Parishad grew to become a strong organisation of Hindus who came to settle from India, Fiji, West Indies, U.K. and East Africa. Sometimes even I get astonished at the mighty efforts specially of DR: GOEL, GOPE SHEWA and RAJ KAPAHI for bringing Hindus of different provinces, groups and sects on one platform. It was a great mission and today we are eating the fruits of that mission. Our hearts jump in joy when we see Punjabis, Gujratis, Sindhis, Bengalis, Maharastrians, South and North Indians, Fijians and Hindus from other parts of the Globe, coming in the temple and not only performing Pujas and Kirtans in their own way but also participating in other Hindu rituals. Besides religious activities, Hindu Parishad has become a centre of various cultural activities and these cultural activities are not restricted to one province or one group. We have seen Punjabi Bhangra, Gujrati Garba, Fijian HOLI celebrations, Indian classical dances from various provinces — all in HINDU PARISHAD under one roof.



Despite the loose talks going on outside, HINDU PARISHAD has shown a great vigour and definite ability to survive against the heaviest odds. Despite different thoughts, which almost every religion has, Hindu Parishad has been able to become strongest organisation of Hindus in bringing Arya Samajists and Sanatanis under one umbrella. Once in Hindu Parishad no one can identify who is from North or who is from South. The Parishad has shown a great capacity and unique capability of absorbing Hindus of different sects and provinces in the huge ocean of Hinduism and its way of life. SUCH A MIGHTY ORGANISATION WAS NOT BORN AND BROUGHT UP IN ONE DAY. Today when we see our organisation's tremendous growth, our thoughts go to the founder members or our organisation and also to those who subsequently, hand in hand with them, kept the light of Hinduism burning and the light that has spread so fast, will keep our new generation bright and active for the cause of Hinduism. Our salute to the founder members!



HAPPY DIWALI

AJANTA~FILMS

LEADERS IN INDIAN FILMS & LIVE SHOWS.

EVERY WEEK HINDI MOVIES IN SURREY

ALSO LIVE SHOWS

SURREY

THEATRE : 596 - 7461

INFO : 254 - 5837

Successful shows this year:

LATA & MUKESH, KISHOR KUMAR & PARTY



SUDESH KALIA

DIWALI GREETINGS from **EXECUTIVE CREDIT CONSULTANTS** in the words of

Tagore (Gitanjali)

" Thou hast made me endless, such is thy pleasure. This frail vessel thou emptiest again and aga'n, and fillest it ever with fresh life.
This little flute of a reed thou hast carried over hills and dales, thou hast breathed through it melodies eternally new.
At the immortal touch of thy hands my little heart loses its limits in joy and gives birth to utterance ineffable.
Thy infinite gifts come to me only on these very small hands of mine. Ages pass, and still thou pourest, and still there is room to fill."

**ATTENTION EVERY BODY
IMPORTANT NOTICE**

- If there are people or companies who owe you money and are not paying you your money and you would like to recover your money
- OR If you need Business or Credit Advice
- OR If you are intending to register a company and are concerned about the corporate records office provisions of the Companies Act

Then for FAST, ECONOMICAL and PROFESSIONAL help contact: -

EXECUTIVE CREDIT CONSULTANTS

(GOVERNMENT LICENSED & BONDED)

35 - 448 Seymour Street, Vancouver, B.C. V6B 3H3 Tel: 669 - 5251 (office) or 438 - 5613 (24 hours)
(WE HAVE STAFF WHO SPEAK ALL EAST INDIAN LANGUAGES)

Life Insurance is an opportunity.

Let-me help you take advantage of it.

**Mortgage protection, RRSP, individual and
group insurance, equities, annuities.**



Jaswant Wirk

You've got plan; we have plans to help.

922 - 777 HORNBY STREET, VANCOUVER.

Bus: 683 - 6905
Res: 299 - 4102

Life is
a Mutual
affair.



The Mutual Life of Canada

Life is
a Mutual
affair.

Kewal K. Khosla

I value this opportunity accorded to me to share some of my thoughts with you on this festive occasion of DIWALI.

While extending my sincere greetings and good wishes to all of you, for a Happy Diwali, followed by a prosperous ensuring year, I invoke the blessings of the Almighty God, with the following verse from the Holy Scripture:

य आत्मदा बलदा यस्य विश्व
उपासते प्रशिषं यस्य देवाः ।
यस्यच्छायाऽमृतं यस्य मृत्युः
कस्मै देवाय हविषा विधेम ॥

“OM YA AATMADAA BALADAA YASYA VISHVA UPAASTE
PRASHISHAM YASYA DEVAAH YASYA CHHAYAAMRTAM
YASYA MRTYUH KASMAI DEVAAYA HAVISHAA VIDHEMA”



“Let us with heart and soul pray and seek the blessings of: The Bestower of devout True Knowledge, WHOM all the enlightened adore, WHOSE visible and truthful rule is acknowledged by the righteous in this Universe, and WHOSE protection provides emancipation, to grant and bestow upon us physical, moral and spiritual strength, to enable us to engage ourselves sincerely in the practical observance of HIS Bliss imparting commandments in our daily lives.”

Diwali, the festival of Light is a time for happiness and rejoicings, and is celebrated by all the Hindus to commemorate the return of The Righteous King, Lord Rama, to his kingdom of Ayodhya, signifying the triumph of the forces of Truth over the forces of Evil. The great Ancient Indian Epic “The Ramyana” describes the noble character and virtuous life of Lord Rama whose attitude of truth and devotion to duty, trial and endurance, and sorrow and suffering form the Hindu Ideal of a perfect and righteous Life. His undeniably touching and tender behaviour towards his subjects depict the Hindu Ideal of a perfect man.

The Hindu scriptures and religions precepts compiled through the experience of sages, on the basis of their study of Human problems at different times and interesting periods in the progress of human civilisation are too extensive to be understood only by rituals and carved idols in the temples, unless one learns the deeper meaning of their teachings. The knowledge is meant to be shared and not restricted to the Hindus only.

In this troubled, but good and interesting age in which we live, there is endless conflict of forces, desires, attitudes and beliefs even within the individual sections of one faith. There are forces of good countered by the forces of evil. The power of Truth countered by the power of Falsehood and hypocrisy, and the desire of unorganised majorities held in abeyance by the rule of organised minorities. Yet through all these conflicts of life there is no force so potent as the immovable and impenetrable force of that man who knows RIGHT from WRONG.

An individual who is guided by such attitudes and behaviour, as exemplified by the Life of Lord Rama and Sita, and who has a faith in the supreme creator, peace with his own conscious, and truthful attitude towards his fellow human beings, ultimately attains an influencing place in the society even though he may have initially to endure trials, sorrows, privations and sufferings.

The World is much more inter-dependent today than it has ever been before. What happens to one part of the world, or one section of the community affects the other. From this inter-dependence can emerge a harmonious co-existence through exercising tolerance and understanding.

Because of the rich diversity of the people of Canada, who are bound by a unique union built upon multicultural, multilingual and multiracial structure, each proud of its heritage, it is time that we stop living in isolation and direct our efforts in increasing and building up communications with each other, thus removing the barriers caused by sheer unfounded suspicion. Exchanging views on the noble ideals, the values of Life and other aspects of culture and tradition when done on a voluntary basis rather than imposition, will help in true translation of the unity into practical expression.

May the bright and glittering Lights of The Diwali Festival awaken new hopes and new expectations for better future, Love, Peace and Understanding as the true message of the auspicious Day.



*SAREE OF YOUR
SWEET DREAMS*

GREAT SHOW OF WEDDING SAREES

FRONTIER CLOTH HOUSE

(Wholesalers, Retailers and Importers)

6672 MAIN STREET
VANCOUVER, B.C.

Bus.: 325-4424
Res.: 324-5156

We Have Quality As Well As Quantity!

SPECIALISTS IN:

India Suits, Sarees, Lehngas, Capes, Hars, and
other Indian Goods.

Japanese printed and plain sarees and suits, British cardigans, shirts, ladies' suits and children's clothes.

**HEAD OFFICE: NEW FRONTIER CLOTH HOUSE
PHAGWARA (PANJAB)
INDIA**

Phone 2373

Manager Vancouver Branch
SUSHIL BATRA

Phone: 325-4424

TREASURER'S REPORT

Hari B. Varshney

It is with great pleasure that I present this mid-year review of the financial position of Vishva Hindu Parishad of B.C. Our financial position has improved over the previous year and all of you deserve credit for it. We are not out of the troubled water yet, however, and a lot is still to be done. For the success of our temple we need your continuous financial support in the form of your membership dues as well as generous donations.

Our membership fee is only \$5 per year.. This, however, continues to be a problem area. For the current year (1976-77), only 250 or so members have paid their dues. We want to have at least 1,000 paid members. I don't have to remind you that this membership entitles you to vote at the Annual General Meeting. It is an unnecessary expense if we have to mail reminders in this respect. Please pay your membership dues now if you have not already done so.



For the five months ended Aug. 31, 1976, our cash receipts and expenses for the same period are as under:

Cash Receipts	\$23,350
Expenses	\$21,246

BREAK-UP

Receipts:

Donations	\$16,825
Aarti money	\$ 1,797
Hall Rental	\$ 2,009
Membership dues and receipts from other functions and activities	\$ 2,719
	<u>\$23,350</u>

Expenses:

Mortgage	\$ 3,450
Salary and Payroll	\$ 2,078
Bank loan payment	\$ 8,000
Repairs and maintenance including items of capital nature	\$ 1,208
Utilities, office, telephone, insurance, taxes and some other items	\$ 6,510
	<u>\$21,246</u>

Most of our donations were received during the visit of His Holiness Swami Satyamitranandaji Giri. We were very fortunate to have him here and these donations have helped a lot in keeping our accounts current. I sincerely hope that we will continue to get such distinguished visitors.

We have undertaken the repair work for the outer walls of the temple. These walls are being painted with a special paint which is weatherproof. This work is going to cost us about \$5,000. We need your donations for this project urgently. Please come forward on your own; it is your temple and it needs your support.

In the end, I along with my family wish you all a very Happy Diwali and a Prosperous New Year.

You're comfortable now, but what happens when you retire?

It's difficult to think about retirement during the relatively affluent working years. But wise people do. They plan now. They build a retirement fund that will enable them to retire comfortably. Consider a Sun Life Registered Retirement Savings Plan. It's an excellent way to save, and it has the added benefit of allowing for substantial tax deferrals right now. Think about your retirement, then call me. I'll help you plan for it.



DAYAL JHANGIANI
Off: 681 - 5321
Res: 683 - 0861



SABU SINGH
Off: 681 - 5321
Res: 534 - 1574

SunLife
OF CANADA
The tomorrow builders.

VANCOUVER CENTRAL BRANCH
500 One Bentall Centre
505 Burrard Street, Vancouver, B.C., V7X 1B2

CONCEPT OF BRAHMAN AND DIWALI CELEBRATIONS

N. Thakore

य एष सप्तेषु जागर्ति कामं कामं पुरुषो निर्मिमाणः ।
तदेव शुक्रं तदे ब्रह्म तदेवामृतमुच्यते ।
तस्मिं लोकाः स्मिता सर्वे तदे नान्येति नश्चन ॥

Katha Upamishad i
Chapter 2, shloka 8.



“This which is awake in the sleepers’ sleeping consciousness; this which is named as the Bright one **शुक्रं** or the Brahman **ब्रह्म**, or the Immortal one **अमृतम्**; this in whom all the worlds are established; is the Real State of Existence which has no end or the beginning. Nothing goes beyond Him.”

The vastness and the immensity of the concept of Brahman, which qualifies the basis of our Sanatan Dharma (eternal religion) is unique in the history of the philosophical thought. It at once bestows universality to all existence which perpetuates through various finite physical forms. The physical consciousness is of importance only as long as it helps the advancement of subtler spiritual growth and the decay or death or lack of openness to the demands of evolution of the spirit. The individual Soul **आत्मम्** conceived as the spark of the collective all abiding Brahman illumines the physical consciousness for its upward transformation to subtler forms of consciousness ultimately leading to its complete identification (in complete state of Yoga) with the Brahman. This is the ultimate Truth or Reality which is too abstract to comprehend by the physical consciousness endowed with faculties of knowledge limited in their power to attain pure knowledge. It is essential then that this abstract revelation be presented in more simpler form to the ordinary physical mind. This effort not only gives rise to simpler (and sometimes over simplified) interpretations by various schools of philosophical thought but also to the formations of various sections of Sanatan Dharma.

Whenever an attempt is made to simplify the description of this ultimate reality or the all pervading Brahman, it is represented by some physical form fashioned for purpose (like idols of Brahma, Vishnu, Mahesh, Maheshwari), or objects like the Sun, the mother earth, the river goddess, and the lamp

But these are analogies or symbols used only to enable us to capture the glimpse of that infinite concept of Brahman. Diwali with its ritual or worship and its celebrations through the use of finite objects like the lamp qualified with the infinite idea of ‘Light’ forms one of the grandest and most popular of our religious activities. The sole purpose of these celebrations is to enlighten and illuminate the limited power of our ego-centric intellect which is besieged by the **माया** of birth and death, beginning and end, creation and destruction; and to qualify it and position it in such a manner that it can catch the glimpse of that ultimate reality ‘Brahman’ which is “Eternal Unity”. And once the contact with this Infinity is established, man attains the immortal position as described below in the Isha Upanishad:

यस्मिन् सर्वाणि भूतानि आत्मैवाभूद विजानतः ।
तत्र को मोहः कः शोक एकत्वमनुपश्यतः ॥

“He in whom it is the Self-Being which has become all existences has the perfect knowledge. How shall he be deluded **को मोहः**; whence shall he have grief **कः शोक**, if he sees everywhere oneness **एकत्वम्**.”

Let the celebrations of Diwali enkindle in each of us (which is no better than earthly pot of lamp) an inspiration to attain unity with the Brahman that is abounding delight leading to Pure Knowledge.

FOR ALL YOUR INSURANCE NEEDS -

GILL Insurance Services Co. Ltd.

3905 B KNIGHT St. VANCOUVER B.C

Autoplan
AUTHORIZED AGENT

GILL INSURANCE SERVICES CO. LTD., your Autoplan agents, have been serving you for the past years, in you CAR, TRUCK, Etc. Insurance needs.

We can also handle your FIRE and LIFE Insurance needs.

Contact us before renewing any of your Insurance plans.

We can guide you in your best interest.

For any information on any type of Insurance contact us:

Surjit Singh Gill

Bus: 879-5522 876-7616

Res: 434-7757 433-4581

HAPPY DIWALI

JHANKAR FILMS

BIG ENTERTAINER OF VANCOUVER

SHOWS INDIAN FILMS

EVERY SUNDAY.

(Punjabi & Hindi)

IN METRO THEATRE

1370 S.W. Marine Drive

Vancouver, B.C.

For Movie Information -

Phone: 325 - 1917 Jhankar Film

266 - 7191 Metro Theatre

(Sunday only)

SHAKTI GIFTS

6576 MAIN ST. at 50th Ave.

Vancouver, B.C.

ANAND JEWELLERS

7211 MAIN ST.,

Vancouver, B.C.

GOLD SMITHS

NEW ORNAMENTS OUR SPECIALITY

ALSO

REPAIRS OLD ORNAMENTS

AND

CLOCKS AND WATCHES

Bus: 321 - 6214 or 321 - 2912

Res: 327 - 8259

HAPPY DIWALI,

Finest



BASMATI

The PRINCE of long grain RICE



TILDA BASMATI is a unique rice. Long in shape and delicious in taste, it is Prince amongst rice. Once tasted always wanted. Change to TILDA BASMATI and you will not want another one.

Available in 50
lb. convenient packings

Don't just say: Rice, please.

Please say, Tilda Basmati Rice.



સોડમથી ભરપુર - સ્વાદમાં સર્વોત્તમ - કાયમ માંગો

ટીલ્ડા બાસમતી ચોખા



- કારણુ ★ તે શક્ય તેટલા જૂના પાકમાંથી પ્રાપ્ત કરવામાં આવે છે
- ★ ધ્યાનથી પસંદ કરાયેલા છે
- ★ સારી રીતે સાફ કરાયેલા છે. પથ્થર, કમોદ વગેરેથી વધુમાં વધુ વંચિત કરવાનો પ્રયાસ કરેલો છે.
- ★ લાંબા, આખા દાણાનું જ વધુ પ્રમાણ પ્રાપ્ત કરવા સારી રીતે ચલાયેલ છે.
- ★ પેકિંગમાંથી સીધા વાપરી શકાતા હોવાથી સમયનો બચાવ થાય છે

TRADE INQUIRIES:

JACEY CANADA LIMITED

7890 WALMSLEY COURT

BURNABY, B.C. V5E 3X2

CANADA

PHONE (604) 524-2448



AMARJIT S. LEEKHA

is a professional all the way. The needs of his clients have always been his major concern. This dedication and service to his policyholders has ranked Amarjit among the leading sales representatives of Metropolitan Life. He is also a member of the Life Underwriters Association of Canada and of the Million Dollar Round Table, which further demonstrates a genuine determination to excel in serving the needs of his clients.

Mr. Leekha lives with his wife and family in Burnaby, and is associated with the Company's District Sales Office at 1333 West Georgia Street in Vancouver. Sound insurance counselling can be obtained by telephoning him at 687-5871, or at his residence by dialing 521-5355.

Dedication to his many policyholders marks him as a true professional, and we at Metropolitan take great pride in Amarjit S. Leekha.

Vice-President

TRIBUTE TO EXCELLENCE



METROPOLITAN LIFE INSURANCE CO.

DIWALI FESTIVAL – ITS SANCTITY AND SIGNIFICANCE

S. Sehgal

Diwali festival commemorates the return of Lord Rama from his exile to Ayodhya after conquering the Demon king Ravana. Lord Rama was crowned as king on this day. The jubilation made by the people of Ayodhya as a mark of their boundless love for their beloved king and Ishta Devta—divine incarnation — are till this day observed with the same fervour and festivity. The houses are decorated with lights, greetings and gifts are exchanged among relatives and friends, and Goddess Lakshmi is worshipped to invoke her blessings for prosperity. The business community treats this as the commencement of their New Year and do puja to renew their account books. Such is the sanctity of Diwali.

Lord Krishna summarises the entire Doctrine of Gita thus:

Give Me your whole heart
Love and adore Me
Worship Me always
Bow to me only
And you shall find Me
This is my *promise*
who love you dearly.

The significance of Diwali is that it brings to us the memories of the Lila — divine play — of the Lord in His incarnation as Rama. Lord Rama took birth in the house of King Dashratha, as his son. To remove the afflictions of his devotees, the Lord underwent lots of difficulties. He destroyed the sufferings of his devotees and filled them with joy and bliss. But those who repeat His name with earnest devotion are freed from all afflictions. They attain to the highest happiness and bliss. They become, as it were, the house of joy and bliss.

The glory of the name of God cannot be established through reasoning and intellect. It can certainly be experienced through devotion, faith and constant repetition of His name. The power of His name is ineffable. Its glory is indescribable. The efficacy and divine shakti of the Name is unfathomable.

When one sings His name or hears it sung, he is uncsciously raised to sublime heights. Repetition of His name enables the devotee to feel the divine presence, the divine glory, the divine consciousness within himself and also everywhere.

Goswami Tulsidass in his immortal work — RAMCHARITAMANAS — has sung the greatness and glory of Lord Rama and His name. He says the Name is a carrier to the presence of the Lord, because the Nirguna and Saguna aspects of the Lord are tasted and realised by the power of the Name. Tulsidass says that the Lord obeys the call of His name; take His name from the depths of your heart and His presence is felt instantaneously. The power of the Name is obvious as Lord Rama delivered a single lady, Ahalya, whereas the chanting of His name has purified scores of men of perverted intellect. By repeating the name of the Lord Prahalada, Dhruva, Hanumana and Tulsidass himself attained to the highest eminence and bliss. Tulsidass says:

राम नाम मनिदीप धरु जीह देहरी द्वार ।
तुलसी भीतर बाहि रेहूँ जौं चाहसि उजियार ॥

“If you want light inside and outside, keep the jewel of Rama-nama at the doorway of your tongue. If you keep a light on the doorway you get light both outside and inside. So also Rama-nama purifies the mind and bestows prosperity on the devotees.”

The real celebration of Diwali is the realisation within ourselves of God consciousness. It is of utmost importance to every man that he experiences within himself that Universal consciousness for lasting peace and happiness. Here is a simple and sure way to get it. It does not cost anything but is invaluable. Chant the Name of the Lord with purity, one-pointed mind and single-minded devotion. You will for sure realise the Supreme bliss promises the Lord.

My solemn prayers and good wishes for a happy Diwali for all.

Om Shri Ram Jaya Ram Jaya Ram!

DIWALI GREETINGS

FROM

BAINS

INTERNATIONAL TRAVEL SERVICE



6364 FRASER ST.
VANCOUVER 15, B.C.
TEL: 324-2277

CAPILANO MALL, 935 MARINE DRIVE
NORTH VANCOUVER, B.C.
Telephone: (604) 980-0351

1710 DOUGLAS ST
VICTORIA, B. C.
TEL: 386-6363

WE ARE APPOINTED AGENTS FOR ALL MAJOR AIRLINES SUCH AS
BRITISH AIRWAYS, AIR INDIA, AIR CANADA, AIR FRANCE, SWISSAIR,
PAN AMERICAN, TWA, JAPAN AIRLINES, CP AIR, NORTHWEST ORIENT,
KLM, LUFTHANSA, QUANTAS, SAS – LIST IS ENDLESS.

ENQUIRE FOR OTHER SPECIAL FARES : AFFINITY GROUPS, EXCURSIONS,
CHARTERS – LONDON, HONG KONG, SINGAPORE, FIJI OR
ANY OTHER PART OF THE WORLD.



Being IATA member we can issue your ticket for any air line while you wait



REMEMBER . . . ONE CALL DOES IT ALL !!!



VANCOUVER
324-2277

NORTH VANCOUVER
980-0351

VICTORIA
386-6363

BEST WISHES FOR HAPPY

DIWALI

NAIR CONSTRUCTION LTD.

13906 - 68th Avenue, Surrey, B.C.

CONSTRUCTION OF NEW HOUSES

BASEMENT IMPROVEMENTS AND

ALTERATIONS

REPAIRS AND RENOVATIONS

FOR FREE ESTIMATES AND ADVICE.

594-3765

588-2375

SHAN SAREES & KNITWEAR

IMPORTED SAREES – BRITISH SHIRTS – KNIT WEAR
CHILDREN WEAR – SUITS – FABRICS
NOTIONS

•
*EMBROIDERED SAREES AND SUITS
IS OUR SPECIALITY*

6658 Main Street

Vancouver, B.C.

V5X 3H2

Telephone.

Bus:321-0847

Res: 325-8342



the Permanent

CANADA PERMANENT TRUST COMPANY



Nalini Jobanputra

is pleased to announce the appointment of Miss Nalini Jobanputra as a member of the sales staff of it's Richmond office located at 674 No. 3 Road, Richmond.

Twenty - Two years old, Nalini Jobanputra, daughter of Mr. Jaysukh Jobanputra of Kampala, Uganda has been in Canada since 1973.

She is also an active member of the Gujrati Society of Greater Vancouver.

Are you looking for a house that you can call a home?
Or are you thinking of selling your property ? Get
some professional help ! Contact:
NALINI JOBANPUTRA at 273 - 3161 or 435 - 9742

LISTEN TO INDIA TODAY & TOMORROW

Your favourite Hindi and Punjabi Radio Program

ON
KLYN - FM 106.5 MHz STEREO
EVERY MONDAY TO FRIDAY 10 P.M. TO MIDNIGHT
EVERY SATURDAY 10:30 P.M. TO MIDNIGHT
EVERY SUNDAY 10 P.M. TO MIDNIGHT

ON
KERI - FM 104.3 Mc STEREO
EVERY SUNDAY MORNING 7 A.M. TO 9:30 A.M.
The programme consists of latest Indian music,
cultural programme, also news from India and
local community.

We will be happy to provide the opportunity to any member of the community to offer felicititious message to friends and relatives on auspicious occasions such as marriages, birthdays, etc.

We will also welcome businessmen and firms who wish to advertise their services and products. Interested parties may contact our office for further information on advertising rates and advice in making up the best possible advertisement for you.

SPONSORED BY INDIA NEWS & VIEWS

PUBLICATION SERVING NORTH AMERICA SINCE 1954

OFFICE:
2301 Main Street
Vancouver, B.C., Canada

TEL: 873-3878-9
TELEGRAM:
INDIA NEWS

MAILING ADDRESS:
P.O. Box 24658, Vancouver
B.C., Canada V5T 4E2

OUR MANY MANY THANKS

*Sudesh Kalia,
Chairman, Cultural Committee*

Five years back, our great City of Vancouver having a population of 30,000 East Indians was almost dead so far as the Cultural activities are concerned. The new generation of Indians, who were the new migrants to Canada, brought with them, not only the new trades and professions but also new ideas of our cultural and rich heritage. My thoughts go to the five main pioneers of our cultural activities in Vancouver: Dr. Goel, Gope Shewa, Sushma, Miss Rani Gill and Mr. Khub Samtani. I have found real love for our Indian Culture in their blood and their continuous efforts have kept our cultural activities alive.

Hindu Parishad has grown and the growth has brought us on the stages of the magnificent auditorium of Queen Elizabeth Theatre.

This time, many things are being attempted for the first time. Our young artists will get tremendous ovation. But as I am also duty bound, I wish to congratulate all the artists and my dear friends and comrades who have worked behind the scenes. Dr. Goel's big brotherly guidance, Sushma's highly commendable co-operation, Nimmi and Guddi's most creative works and behind the scene inspiration of Khub Samtani and Gope Shewa are the most noteworthy things which need our special praise.

Thakore family members, Ravi Mathur, Mr. Jehman, Nick Nicholson Fraser and Mr. Chandermouli are the artists behind the curtain. This spectacular show is the joint effort of these creative artists.

We welcome Shamsudin and Khurshid the singers having magical voice who have graced the Hindu Parishad's Diwali function first time. We also welcome Raman Khanna, a great mimicry artist from Fiji.

Ashok Sharma's drama troupe needs our special thanks. Suresh Desai and Miss Nirmala Mistry have dramatic talent which very few drama artists can match.

Nimmi's Natraj Dance troupe has given new dimensions to the cultural horizon of Vancouver. Her dynamic students are the blooming rose flowers of our cultural garden.

I am also thankful to other cultural groups specially Punjab Cultural Association, Raas group and Hawaiian Dance Group for agreeing to give performances.

My special thanks to the very co-operative and understanding Board of Directors of Hindu Parishad and also those who have participated in the past and the present Diwali functions specially Mrs. Suman Menrai, Mrs. Karuna Gupta and William Hoare family.

Last but not least, I thank all our esteemed advertisers and M/S Bains International Travel Service who have given free return trip ticket to India on our lucky ticket draw contest. Also thanks to Kanya Enterprises donating the prize for Diwali Queen.



A.A.R. ENTERPRISES

404 - 402 WEST PENDER - 684-3928

We SELL or RENT

TYPEWRITERS
CALCULATORS
CASH REGISTERS
FURNITURE
STATIONERY

RUBBER STAMPS
DESKS
CHAIRS
CABINETS
CHEQUE WRITERS

PERSONAL SERVICE by:
RAMESH BAYHANI

"WE COME TO YOU"

CALL 684 - 3928

"EVERYTHING FOR THE OFFICE"

Real Estate



**Are you
buying or
selling?**

The Key to a successful trasaction with
Service & Satisfaction to you is with

SUKH KHOSLA

Diamond Club Award Winner

Res: 524-2859

Off: 291-2881

BLOCK BROS REALTY.

Serving you in

BRITISH COLUMBIA, ALBERTA, MANITOBA, and ONTARIO



KARNAIL NAGRA

I'll be there

BUSINESS INSURANCE
PERSONAL PENSION PLANS
EQUITY INVESTMENT PLANS
MORTGAGE INSURANCE
EDUCATION INSURANCE
TAX SAVING PLANS

Say you are insured with Canada Life.
Say you have a question or a problem.
All it takes is a call and I'll be there.
When I make a sale, my service does not
stop. I'm available whenever you need
advice or help. For service of this type,
and coverage of all types, please call me.

Bus: 524 - 2272

Res: 327 - 3579



THE CANADA LIFE ASSURANCE COMPANY

VHP

BOARD OF DIRECTORS



DR. SHADI KHANNA
President



DR. D.P. GOEL
Past President



RAJ KAPAHI
1st Vice President



NATVAR L. THAKORE
2nd Vice President



KHUB SAMTANI
Secretary



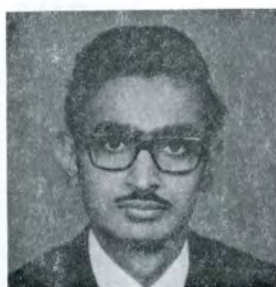
HARI VARSHNEY
Treasurer



SUKH KHOSLA
Public Relations



SHIAM S. SEHGAL
Newsletter Editor



MAHESH SWALI
Joint Secretary



GIRDHARLAL GADHIA
Joint Treasurer



B.S. NAIR
Renovation and Building



Mr. SUDESH KALIA
Cultural Programmes



Mr. RAJKRISHNAN
Kirtan Programmes



KAMLESH BALI
Youth Activities



G.D. PARASHAR
Director



Mr. CHANDRAMOULI
Director

JAY PARMAR

Director at page 42

Mrs. LEELA MATHUR
Women's Activities



SUSHMA
MASTER OF CEREMONY



Students of Natraj School

HAWAIIAN DANCE GROUP



NATIONAL ANTHEMS	
PRESIDENT'S SPEECH	
GUEST OF HONOUR	
DIWALI INVOCATION	
INTRODUCTION OF MASTER OF CEREMONY . SUSHMA	
DIPAVALI DANCE	
TEMPLE DANCE	
FOLK DANCE	
COMEDY SKIT	
HAWAIIAN DANCE	
MEERA-BAI BALLET	
INTERMISSION (10 MIN)	
LUCKY DRAW	
NAAG & MAYUR NRATYA (Snake and Peacock Dance)	
SELECTION AND CROWNING OF DIWALI PRINCESS	
MIMICRY	
MUSICAL FEAST	
THANKS	

CULTURAL PROGRAMME COMMITTEE

SUDESH KALIA, Chairman
 DR. D.P. GOEL, Co-Ordinator
 RAVI MATHUR
 ARVIND THAKORE
 SUSHMA
 NIMMI BALI
 KAMLESH BALI
 RAJ KRISHNAN
 P. CHANDERMOULI
 NAND JEHMAN
 DR. SHOBA KHANNA

VHP

BOARD OF DIRECTORS



DR. SHADI KHANNA
President



DR. D.P. GOEL
Past President



RAJ KAPAHI
1st Vice President



NATVAR L. THAKORE
2nd Vice President



KHUB SAMTANI
Secretary



HARI VARSHNEY
Treasurer



SUKH KHOSLA
Public Relations



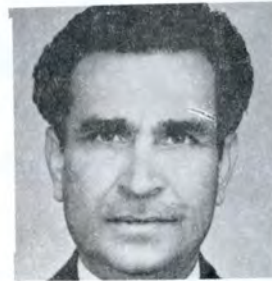
SHIAM S. SEHGAL
Newsletter Editor



MAHESH SWALI
Joint Secretary



GIRDHARLAL GADHIA
Joint Treasurer



B.S. NAIR
Renovation and Building



Mr. SUDESH KALIA
Cultural Programmes



Mr. RAJKRISHNAN
Kirtan Programmes



KAMLESH BALI
Youth Activities



G.D. PARASHAR
Director



Mr. CHANDRAMOULI
Director

JAY PARMAR

Director at page 42

Mrs. LEELA MATHUR
Women's Activities



SUSHMA
MASTER OF CEREMONY



Students of Natraj School

HAWAIIAN DANCE GROUP



NATIONAL ANTHEMS	
PRESIDENT'S SPEECH	
GUEST OF HONOUR	
DIWALI INVOCATION	
INTRODUCTION OF MASTER OF CEREMONY . SUSHMA	
DIPAVALI DANCE	
TEMPLE DANCE	
FOLK DANCE	
COMEDY SKIT	
HAWAIIAN DANCE	
MEERA-BAI BALLET	
INTERMISSION (10%)	
LUCKY DRAW	
NAAG & MAYUR NRATYA (Snake and Peacock Dance)	
SELECTION AND CROWNING OF DIWALI PRINCESS	
MIMICRY	
MUSICAL FEAST	
THANKS	

CULTURAL PROGRAMME COMMITTEE

SUDESH KALIA, Chairman
 DR. D.P. GOEL, Co-Ordinator
 RAVI MATHUR
 ARVIND THAKORE
 SUSHMA
 NIMMI BALI
 KAMLESH BALI
 RAJ KRISHNAN
 P. CHANDERMOULI
 NAND JEHMAN
 DR. SHOBA KHANNA

..... O CANADA & JANA MANA GANA
 DR. SHADI KHANNA
 HON. JAMES NIELSEN,
 Minister of Environment
 PANDIT GIANCHANDRA SHASTRI
 PRESIDENT
 DIRECTION: MISS NIMMI BALI
 DANCERS: JANICE BROWN, DAYAL
 NAYAR, ANNE HOARE, NINA MENRAI,
 NEENA MAKHYANI, SEJAL GADIA,
 SEEMA DESAI, CHARN GUPTA, SONNA
 ISRANI, SHILDA BODANI
 DANCERS: ALKA GOEL, DOLLY SHEWA,
 SHALINA VIRANI, SANGEETA CHAUBE,
 SARITA CHAUBE
 GIJARATI SOCIETY OF B.C.
 SURESH DESAI, NIRMALA MISTRY,
 JASWANT KAUR
 CAROLINE FATIAKI AND PARTY
 NATRAJ DANCE SCHOOL
 (Special Effects: Nick)
 FREE TRIP TO INDIA
 (Courtesy: Bains International Travels)
 NATRAJ DANCE SCHOOL
 DIRECTION: MISS KAMLESH BALI
 RAMAN KHANNA FJSI
 KHURSHID AND SHAMSHUDIN JAMAL
 RAJ KAPAHI, First Vice-President

STAGE MANAGERS

RAVI MATHUR
 P. CHANDERMOULI
 ASHOK SHARMA



NIMMI BALI



SURESH DESAI

Shamshuddin jamal



RAMAN KHANNA



Students of Natraj Dance School



RASHIDA
'Diwali Princess' 75



JAY PARMAR
Director



Temple.



"OUR BUDDING DANCERS"



HON. JAMES NIELSEN,
Minister of Environment,



1. MISS DOLLY SHEWA
2. MISS ALKA GOEL
3. MISS SHELINA VIRANI



HON. BILL VANDERZALM,
Minister of Human Resources,
Government of British Columbia,
giving away prizes at our "Holi" function.

- O CANADA & JANA MANA GANA
- DR. SHADI KHANNA
- HON. JAMES NIELSEN,
Minister of Environment
- PANDIT GIANCHANDRA SHASTRI
- PRESIDENT
- DIRECTION: MISS NIMMI BALI
- DANCERS: JANICE BROWN, DAYAL
NAYAR, ANNE HOARE, NINA MENRAI,
NEENA MAKHYANI, SEJAL GADIA,
SEEMA DESAI, CHARN GUPTA, SONNA
ISRANI, SHILDA BODANI
- DANCERS: ALKA GOEL, DOLLY SHEWA,
SHALINA VIRANI, SANGEETA CHAUBE,
SARITA CHAUBE
- GIUJARATI SOCIETY OF B.C.
- SURESH DESAI, NIRMALA MISTRY,
JASWANT KAUR
- CAROLINE FATIAKI AND PARTY
- NATRAJ DANCE SCHOOL
(Special Effects: Nick)
- FREE TRIP TO INDIA
(Courtesy: Bains International Travels)
- NATRAJ DANCE SCHOOL
- DIRECTION: MISS KAMLESH BALI
- RAMAN KHANNA
- KHURSHID AND SHAMSHUDIN JAMAL
- RAJ KAPAH, First Vice-President

STAGE MANAGERS

RAVI MATHUR
P. CHANDERMOULI
ASHOK SHARMA



NIMMI BALI



Shamshuddin jamal



SURESH DESAI



RAMAN KHANNA



Students of Natraj Dance School



RASHIDA
'Diwali Princess' 75



JAY PARMAR
Director



Temple.



"OUR BUDDING DANCERS"



HON. JAMES NIELSEN,
Minister of Environment,



1. MISS DOLLY SHEWA
2. MISS ALKA GOEL
3. MISS SHELINA VIRANI



HON. BILL VANDERZALM,
Minister of Human Resources,
Government of British Columbia,
giving away prizes at our "Holi" function.

VEDIC LIGHT

Bhim Sen Nair

THE ARYA SAMAJ was founded by MAHARISHI SWAMI DAYANAND SARASWATI, in Bombay, on the 7th of April 1875, at the time when Indian nationhood was at a point of destruction from foreign domination. Hinduism was shackled by crude religious beliefs, witchcraft, economic poverty, suppression, superstition and fear. SWAMI DAYANAND waged a relentless war against these prevailing EVILS and roused the Hindu Society from the age old indifference, apathy, slumber, frustration and laziness by his forceful and towering personality.

He was an impressive orator, an erudite writer, A GREAT REFORMER, a sound-minded YOGI, a learned scholar and religious preceptor who had translated and written a commentary on the ancient Hindu Scriptures, The Vedas into simple language, which could easily be understood by the common man.

Born in Tankara, in the Morvi state of Gujrat in the year 1824 A.D. in a distinguished and respected Brahmin family, he started learning the Sanskrit from early childhood and at the age of five gained sufficient knowledge of the language.

According to the theory of Minor Cause leading to great effect, which led Newton to discover the Law of Gravity from the falling of an apple from the tree to the ground, and which also made Prince Sidarath turn from his Palace to lead the world as the Great Lord Buddha, after observing death, an incident in an individual's life can give rise to new discoveries and inventions.

A similar incident in the Life of Swami Dayanand, who was named Mulshanker by his parents, at the age of fourteen, when he was observing penance in a Shiva Temple, at midnight on SHIVRATRI DAY, while others were dozing, changed his life and provided him with spiritual enlightenment to KNOW THE REAL SHIVA. His inquistiveness to attain this consciousness and realisation of the truth made him restless.

At the age of twenty, he left his home in search for knowledge and true wisdom, and in quest of solving the puzzling questions, by finding the true answers.

For months and years he wandered throughout the country, walking through all the holy places on the banks of the sacred rivers, had discourses with learned scholars and pandits and continued his journey in the snow clad Himalaya Mountains to find a real Guru or Teacher, who could quench his burning thirst for knowing the Real. He was ordained as a Sanyasi and thereafter because of his vast study in philosophy, The Theory and practice of Yoga and knowledge of the Vedas, he was conferred as a learned SWAMI. At long last after great trials and sufferings, he found a Guru in SWAMI VIRJANAND SARASWATI, who though old and blind from infancy was extremely well versed with the scriptures and most learned in mind and thought. SWAMI DAYANAND became his disciple and served This Untamable and Indomitable Sadhu (Saint) for two and a half years, receiving from him perfection of Vedic knowledge: "The True Hindu Way of Life."

When his study with his Guru was completed, Swami Virjanand made Swami Dayanand take a VOW, as Guru Dakshna (Tuition Fees) to devote his life in the service of Mankind to preach the real ancient Vedic religion and to disseminate the Truth.

Swami Dayanand immediately began to preach and travelled throughout the length and breadth of India to awaken the Hindus, in obedience to his Guru's wishes and his mission gained strength and his campaign spread like fire throughout India and the connected world. He pronounced the ten Principles of Arya Samaj, which are Universally applicable to all the Human beings living in this world. They are as follows:

1. God is the primary source of all true knowledge and of all that is known by its means.
2. God is Existent, Conscious, All-beatitude, Formless, Almighty, Just, Merciful, Unbegotten, Infinite, Unchangeable, Beginningless, Incomparable, the support of all, the Lord of all, All-pervading, Omniscient and Controller of all from within, Evermature, Imperishable, Fearless, Eternal and Creator of the Universe. To Him alone is worship due.
3. The Vedas are the scriptures of all true knowledge. It is the paramount duty of all Aryas to read them, to teach them (others) and to hear them read, to recite them (others).
4. All persons should be ever ready to accept truth and renounce untruth.
5. All acts ought to be performed in conformity to Dharma, i.e., after due consideration of right and wrong.
6. The prime object of Arya Samaj is to do good to the world, i.e., to ameliorate physical, spiritual and social conditions of all men.

7. All ought to be treated with love, justice, righteousness and due regard to their merits.
8. Ignorance to be treated with love, justice, righteousness and due regard to their merits.
9. No one should remain content with his own well-being but on the contrary he should regard his well-being lying in the well-being of others.
10. In matters affecting well-being of the society, the individual should subordinate his personal likings, in matters affecting him alone, he is to enjoy the freedom of action.

Among many social reforms inspired by Swami Dayanand, the following are some very note worthy contributions to the Indian Sub-Continent and for which he has been paid high tribute by Political, Religious and Philosophical Leaders of the world, which include, Pandit Jawaharlaal Nehru, Mahatama Gandhi, Sri Aurobindo Gosh, Rabinder Nath Tagore, Lokmania Tilak, Romain Rolland, C.F. Andrews, Lala Lajpat Rai, Prof. Max Muller, Lady Anne Beasant, Subash Chandra Bose, Prof. Sidney Webb, Mrs. Indira Gandhi and many others.

1. Denounced caste system based on inheritance or birth as anti-vedic and unethical.
2. Declared child marriages as unnatural and degenerating.
3. Fought against untouchability as a curse on the good name of the Aryans.
4. Promoted a rightful place for women in Indian Society.
5. Advocated education and reading of Vedas by women.
6. Inspired the spirit of Independence and Freedom in the Country.
7. Strived hard to bring about unity amongst the Hindus and harmony throughout the world.
8. Declared that acceptance of members in the society irrespective of cast, colour and creed and introduced the theory of purification, Shuddhi and reconversion.
9. Introduced the Gurukul System of Education.

Finally Arya Samaj is not a religion as wrongly conceived by some, but it is a way of life based on the teachings of the Vedas. There is no better democratic system that has its roots and branches so well organised as those of this noble institution.

In short ARYA SAMAJ stands as a watchdog of the Hindu religion and serves to preserve the true essence of truth and virtue.

On this auspicious Diwali Festival, I wish to convey my personal warmest greetings and best wishes for a happy and prosperous New Year.



FESTIVALS

T. Raj Kapahi

Every nation has its own festivals, its own modes. Though nations may be placed far apart and their cultures may appear to be totally different from one another a comparative study of the festivals celebrated all over the world leads us to the understanding that there is some underlying current which unifies the thought processes of various communities in formulating festivals.

Festivals have not only deep and ancient foundations but also fulfill quite a number of useful practical purposes. The sole aim and purpose of all festivals is to compose the differences between the various component units of a society, promote opportunities for co-operation, and weld the society into one composite unit.

Diwali symbolises the triumph of good over evil, it brings families and friends together in happiness. This is a time to take stock and kill one of our demons within – anger, jealousy, greed, envy, selfishness, impatience, pride and vanity.

May Diwali bring happiness, kindness, prosperity and fill our hearts with love.

The clock struck five. The endless clatter of typewriters dwindled to a halt and people began dispersing saying an absent-minded goodnight to one another. Ramesh clicked his brief case shut, said, "See you tomorrow" to the girl in the cubicle next to his, and strode out to the hallway to wait for the elevator.

As usual, there was a queue at the bus stop. While waiting for a bus on this summer evening, Ramesh could not help feeling frustrated with the hectic and continuous rushing of people and the bothersome ever prevalent gasoline fumes. A bus lurched to a stop. Ramesh boarded the bus which again had standing room only. For forty-five minutes, the groaning bus jolted him about. It was with a sigh of relief that he stepped off the bus.

At last he was away from the bustling city! Ramesh was single and lived in a mobile home which was situated by the seaside. Turning the key in the locks, Ramesh opened the front door. He sat on his bed and kicked off his shoes. His trapped feet rejoiced at feeling the fresh air. He loosened his tie and pulled it off. As he slowly relaxed, he could hear the peaceful murmur of the ocean. After the repetitious metallic clicking of office typewriters and after the sound of the screeching city automobiles, the melody of the ocean was inviting. Donning his shorts, Ramesh went out to the beach barefeet. The breeze ruffled his hair and his face widened into a smile. Here, he felt he was one with nature.

Slowly he walked along the beach as the waves came lapping in, sometimes washing over his feet. He came to a nearby log and sat down facing the ocean. He gazed out at the infinite expanse of water. Immeasurable peace descended upon him. The rolling endless stretch of water reminded Ramesh of the vast infinite nature of God. The sun, a red ball of flame, was now dipping into the water. The sky was a rosy magenta. In fascination, Ramesh looked at this glorious scene. He pondered subconsciously that very great indeed must be the Creator of this magnificent evening. Spontaneously, a prayer rose from his heart, "God, thank you for this life, thank you for everything. O Almighty God, humbly I bow before Thee."

The sun had set, but there was still a mellow glow in the sky. Physically, mentally and spiritually revived, Ramesh walked back to his mobile home under a starry sky. A cool breeze was blowing and the ocean continued its eternal song.



K.V. Narayan

THE LIGHT FROM INDIA आर्षदीपम्

The basic aim of all sciences is to bring more and more happiness to life. Every piece of knowledge obtained is an additional step towards this goal. Modern scientists seek to understand this universe through reason based on knowledge derived from sense organs. But just as only a small portion of iceberg is visible above water, only a small portion of the entire universe and Man is available to the senses, no matter how great their powers may be. In other words, there are areas of knowledge with vital importance which modern science can not enter. Hence, solutions to the problems which are beyond the scope of the ordinary faculty of sense organs must come from some other source.

This gap is well filled by the religion. "All true religions spring from life, exist in life and their fulfillment is in life. A religion with no implicit connection with life will be of no use for living and since we are living, will be of no use to us", says Swami Chinmayananda in his Kathopanishad commentary. Our ancient Rishis too observed the nature and obtained knowledge about Man and the universe. They realised that however elaborately and wonderfully well we may organise our little world, unless we know ourselves, we cannot be mentally happy. They declared that same as the qualities of a small lamp and a big fire are the same, the qualities of the Atman and Paramatman or Parabrahman are the same अहं ब्रह्मास्मि

(Aham Brahmasmi). As per them, this self realisation is the only aim of life. तत् को मोहः कः शोक एकत्वमनुपश्यतः For him who realises the oneness where are the desires? where are the sorrows? Moreover स मोदनीयं हि लब्ध्वा having attained the most desirable thing, he rejoices for ever. This knowledge is the only light which can enlighten us. The Kathopanishad says तस्य भासा सर्वमिदं विभाति

— By His light, all these shine." No better light could be ever lit. So more than lighting the earthen lamps, during Diwali, let us try to realise this light. —The Atman.

That word which all the Vedas declare, which all austerities proclaim and which men desire when they lead the life of religious students — that Word, I tell you briefly — It is Aum

DIWALI GREETING

KEMP & Co LIMITED.

House of Textiles.



FINEST WOOLLEN SUITING – SCOTTISH TARTANS

If you plan to go to India, you must visit our showrooms, for finest selection of English Woollen suitings. It pays to tailor in India.



Just unpacked — latest designs in
suiting for "Bridegrooms to be"
Arrangements made for made to
measure suits with expert cut &
trim home.

522 West Hastings Vancouver B.C. V6B 1L6

Phone: (604) 684-4245

Opp. Harbour Centre



MARS REALTY LTD.

1437 KINGSWAY, VANCOUVER, B.C. V5N 2R6 • PHONE 872-0131 (24 HRS.)



BUYING OR SELLING

1. Homes, new or old
2. Revenue or Apartments
3. Mortgages

For Free evaluation or Refinancing

Contact: **DARSHAN BRAR**

Bus: 872 - 0131

Res: 433 - 3334 or

682 - 0511 Pager #3948

Member of Medaillon Club, Master Member, Top selling salesman
on M. L. S. 1975.

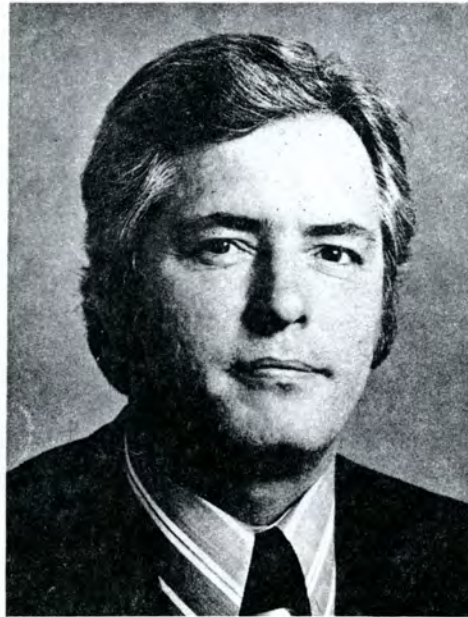
LESS GOVERNMENT - NOT MORE



ELECT



PATRICK F. GRAHAM



**FOR ALDERMAN
CITY OF VANCOUVER**

**Telephone: 736-0251 Bus.
261-0844 Res.**

A NEW VOICE AT CITY HALL

Ad. paid by: Committee to elect Patrick F. Graham

**EAST INDIAN CUISINE
IN
EAST AFRICAN STYLE**

by

INDIA TEA CENTRE

Featuring

SAMOSAS, KABABS, KACHORI, BHAJIA, CUTLETS, BHEL, etc. etc..

SUNDAY to THURSDAY from 10.30 a.m. to 10.00 p.m.

FRIDAY to SATURDAY from 10.30 a.m. to 11.30 p.m.

MONDAY .. CLOSED

watch for our daily varieties of curries & chicken on
SPECIAL

**CHICKEN TIKA
&
MISHKAKI**

SATURDAY SPECIAL

KUKUPAKA & PAROTHA

SUNDAY SPECIAL

CHICKEN BIRIYANI or VEGETARIAN THADI

Takeaway Orders & Party Orders - - - Phone 669-4641

Come and Enjoy the exotic dishes / snacks of India and Africa
at one location only.

1335 ROBSON STREET, VANCOUVER, B.C.

FREE DELIVERY IN THE WEST END.

*For Complete Travel Arrangements
by*

AIR ~ LAND ~ SEA

Call

Phone:

584-1411

584-1515

FOURWAYS TRAVELS LTD

9341-120th STREET, DELTA

(Scott Rd)

SERVICE & SATISFACTION IS OUR MOTTO

**KHUB Samtani &
DRU Samtani**

Wish a Happy Diwali

to

All the Members

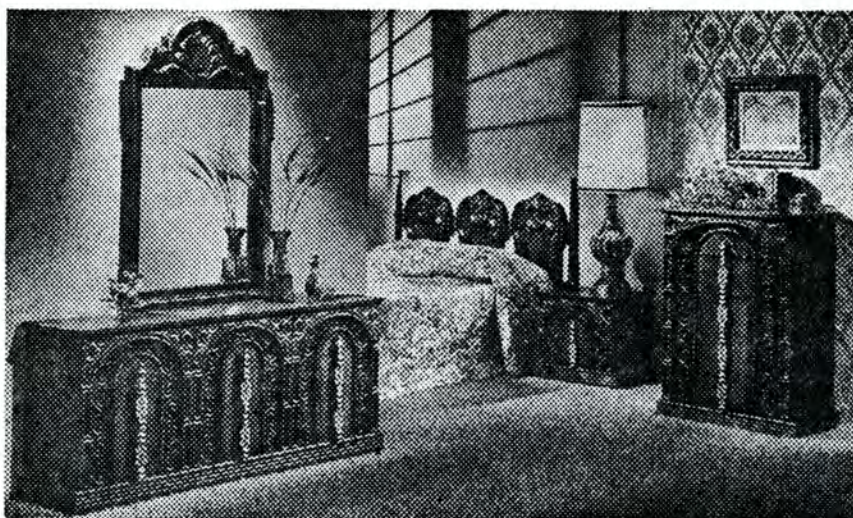
of

VISHVA HINDU PARISHAD



BUY OF A LIFETIME

TRUCKLOAD OF MEDITERRANEAN BEDROOM SUITES JUST ARRIVED



**Tripple Dresser, Chest, Queen-Size
Headboard, Mirror and 2 Nite Tables**



6 Pcs. \$ 528.00

LIMITED SUPPLY

AVAILABLE



OPEN SUNDAY NOON to 5:30 p.m.

FINANCING AVAILABLE

GILL'S

FURNITURE — APPLIANCES
CARPET — DRAPES
COLOR TV's — ETC.
Lots of Free Parking in Rear

4678 Main St. at 30th Ave. 872-8478

SWAMI MUKTANANDA PARAMAHANSA AND SIDDHA YOGA

Compiled by a devotee of Swamiji

YOGA means union with that from which we have become alienated: the Supreme Being. God, the inner Self. It is also a method of achieving that union. There are different Yogas: Jnana Yoga, Bhakti Yoga, Karma Yoga, Hatha Yoga, Raja Yoga. There is one Yoga which encompasses all other Yogas and is called SIDDHA YOGA.

Siddha Yoga is the Yoga received from a Siddha, a perfected being, one who has realized his union with God. By virtue of this realization, a Siddha is the direct channel for the dispensation of divine grace.

Such a Siddha Guru is Swami Muktananda Paramahansa, affectionately known as Baba. He is the spiritual head of Shree Gurudev Ashram, Ganeshpuri (Maharashtra), Siddha Yoga Dham, New Delhi and Siddha Yoga Dham of America. These and other spiritual centers in Canada, UK, Australia, Europe and Africa have been set up for the upliftment of seekers.

Swami Muktananda Paramahansa was born on May 16, 1908, in a rich and pious family, in the vicinity of Mangalore, Mysore State. From his boyhood he was imaginative and highly intelligent, but academic education did not appeal to him the least; nor did any theories or dogmas interest him. The turning point came in his life, through an incident which at the age of fifteen, brought him face to face with the AVADHOOT, Bhagwan Nityananda, who embraced him and gently stroked him on the cheeks. Within six months after this incident he left home in quest of God.

The invisible hand of God guided him to the Math of Siddharudha Swami, in Hubli, South India. Here he took SANYASA and studied the elements of Vedanta and Yoga. Soon after the Mahasamadhi of Siddharudha Swami, he left Hubli and then began his lone wanderings in search of Reality. For years, he roamed from place to place, visiting many a center of pilgrimage, meeting various Saints, Sadhus and Siddhas trying to know and realize the secret of the Ultimate Truth. He found none who would awaken his soul to the tune of the infinite. However, he had the blessings of two great saints, Zipruanna of Nasirabad and Harigiri Baba of Vaiapur.

As ordained by Divine Will, his restless and rebellious spirit found inner peace and tranquility on meeting Bhagawan Nityananda, at Ganeshpuri in 1947. It was a sort of reunion of the two after a lapse of about 25 years. Swamiji received the divine grace of his Guru in the form of Shaktipat Diksha; and after intense tapasya and sadhana of about nine years, he attained the ultimate goal. By the end of 1956 Swamiji was told by Bhagawan Nityananda to settle down in Ganeshpuri. Bhagwan attained Mahasamadhi in August 1961. The Guru and the disciple were thus together for nearly five years and worked in unison towards fulfillment of the divine mission. Swamiji named his Ashram as Shree Gurudev Ashram to perpetuate the sacred memory of his beloved Guru.

The mission of Swamiji's life is to awaken divine consciousness in the aspirants and further their spiritual development. The sadhana at the feet of an adept Guru is known as Siddha Yoga. Swamiji is a great exponent of this Siddha Yoga.

Those who receive his grace experience purification on all levels of being. In due course, the blocks which keep one from the constant experience of his own divinity are removed and one recognizes one's true self as God. This is also known as the awakening of Kundalini Shakti. Kundalini is the great conscious energy or shakti which creates everything in the entire universe. It is the essence of every living thing. The kundalini energy in man lies dormant at the base of the spine. Awakening this energy is the goal of all spiritual practices, all yogas, since until this force is activated man remains unaware of his own true nature. He continues to look for happiness outside himself and finds only frustration. Once the kundalini awakens, man discovers true happiness within. He becomes aware that he is Shakti, that he is God and everything else in the universe is God, too. His response to his physical environment and to his fellow man becomes positive and he discovers extraordinary contentment within himself.

Once the kundalini is awakened, the Siddha Guru helps and protects the disciple, nurturing his flame until he achieves perfection. The Siddha disciple undergoes spontaneous purification and strengthening processes which may involve all forms of yoga. This is why Siddha Yoga is known as Maha Yoga. After the awakening, the seeker may spontaneously execute many Hatha Yoga postures; he will find his heart filled with devotion and gratitude as in Bhakti Yoga; as in Raja Yoga his mind will become calm and concentrated, or he will be able to perceive subtle and profound truths and spiritual insights will arise of their own accord as in Jnana Yoga or he will meditate spontaneously as in Dhyana Yoga. The experiences differ from individual to individual. The summit, however, is the same for all — the perception of God everywhere in everything and every creature.

The glory of Siddha Yoga lies in its naturalness and its spontaneity. It does not involve severe austerities, asceticism, repression or painful exercises. Nothing is imposed from outside. You do not have to renounce normal life in society. Yoga would have no meaning if it could not be practiced under ordinary conditions of day-to-day existence. To a Siddha Yogi the worldly is the spiritual and the spiritual is the worldly. His daily life is his sadhana, his spiritual practice and worship.

Not many qualifications are required for Siddha Yoga. It is enough to be sincere, earnest and to feel love and affection for the Siddha Guru. It is, however, necessary to maintain a personal link with the Guru. The Guru-disciple relationship is established through vital contact with a living Sadguru. This link may be fashioned simply by attending any one of Swamiji's many meditation centers. His grace functions in many ways, even in his physical absence and a seeker may receive it by reciting the mantra which is given at the centers or by attending one of the Meditation Intensives where trained teachers have been authorized by Swamiji to give his touch and act as channels for the transmission of his grace.

It is important to realize that the grace of a fully God realized master like Swamiji is indeed all-pervasive and does not depend upon being in his actual physical presence. He is accessible to all. Those who come into contact with him either physically or through one of the many centers which he has established in North America will certainly feel the impact of the subtle influence he exerts for the welfare of all beings. By the divine grace of Swamiji, one is able to attain inner peace and enlightenment. Swamiji has reached that spiritual height where oneness of the Self is experienced everywhere and duality does not exist. Yet he manages to come down from such heights to talk, laugh and mingle with people who come to him.

Swamiji as a true Guru or Sadguru is nothing less than the Divine made manifest for the upliftment of all who seek Truth and Love. The fact that the Sadguru appears in the form of a man here upon the earth is living proof that this world is as much a part of God as any other and he is here for just such a purpose — to show us that God dwells right within ourselves.

As the poet-saint Kabir put it, "Everyone knows that the drop is contained in the ocean, but hardly anyone knows that the ocean is contained in the drop."

While in Vancouver

... Take out or



Eat at

RAJA RESTAURANT

LICENSED

7271 Main St., at 57th Avenue

325-5014

WE CATER

BEST EAST INDIAN - CANADIAN FOOD & SWEETS

To: PRIVATE PARTIES AND FUNCTIONS — WEDDINGS

Lunch & Dinner 7 DAYS

Try our Special: TANDOORI CHICKEN & SUPER LUNCH



*Best Wishes for DIWALI
from*

MANAGEMENT & STAFF

Burnaby Main Branch

4568 Kingsway, Burnaby, B.C., V5H 2E2

**12 of our
most helpful
services
in one
convenient
package
to help you keep
those promises
you've made to
yourself.**



ROYAL BANK
serving
British Columbia



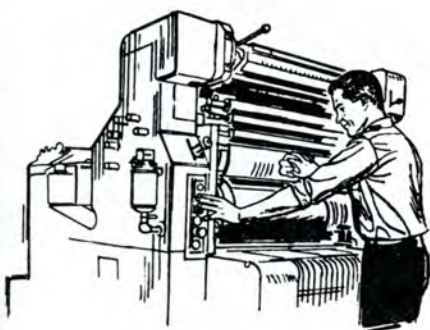
ARTISTIC PRINTERS & STATIONERS LTD.

***Serving your printing needs, from
concept to finished products.***

QUALITY plus SERVICE

ALL GOOD WISHES
FOR A HAPPY DIWALI AND
A PROSPEROUS NEW YEAR

ADVERTISING &
PROMOTIONAL IDEAS
SCREEN-OFFSET
LETTERPRESS PRINTING
DESIGN &
PHOTOGRAPHY



For Service Please Call

682-3947

HARSHAD PATEL

**Now moving to a bigger location
to serve you better
444 Dunsmuir St.,
(Opp. Main Post Office)
Vancouver**

Travel **ENCORE**

Vancouver, B.C. V5N 3L8

Tel. (604) 879-4677-8-9

Home (604) 273-9979



ENCORE
Travel

Dear Sir/Madam:

This letter is to introduce myself and my services to you and/or to renew our previous relationship.

We are a team of five experienced travel consultants to serve you in any aspect of travel to anywhere, by any means.

We can offer you lowest rates to INDIA, PAKISTAN, FIJI, AFRICA, ENGLAND, HONG KONG, JAPAN, SINGAPORE or to any part of the world.

We have special tours and complete travel packages and plans (i.e., transportation, hotels, tours, car rentals, etc.) to vacation spots such as Hawaii, Mexico, California, Las Vegas and Reno, as well as many others.

We can offer assistance in passports, citizenship applications, visas, immigration advice, as well as any other travel-related questions you may have.

We hold ticket stock for all major airlines and can issue your tickets while you sit and enjoy the pleasant atmosphere of our office.

Give us a chance to serve you and we know you will be satisfied.

Certain of your patronage, I am

HARDIAL S. PARHAR

HAPPY DAWALI

WITH COMPLIMENTS OF

KINGSWAY



TIME TO RE-TIRE

TIRE DISCOUNT CENTRE SURREY

13374 KING GEORGE HWY, SURREY, B.C.

PHONE: 581 - 0823



NORTH AMERICAN LIFE ASSURANCE COMPANY

1170 - 777 Hornby Street, Vancouver, B.C., V6Z 1S8

OVER 8 BILLION OF INSURANCE IN FORCE
FOUNDED 1881 - A MUTUAL CO.

**"I've got a plan to help you
build a better tomorrow."**

REDUCE YOUR INCOME TAX AND BUILT
A GUARANTEED PENSION

My Company Offers -

1. All Forms of Registered Retirement Plans
2. Complete range of Business Insurance
3. Personal Insurance - Permanent and Term
4. Educational Contracts for Children
5. All Types of Company Fringe Benefits
- Group Life, Disability and Pension.

It gives you two things that don't show up on a policy.
Freedom. To do what you want, when you want, for as
long as you want. And peace of mind. That starts the
minute you let me build you a tomorrow.



Sudesh Kalia

H. E. HARRISON
CLU
Manager.

MAKE THAT CALL NOW

BUS: 685-9335
Res: 254-5837

FOR BEST SERVICE & QUALITY FOODS REMEMBER

YOUR FAMILY FOOD STORE

NEW SPICELAND

4532 MAIN STREET, VANCOUVER, B.C.
(Main at 29th)
V5V 3R5

Operated By Mr. & Mrs. Gupta

*All Kinds of Indian Groceries Available at Reasonable
Prices with Better Quality*

SPECIALTIES:

Fresh Vegetables From Fiji

Indian Music Records and Eight Track Cassette Tapes

Cooking Utensils Etc., Etc.,

Monday - Wednesday	10.30 A.M. to 8 P.M.
Thursday-Friday	10.30 A.M. to 9 P.M.
Saturday	10.30 A.M. to 7 P.M.
Sunday	11.00 A.M. to 4 P.M.

FREE DELIVERY IN GREATER VANCOUVER
OUT OF TOWN ORDERS ALSO SUPPLIED

CALL NOW

Business 874-6624 Residence 873-2803

SPECIAL DISCOUNTS ON BULK ORDERS.

Happy Diwali

Some Useful & Handy Information..

HINDU TEMPLE

3885 Albert Street, Burnaby	299-5922
President	224-4497
Secretary	526-8488

SIKH TEMPLES

8000 Ross Street, Vancouver	324-2010
11th Avenue, Vancouver	876-7730
New Westminster	521-6933

EMERGENCY CALLS

	Vancouver	Burnaby	N.&W. Van.
Ambulance	911	872-5151	988-1188
Fire	911	291-1234	985-5323
Police	911	299-8822	988-4111
Poison Control	874-5000	434-2600	988-3131
Crisis Intervention	733-4111		278-9711

HOSPITALS

Burnaby General Hospital	434-4211
3800 Ingleton, Burnaby	
Children's Hospital	327-1101
250 W. 59th, Vancouver	
Grace Hospital	874-3454
26th & Heather, Vancouver	
Langley Memorial Hospital	534-4121
22051 Fraser Way Hwy., Langley	
Lions Gate Hospital	988-3131
230 E. 13th, North Vancouver	
Richmond General Hospital	278-9711
700 Westminster Hwy, Richmond	
Riverview, Essondale	521-1911
Coquitlam	
Royal Columbian Hospital	522-2771
330 E. Columbia, New West.	
Shaughnessy	876-6767
4500 Oak, Vancouver	
St. Paul's	682-2344
1081 Burrard St., Vancouver	
Surrey Memorial Hospital	581-2211
13750 - 96th Ave., Surrey	
Vancouver General	876-3211
855 W. 12th, Vancouver	

GENERAL

B.C. Automobile Association	732-3911
999 W. Broadway, Vancouver	
B.C. Ferries - Passenger Information	669-1211
1045 Howe St., Vancouver	
B.C. Hydro Transit Information	261-2261
B.C. Highway - Road Conditions	277-0112
1245 Montith, Richmond	
General Weather Information	273-8331
Dial-A-Dietitian	254-7821
Travel Information Centre	681-5177
652 Burrard St., Vancouver	
Vancouver International Airport	273-4681
Vancouver Visitor's Bureau	682-2222
650 Burrard St., Vancouver	
B.C. Hydro - Lost Property	681-0254
690 Beatty St., Vancouver	
B.C. Hydro - Trouble (gas or electric)	684-4512
Bus Passes for elderly (call at no charge)	Zenith 2406
Canada Post Office - Customer Service	666-3531
349 W. Georgia St., Vancouver	

CONSULATE GENERAL OF INDIA

325 Howe Street, Vancouver .. 681-0644

CP CN (for sending telegrams or cablegrams)	681-4231
Vancouver Public Library (main branch)	682-5911
750 Burrard St., Vancouver	
Real Estate Board of Greater Vancouver	736-4551
1101 W. Broadway, Vancouver	
Insurance Corporation of B.C.	665-2800
1055 W. Georgia St., Vancouver	
Citizenship Inquiries	666-3971
1075 W. Georgia St., Vancouver	211
Unemployment Insurance Commission	681-4
1145 Robson St., Vancouver	
Community Information Centre	736-3661
1946 W. Broadway, Vancouver	
Human Rights Branch	434-5761
4211 Kingsway, Burnaby	
Income Tax Office	689-5411
1110 W. Georgia St., Vancouver	
Labour Relations Board	736-2421
1620 W. 8th Ave., Vancouver	
Liquor License	294-5341
217 - 1899 Willingdon, Burnaby	
Mincome Office	684-8171
411 Dunsmuir St., Vancouver	
Motor Vehicle Branch (for driver's license)	682-1733
1730 W. Georgia St., Vancouver	
United Nations Association	733-3912
2524 Cypress Ave., Vancouver	
Passport Office	666-1221
111 W. Georgia St., Vancouver	
Registrar of Births, Deaths and Marriages	874-2331
828 W. 10th Ave., Vancouver	
Vancouver Resources Board	733-8111
1675 W. 10th Ave., Vancouver	
Workers' Compensation Board	266-0211
5255 Heather St., Vancouver	
Consumer Complaints & Inquiries	666-6971
700 W. Georgia St., Vancouver	
Federal Sales Tax	666-3753
Provincial Retail Sales Tax	687-9611
Custom & Excise Information	666-1545
1001 W. Pender Street, Vancouver	
Federal Business Development Bank	666-8631
900 W. Hastings St., Vancouver	

MANPOWER AND IMMIGRATION

Immigration Reception Centre	681-8253
622 Seymour St., Vancouver	

MANPOWER CENTRES

Vancouver	
549 Howe Street	681-8253
125 E. 10th Avenue	872-7431
Burnaby	
5000 Kingsway	437-3761
New Westminster	
29 - 6th Street	526-4511
North Vancouver	
1221 Lonsdale Avenue	988-1151
Richmond	
563B No. 3 Road	273-6431
Surrey	
10072 King George Hwy.	588-5981
Immigrant Services Society	
622 Seymour Street, Vancouver	684-2561
Immigrant Services Centre	
8165 Main Street, Vancouver	324-8186
Office of the Rentalsman	
525 Seymour St., Vancouver	689-0811
Multilingual Social Service	
1135 Commercial Drive	254-9626



Johnsons J-B Coffee and

Food Sales Ltd.

**Specialising in East Indian
Food stuff**

Two Stores to Serve you

**6607 MAIN STREET,
(Main at 50th Ave)
VANCOUVER.**

**4531 MAIN STREET,
(Main at 29th Ave.)
VANCOUVER.**

PHONE : 874-3474

WHOLESALE

INQUIRIES AT..

4531 Main Street Vancouver

Telephone: 874-3474

UNDER NEW MANAGEMENT

BOMBAY CURRY RESTAURANT

LICENCED PREMISES

3934 MAIN STREET (23rd AVE.), VANCOUVER, B.C.

Phone: Bus: 874 - 5722 Res: 731 - 8881

½lb. SWEETS, FREE WITH 4 lb. SWEET-PURCHASE

ਦੀਵਲੀ ਦੇ ਤਿਉਹਾਰ ਤੇ 4 ਪੌਂਡ ਮਿਠਾਈ ਖਰੀਦਣ ਸਮੇਂ ਅੱਧਾ ਪੌਂਡ ਮਿਠਾਈ ਮੁਫਤ!

FOR TAKE AWAY AND EAT THERE,

MOUTH WATERING SWEETS:

**Mesu, Patisa, Besan, Barfi, Gajarpak, Laddo, Padha,
Gulab jamun, Rasgoole, Badana, Jalebi, Amratiyan,
Shakerpare, Namkeen Bhujiya and many many
more.**

**CHICKEN CURRY, VEGETABLE LAMB, CHICKEN TANDOORI (SERVED WITH
SALAD & RICE PILLAU), FRESH GREEN BEANS & POTATOES, MIXED VEGETABLE.**
The Ultimate in Highclass SPICY FOODS with 30 Years experience behind it

FOR WEDDING & PARTY CATERING CONTACT NARESH SHUKLA 874-5722

TRAVEL AGENT ?

**equatorial
travel service of course !**

CONTACT US:

For Airline reservations and tickets to any destination in the world. Appointed agents: International Air Transport Association. At Equatorial Travel we're the experts on travel, we'll show you where to go, where to stay, what to wear, etc. We'll also arrange for your hotels, car rental, visas, at no extra cost to you.

Appointed
Agent:



OWNER /MANAGER:

DILIP PATEL

TRAVEL CONSULTANTS:

SHANNON NICHOLS

TOMANA CARLSON

**equatorial
travel service**



20560 - 56 Ave.

Across from

Highland Village

LANGLEY, B.C.

530-2144

GASTOWN CURRY INN

128 East Cordova St.
Telephone 683-1032



Gastown Curry Inn

The Best Food
of India

Specializing in
Charcoal Cooking

For details, see
'East Indian' in Restaurant Guide

128 East Cordova 683-1032

Now Open *Vancouver's Finest* *Curry Restaurant*

TRY OUR DELICIOUS SPECIALTIES:

- ☆ Tandoorie Chicken Tikka
- ☆ Miskaki (Boti Kebab)
- ☆ Sheesh Kebab
- ☆ Naan
- ☆ Biryani

We feature a wide variety of curry dishes — beef, lamb, chicken and King Prawn, as well as vegetarian dishes.

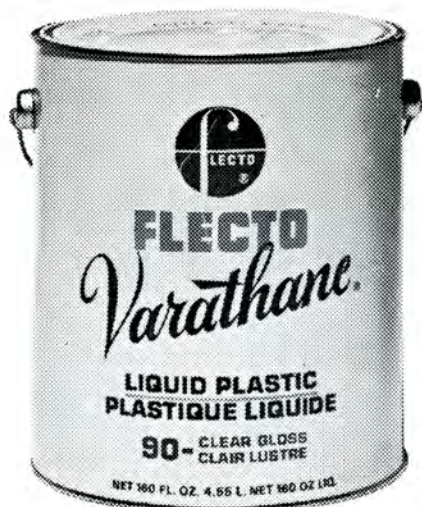
Saturday Special **Sizzler Menu**

With a *Sizzling* Belly Dancer.
Strictly By Reservation Only
Tel: 683-1032

"Feel like an Emperor"

LATA, MUKESH, MANADEY & GROUPS
VISITED & DINED IN THIS RESTAURANT.

- * BOTI KEBAB - SHESH KEBAB
- * TANDOORIE CHARCOAL CHICKEN TIKKA
- * CURRY DISHES - BEEF - LAMB - PRAWNS
- * SPECIAL ORDERS
- * MISKAKI



Outlasts varnish 2 to 1.

Varathane liquid plastic is a clear plastic coating that provides a tough, stain resistant shield on wood and metal surfaces. Use it on paneling, furniture and even hard-wear areas like floors to protect and beautify. Available in high gloss or satin, Varathane adds years to the life and beauty of your home.



Stains, fills and seals.

Varathane X-3D* wood stain does it all in one application. Easy to use, just apply once over lightly and get consistent colour from top to bottom. A perfect match, panel to panel, side to side, with no lap marks. Available in 11 rich, warm, natural wood colours.



refinishes in one easy step.

New **Satin Stain*** all-in-one self levelling stain and protective coating goes right on top of almost any previously finished wood surface. Quickly. Easily. Evenly. Transforms the colour (a little or a lot) from yesterday's lighter finishes to today's fashionable darker shades. And adds a beautifully tough matte finish that resists all kinds of wear and tear. Can be used on floors, panelling, furniture and kitchen cabinets.

Varathane*

*A versatile family of
high quality coatings.*



Colour it beautiful.

Take the strength and durability of **Varathane** liquid plastic, multiply it by 15 beautiful high gloss colours, and you have **Colours in Plastic*** plastic enamel. Tough, durable and easy to apply, Colours in Plastic will brighten your home inside and out. For beauty with toughness use Varathane.

FLECTO COATINGS LTD.,
RICHMOND, B.C.



*Trademark of the Flecto Co. Inc., Oakland, Ca. Registered user, Flecto Coatings Ltd., Richmond, B.C.

INDIAN DANCING NATRAJ SCHOOL OF DANCING AND PARISHAD

Miss Nimmi Bali, Principal

On this very happy and auspicious occasion of Diwali, we shall like to extend our heartiest greetings to the members of VISHVA HINDU PARISHAD and to all the Canadians, on behalf of Natraj School of Dancing.

Classical Indian Dances could be grouped under four main classes. These are Bharat Natyam, Kathakali, Kathak and Manipuri. Dancing is perhaps the earliest art evolved by mankind. It had occupied a very high place in the Indian Society since the dawn of civilization. People in India believed that the education of a person is incomplete without a knowledge of the music and dancing. The dances have always occupied a very prominent place in the religious thinking and the religious rituals of India. The classical dances in India, including the folk dances are characterized by their refinement and have portrayed the characters from the epics, mythology and the legends of India. The classical dances have complex rhythmical structure and very elaborate gesture language. The perfection of Indian dancing, specially Bharat Natyam is an aesthetic delight. This style has been a popular dance in India for about 2000 years. Bharat Natyam is a complete dedication to God and is the symbol of divine harmony of life. It is not only a beautiful poetry in gestures, but also a perfect harmony of body and spirit. This could be done in two styles, those consisting of elegant poses and rhythms without any specific meaning and those portraying a story from Hindu epics and legends.

Dancing classes were started in our Hindu temple about two years ago on the invitation and inspiration of the executive council and the founder President of the V.H.P. of B.C. During these two years, firm ties have developed between the V.H.P. of B.C. and the Natraj School of Dancing. Our beloved organization Hindu Parishad and the Natraj School of Dancing have very similar aims. Both are dedicated to serve the cultural aspirations of the members of our community and to make the Canadian cultural mosaic a richer one. During the last two years, our students have not only learned the intricate art of Indian Dancing, but have also used their dedication to this art for the service of the Canadian Society. We believe as the time passes, our students will serve as the torch bearers and the dedicated leaders in the cultural field. We believe that art has no barriers and we are confident that the dedication and the cultural efforts of our students will bring unity between the members of our community.

Our students have participated and have won laurels and praise in many cultural programmes during the past year. Diwali 75, Holi 76, Folk-Fest 76, two Ismaili Society shows, and Pakistani Cultural Shows are some of the events in which our students took an active part during the past 12 months. Their T.V. appearance on CHANNEL 10 has won commendation from many Canadians during the past four months. Celebrated singer RHETTA HUGHES visited our temple and the School and complimented our students for their zeal and brilliant display of Bharat Natyam.

During the past two years, the number of students at the Natraj Dancing School has increased very significantly. We are now attracting some of the brightest young people who are interested in and want to learn Indian Dancing. Because of the growth in enrolment and the limitation of our resources and facilities, we are prevented from meeting all the demands from the interested people. We shall like to invite all the members of V.H.P. and our other Canadian friends to come forward, and support our school in all its endeavours.

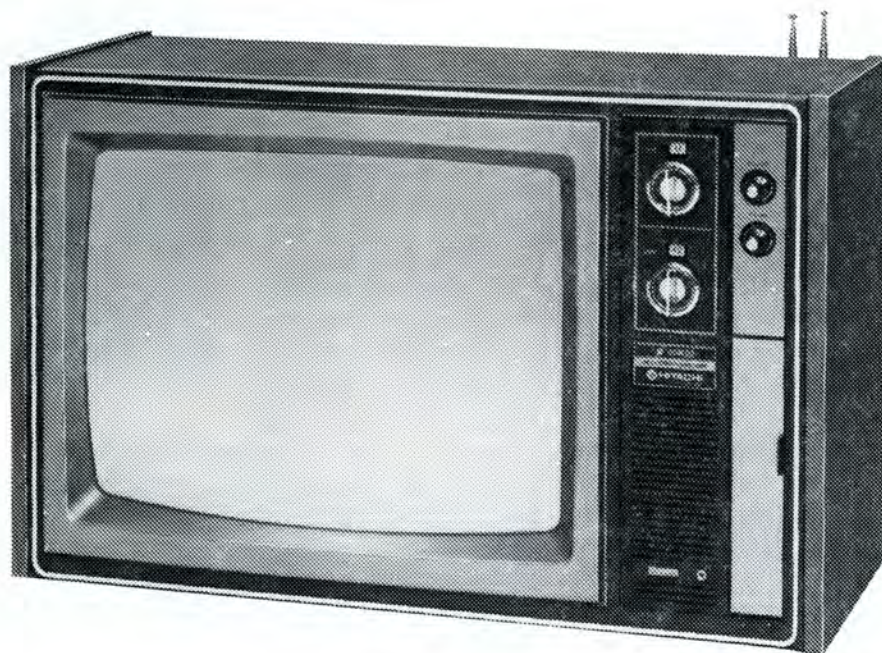
We shall now take this opportunity to thank all the parents and all our people for their help to Natraj School of Dancing from time to time. We are confident that with the support and involvement of our people, Natraj School of Dancing will produce some excellent artists in Indian Dancing in the future years.

Best wishes for a HAPPY DIWALI and a prosperous NEW YEAR.





HITACHI Luminar 1™
Full Beam Colour™



20" Solid State TV
with Luminar 1 Full
Beam Colour. Other
features include
ELECTRO-APS
and AFC. Lighted
channel indicators.
Rich walnut veneer
cabinet.

The sharpest, brightest picture money can buy!

The Luminar 1™'s totally unitized gun allows for wider focusing lenses. Consequently, it produces colour beams that are fuller than any conventional system's, to give the sharpest, brightest picture in colour television today.



HITACHI Luminar 1™
Full Beam Colour™

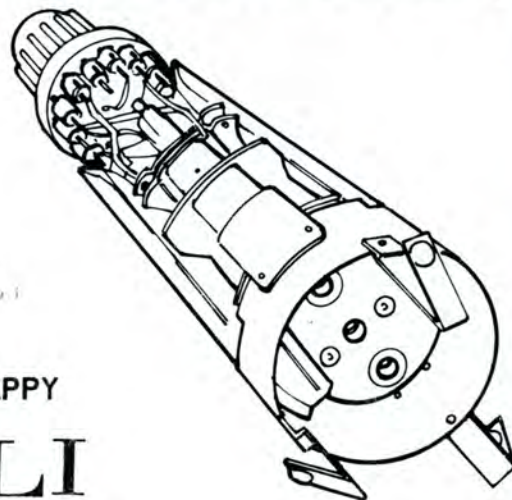
BEST WISHES FOR HAPPY

DIWALI

UNION ELECTRONICS (1974) Ltd.

6169 FRASER STREET, VANCOUVER, B.C.

PHONE: 321-0314



FOR BEST SERVICE REMEMBER

CHOHAN ENTERPRISES

6684 Main Street
Vancouver, B.C.

Phone: 327-4911

EXOTIC SPICES.

All kinds of Indian foods available
at low prices.

**GROCERIES — CANADIAN & INDIAN
FRESH VEGETABLES &
FRUITS**

DON'T FORGET TO LISTEN

K-I-S-M
Radio Station

F.M. 93
Bellingham

Urdu Hindi & Punjabi Music

SAAZ · AAWAZ

Every **Sunday 10:30 A.M. — 12 NOON**

Patel Construction Company

Diwali

For

Greetings

COMPLETE HOUSE RENOVATIONS

Specialties:

*Complete Basement Improvements &
Alterations, New Additions, Carport, Siding,
Roofing, Sundeck, Bathroom, Painting
Any Electrical, Plumbing & Carpentry Work*

No Work Is Too Small For Us

Call For

FREE ESTIMATES

Phone

738-2015

Fraser Emporium Ltd

Diwali

6350 FRASER STREET, VANCOUVER, B.C.

Tel: 321-1915

Greetings

Importers of latest fashion of Costume Jewellery, Spanish Giftware
and Dolls.

WHOLESALE & RETAIL

DIWALI

GREETINGS

Your Satisfaction Is Our Pleasure

PAMELA INTERNATIONAL TRAVEL

4877 MAIN STREET, VANCOUVER, B.C. PHONE: 876-2248

SERVING YOU AT DIFFERENT LOCATIONS:

DELHI, BANGKOK, HONG KONG & LOS ANGELES

SPECIALIZE IN FARES TO

INDIA, LONDON, HONG KONG, TOKYO, FIJI, SINGAPORE, BANGKOK

SPECIAL EXCURSION FARES TO INDIA

**FOR ALL YOUR TRAVEL NEEDS
CONTACT**

PAMTRAVEL — 876-2248

LISTEN TO

“ **MEERA DESH** ”

A NEW RADIO PROGRAM IN HINDI, PUNJABI, URDU

Saturday — — 7 A.M. to 8 A.M.

Sundays — — 8 A.M. to 9 A.M.

Tune to KISM STEREO FM 93, Bellingham

For further information, Advertisements Call:

Program Producer & Host : INDRESH

Phone: 321 - 2784

TRUFOODS

10705 KING GEORGE HIGHWAY, SURREY, B.C.

Phone: 584 - 7011

YOUR FAMILY GROCERS

Serving since 1973

TO THE PEOPLE OF SURREY — DELTA — WHITE ROCK — LANGLEY.

WE WISH OUR CUSTOMERS

HAPPY DIWALI

AND PROSPERITY IN THE COMING YEAR.



INCEPTION OF VHP DRAMA GROUP

Ashok Sharma

One of the founding principles of the VHP is the 'Propagation of the huge wealth of Hindu Culture' in B.C. Hinduism is an ancient culture and by its high moral values has proved itself to be a constant source of inspiration to mankind over the centuries. Over a period of centuries, theatre has remained one of the principal arts of Hindu culture and India has produced some of the greatest dramatists like Kalidasa, Tagore and Jaishankar Prashad. VHP started organising cultural functions to celebrate Diwali and Holi about four years ago and at almost every occasion, few enthusiastic drama artists staged one act plays. Last year, with the formation of the Multicultural Theatre Association of B.C., for which VHP played a leading role, VHP drama group was given a concrete shape. The Group staged Rabindranath Tagore's famous play "MALINI" in English to participate in the First Annual Multi-cultural Theatre Festival organised in B.C. VHP was one of the ten other ethnic groups who participated in the festival and our play was given a prominent coverage by the Vancouver Sun. All artists in the VHP Drama Group are amateur and have shown a keen interest in the development of this great art in our community.

Apart from participating in the Diwali function, the group is now planning to stage the following activities over the next twelve months: Rameila over a period of four days in November; a comedy play on New Year's Eve; full length stage play in April; four day Ramlila for Dussehra festival and to participate in the Annual Theatre Festival organised by the Multicultural Theatre Association of B.C. These are all major tasks and apart from the hard work to be put in by the artists and others, what we really need is an enthusiastic support of VHP membership by attending all shows organised by the group.

The Group is also looking for new artists to take parts in its stage productions. We need stage hands and technical personnel to handle lights, sound, sets, etc. So please join in and help to create a dynamic and talented theatre group.

HAPPY DIWALI



AND PROSPEROUS



NEW YEAR

FROM

JOSEF'S FOODS INC.

MANUFACTURERS OF
PIE & PASTRIES

581c Cedarbridge Way, Richmond, B.C. V6B 2A8

Phone: 278-7341

PRESIDENT

MAHESH RATANSI SWALI

V.K.
QUALITY
FOODS

Always Buy

**V.K. QUALITY
FOODS**

Atta, Dal, Pickles & Spices

at Most Reasonable Prices

HAPPY DIWALI From

V. K. ENTERPRISES

704-12th Street
New Westminster, B.C.

PHONE: 524-2717



MAAN SINGH
of
Paradise
Cabinets

3440 FOSTER STREET, VANCOUVER, B.C.
PHONE: 437 - 0265

CUSTOM BUILT
FURNITURE
& FIXTURES

KITCHEN

- CUSTOM BUILT CABINETS
- CUSTOM FURNITURE
- STORE AND OFFICE FIXTURES



SPECIALIZING IN
BUILT - IN CABINETS.

**a
refreshing
alternative**

**new
and
now**



**radio
CJVB - 1470
Vancouver**

'J H A N K A R' PRODUCED & PRESENTED
By **S U S H M A**

8:00 - 9:00 P.M.

Tuesdays -
Wednesdays -
Thursdays -
Fridays -
Saturdays -
Mondays -

The Punjabi Sound
Gujrati, Bengali and Tamil Sounds
Old Hits
Your Requests
Latest Songs from Latest Movies
Bazm-E-Adab - Produced and
presented by Mr. Amin.

For requests, birthday and wedding announcements, call 688-9931, Tuesday - Saturday, 7:00 - 8:00 p.m.
For Ads, call 294-6139.

'AAP KI MEHFIL'

"AAP KI MEHFIL" is a new T.V. Programme on CABLE 10 which is seen every Thursday from 9:30 to 10:00 P.M. by the Vancouver, Richmond, Burnaby, Surrey and New Westminster viewers and every Wednesday from 7:30 to 8:00 P.M. by the North Vancouver viewers. The show is seen on Cable 10, which is a public service station.

"Aap Ki Mehfil" is a joint voluntary effort to Producer/Director Nizar Damji of the famous Nizar and Party, Production Assistant Kartar Singh Bain, Host Sushma and numerous artists who give their valuable time to make this show a success.

The programme is entertaining, informative, and educational. Organisations like Immigrant Services Centre, Vancouver Volunteer Bureau, Human Rights Branch, Vancouver Legal Community Society and Mosaic, etc., use this programme as a media to get their message across to the public.



With Best Compliments From

Patel's Supermarket & Evergreen Films Ltd.

*Wishing you all a very happy Deepawali
& a prosperous New Year!*



*Quality food, friendly service and
competitive prices **ALWAYS AT***

Patel's Supermarket

Specialists in East Indian Groceries

INDIAN & PAKISTANI FILM RECORDS AND 8 TRACK TAPES. & FRESH VEGETABLES

WE ARE OPEN 7 DAYS A WEEK



- YOU ARE ALWAYS WELCOME HERE -



2210 Commercial Drive at 6th Ave., Van. B.C.

(604) 255-6729





MARS REALTY LTD.

1437 KINGSWAY, VANCOUVER, B.C., V5N 2R6

DIWALI GREETINGS

GUBIR PURI has the key of
your new home.

To see your new home call
him today.

Res: 524-1978

Bus: 872-0131



AIR-INDIA



WARDAIR



Western Airlines



SAS AIR FRANCE

TRAVEL WITH CONFIDENCE & PRIDE

WITH
ANY AIRLINE YOU LIKE

WE ARE EXPERT ON GROUPS

GROUPS TO FIJI EVERY MONTH

Ph. 873-4011 **CHARTERS TO EUROPE**

873-5631

Notary Public Services also Available.

We Arrange: PASS PORT :-

BOOK NOW FOR **OLYMPIC GAMES**

We also arrange ONEWAY, RETURN, EXCURSION FARES
- FROM ANYWHERE TO ANYWHERE -

• CANADIAN -- 4 DAYS • INDIAN -- 3 WEEKS
• BRITISH -- 3 WEEKS • FIJIAN -- 4 WEEKS

CITIZENSHIP - CANADIAN - 30 DAYS.
(SUBJECT TO CANADIAN LEGAL REQUIREMENTS)

Safeways Travel Agency Ltd

1391 Kingsway, Vancouver, B.C.



AIR CANADA



TWA



UTA

SABENA

AIR NEW ZEALAND

SYRIAN ARAB AIRLINES



Lufthansa



AIR VIETNAM

CP Air

Agrawal, Krishima (K.M.)	274-1391	Bawa, Vinod	632-5160
1071 Rochdale, Richmond		52 Omenca, Kitimat	
Agrawal, Ram	321-0406	Batra, Sushil K.	325-4424
2352 E. 54th ave., Vancouver		6672 Main St., Vancouver	
Agrawal, S.R.		Bedi, P. Paul	879-0331
7736 Kerr, Vancouver		4345 Catherine St., Vancouver	
Agrawal, Y.P.	874-3026	Bhagwanani, Bhishma	386-9126
1977 E. 13th Ave., Vancouver V5N 2C3		404 - 360 Douglas, Victoria	
Ahalwat, B.S.	581-3647	Barar, Darshan Singh	433-3334
10529 - 135th St., Surrey, V3T 4C6		4590 Todd St., Vancouver	
Ahalwat, Savitri	581-3647	Bhagi, Narender	254-1435
10529 - 135th St., Surrey V3T 4C6		101 - 2381 Trinity, Vancouver	
Ahluwalia, K.	324-2557	Bharat, Indu	876-6287
811 E. 38th Ave., Vancouver		216 - 447 E. 6th Ave., Vancouver	
Aklujkar, Ashok (Dr.)	274-8576	Bharti, Virender K.	
56 - 323 Spring Field, Richmond		509 Cardova St., Winnipeg, Manitoba	
Amin, Prakash (Dr.)	433-0231	Bansal, Babu	321-1087
3857 Lilliot St., Vancouver		2010 Harrison Dr., Vancouver	
Amin, Mahesh	259-2115	Bansal, Dharm Singh	874-5713
1926 Ferndale, Vancouver		996 Ringwood, Vancouver	
Amin, Narender	294-4207	Bhayani, Anil	294-2687
1118 Yorston, Burnaby		291 Fell Ave., Burnaby	
Ambardar, Macken L.	327-4125	Bhayani, Ramesh	526-9281
65 E. 60th Ave., Vancouver		911 - 5th Ave., New Westminster	
Angela (Miss)	437-7075	Bhojwani, Jay	291-2759
301 - 3307 E. 58th Ave., Vancouver		1521 Gilmore, Burnaby	
Anarjit	985-7650	Bisla, Sohan	576-2300
1255 Elmond, North Vancouver		17894 - 57th Ave., Surrey	
Anand, K.G.	874-3819	Bola, Awtar Singh	324-1460
865 E. 29th Ave., Vancouver V5V 1V8		5344 Prince Edward St., Vancouver	
Anand, M.G.	682-9684	Brahmbhatt, Arvind K. (Dr.)	437-7422
815 E. 6th Ave., Vancouver		3788 Burke, Burnaby	
Anand, Maheshwar Singh	525-8519	Brij Bhushan	584-3146
204 - 6985 Walker Ave., Burnaby		10068 - 133rd St., Surrey	
Appalsamy, P.C.	876-0544	Bhatnagar, R.S.	255-9406
651 E. 17th Ave., Vancouver		2670 Triumph, Vancouver	
Arora, Amritlal	254-9488	Bhogal, Mohinder S.	530-1340
1715 Woodland, Vancouver		3663 - 204th St., Langley	
Arora, Hansraj	876-3436	Bath, Jasbir Singh	874-9163
445 E. 19th Ave., Vancouver		769 E. 33rd Ave., Vancouver	
Arora, Raj Kumar	324-1714	Bhalla, Naval K.	437-7068
412 - 2150 Pandora St., Vancov		4572 Harken Dr., Burnaby	
Arya, Jagdism	298-6810	Bibra, Naresh K.	
Dept. of Math, S.F.U., Burnaby		31 - 700 Coolingwood Dr., Kamloops	
Arya, Shanta Devi	299-5922	Bhindi, Kanan Ji	253-4028
3885 Albert St., Burnaby		3123 E. 8th Ave., Vancouver V5M 1X6	
Atal, Anand	299-1566	Bhayana, Suresh K.	253-3626
8054 Westlake, Vancouver		110 - 1617 E. 5th Ave., Vancouver	
Asnani, Krishaim	433-6452	Bagga, Dave	253-2298
4811 Manor St., Vancouver		15371 - 86th Ave., Surrey	
Aulak, Harbanslal	437-1601	Bhathalla, Purushottam	253-2298
2785 E. 54th Ave., Vancouver		4 - 2210 Commercial Dr., Vancouver	
Ardhawa, Dharm	433-7058	Beehas, Bhai Mansukh Lal	874-2788
2815 W. 6th Ave., Vancouver		675 E. 12th Ave., Vancouver V5I 2H7	
Ardmawa, Sudarshan	433-7058	Basran, Tarsem Singh	
2815 W. 6th Ave., Vancouver		9263 - 126th St., Surrey	
Atani, Ajim	876-1690	Bhan, Chandra	588-1193
Assanand, Surrendra	274-0485	9504 - 117th St., Delta V4C 6C1	
8108 Clifton, Richmond		Brown, Carolyn (Ms)	
Bakshi, Sudarshan K.	274-9163	Dept. of Sociology, Pacific Luther University, Tacoma	
918 No. 6 Road, Richmond		Bhawan, Ram	253-0271
Bakshi, Ramesh K.	274-9163	3185 Adanac St., Vancouver	
918 No. 6 Road, Richmond		Bhawan, Parvati Devi	253-0271
Bakshi, Ravindra	435-2347	3185 Adanac St., Vancouver	
4084 MacDonalds Ave., Burnaby		Chaddha Brij Mohan	736-7507
Bali, Chander P.		934 W. Broadway, Vancouver	
3217 Capilano Place, North Vancouver		Chand, Chir	327-5453
Bali, Kamallesh (Ms.)		710 E. 54th Ave., Vancouver	
3217 Capilano Place, North Vancouver		Chander, Satish	
Bali, Nimmi (Ms.)		160 E. 64th Ave., Vancouver	
3217 Capilano Place, North Vancouver		Chander, Sen	
Bali, Moti	596-0283	6550 Prince Albert, Vancouver	
7475 Garfield Dr., North Delta		Chandermouli, P.	274-4672
Bali, Rajendra	298-8900	200 - 1097 Mortfield Gate, Richmond V7A 2V7	
4124 Parker St., Vancouver		Chatrabia, Nathubhai	879-4882
Bali, Virender	433-2539	3294 Prince Edward Street, Vancouver	
6043 Imperial, Burnaby		Chaulka, Ajaisheel	324-7057
Barha, Baldev	273-5832	725 W. 70th Ave., Vancouver	
1184 Oldfield, Richmond		Chauhan, Manharlal	879-4084
		453 E. 10th Ave., Vancouver	

Chawla, Gurcharan 1340 E. 33rd Ave., Vancouver	873-2218	Devani, Rajender 1951 Connaught, Pt. Coquitlam	941-3507
Chhokar, Gurdev 3104 Ontario St., Vancouver		Dhawan, V.B. 3 - 1455 W. 8th Ave., Vancouver	731-9488
Chikhliia, Biren 14 - 6749 Dow Ave., Burnaby	980-9630	Dhillon, Nirmel S. 1745 Parker St., Vancouver	254-3245
Chinniah, S.S. 164 Brookside, Port Moody	939-2790	Dalpat, R. Dayabhai 3021 E. 22nd Ave., Vancouver	435-5008
Chauhan, Ranjit 3237 E. 16th Ave., Vancouver	438-9106	Doyal, Narendra 4936 Sherbrook St., Vancouver	325-4982
Cheera, M.S. 5344 Prince Edward, Vancouver	324-1460	Dhaliwal, Jindee 6720 Fleming St., Vancouver	
Chauhan, Dilbagh 1441 E. 21st Ave., Vancouver	876-2483	Duggal, V.S. 7531 - 10th Ave., Burnaby	522-5458
Chakladar, Ashok (Dr.) 1788 Acadia, Vancouver	228-9987	Duggal, Harkishan Lal 103 - 6004 Wilson Ave., Burnaby	438-9254
Chande, Shart 901 - 850 Bidwell St., Vancouver	294-8746	Darji, Navin Chandra 3933 Union St., Burnaby	291-0961
Chowdhary, K.L. (Dr.) Calgary		Das, B.R. 605 - 2121 Alma, Vancouver	224-3975
Chowdhary, Shankar 205 - 2171 W. 10th Ave., Vancouver	732-0167	Dada, Ramnik R. 501 - 1655 Haro St., Vancouver	684-5991
Chawla, G.S. 454 E. 43rd Ave., Vancouver	873-2218	Dial, N.S. 1132 W. 50th Ave., Vancouver	266-5022
Das, J. (Dr.) 1442 Gloria, Coquitlam		Dewett, Sushil K. 2969 Cedar Hill Rd., Victoria	595-4982
Das J. (Dr.) 201 - 8035 - 120th St., Delta	596-1521	Dosanjh, Gurmej Singh 8270 Scott Rd., Victoria	
Das, J. (Dr.) 12626 - 55th Ave., Surrey		Dixit, Madhu Sudan 1041 Bird Rd., Richmond	273-5746
Dass, Ramji 41314 South Ave., Port Alberni		Dattani, Prabhudas 7013 Stridy, Burnaby	
Dass, Sham P.O. Box 151, Vaven Bay		Dev, Dasan 274-8546	
Datta, Dharmbir 60 N. Cassier, Vancouver	299-1687	Dhokia, Narsi N. 211 - 1260 Harwood St., Vancouver	681-8670
Datta, Lila (Mrs.) 5709 Hyde St., Burnaby	294-6170	Engineer, Homi 5830 Granville, Vancouver	263-7300
Dayal, Gurdial 950 E. 29th Ave., Vancouver	879-4934	Fokir, Ashok 10 - 1395 W. 12th Ave., Vancouver	736-4688
Dave, Chand 1628 E. 33rd Ave., Vancouver	324-3443	Gadhia, Girdharlal 38 - 5330 E. Broadway, Burnaby	291-1155
Dayal, Jagdish 4893 Gladstone, Vancouver	435-1926	Gadhia, Shashi 709 - 1130 Wilson Ave., Downview, Ontario	
Deodra, Jiv Ram 12109 - 86th Ave., North Delta	596-3388	Gaind, Manmohan Rai 874 W. 6th Ave., Vancouver	874-5323
Deodra, Durlabhbbhai 6671 Albion Way, Delta		Gaind, Om Prahsh 1441 E. 21st Ave Vancouver	876-2483
Deodra, Lalit 12109 - 86th Ave., North Delta	594-6078	Garcha, Hazer Singh 5326 Fleming, Vancouver	325-5804
Deodra, Jyoti 6671 Albion Way, Delta	596-3388	Ghatak S.S. (Dr.) 615 Granville Cres., Richmond	274-5520
Deodra, Anil 6671 Albion Wav. Delta	594-8735	Ghosh, R.P. 1078 Rochdale, Richmond	274-2817
Desai, Inderjeet (Dr.) Eddington Dr., Vancouver	738-2205	Gill, Amarjit 222 Macleanan, Richmond	278-5443
Desai, Dhiru Bhai 548 Amess St., New Westminster	525-4082	Gill, Hakim 4678 Main St., Richmond	872-8478
Desai, Suresh 4616 Rovin St., Vancouver	635-9360	Gill, Majar Singh 5335 Commercial Dr., Vancouver	
Deshpande, Dattatreya 245 W. 63rd Ave., Vancouver	325-9653	Gill, Rajender 5207 Rupert, Vancouver	435-8277
Dhaliwal, Gurdial 7745 - 128th St., Surrey	596-8735	Gill, Shangare 2642 Triumph, Vancouver	253-5954
Dhani, T.S. 3236 Gynemede Place, Burnaby	939-4879	Gill, Tejender 9431 Wallace, Surrey	584-3789
Dhillon, K.S. 4230 Royal Oak, Burnaby	299-1997	Gill, Pargat Singh 2112 Adanac, Vancouver	255-5388
Dhillon, Mukhtiar 748 E. 62nd Ave., Vancouver	321-1356	Gill, Ajmer Singh 8488 - 13th Ave., Burnaby	521-9303
Dhiman, Vijay 19694 - 44B Ave., Langley	435-3002	Gill, Satinder Singh 11330 - 79th Ave., North Delta	
Dhiman, P. 205 - 1035 Howie, Coquitlam	993-8772	Goel, D.P. (Dr.) 4199 W. 29th Ave., Vancouver	224-1691
Dhir, Narendra 1231 Ewen Ave., New Westminster	524-6138	Goyal, K.G. 1120 Dalhousie Dr., London, Ontario	471-6310
Dhir, Bhagwan Dass 1139 E. 27th Ave., Vancouver	876-4346	Goel, Rajender 4160 Fraser St., Vancouver	872-7658
Dhir, Modan Mohan		Goel, H.K. P.O. Box 353, Mica Creek	834-7621
Dhir, Charan Dass 1189 E. 27th Ave., Vancouver		Goldsmith, H. 557 E. 58th Ave., Vancouver	321-1106
Dua, Gurcharan 7852 Windsor, Vancouver	327-0831	Gulati, Ravi 942 Goremond, Richmond	324-2686
Devani, K.V. 13 - 300 Decaire St., Coquitlam	931-3195		

Gupta, Avinash 508 E. 18th Ave., Vancouver	324-4057	Jaswal, Piare 255 S. Gamma, Burnaby	298-4985
Gupta, Amarjit 6548 Parkdale, Burnaby	291-0140	Jaswal, Narender 315 Schubert Dr., Kamloops	
Gupta, B.K. 6686 Tantlus, Vancouver	433-0741	Jaswal, T.R. 2655 Socre Rd., Victoria	478-4109
Gupta, Kailash 836 Cambie, Richmond	278-6675	Jawsal, Yog Raj Victoria	
Gupta, S. Paul 421 Nicholson St., Prince George		Jaswant, K. 876 E. 11th Ave., Vancouver	
Gupta, Subhash 811 Sangster Place, New Westminster	525-3887	Jattan, Surjpal 1065 Anahin, Richmond	271-2162
Gupta, Jatinder 3408 E. 29th Ave., Vancouver	438-4287	Jehamn, Nand Kishor Box 7452, Stn. O, Vancouver	327-2907
Gupta, Subhash 209 - 2178 Triumph, Vancouver	254-9773	Jehamn, Santosh K. Box 3416, Vancouver	
Gupta, Shashi 604 - 2725 Melta Rd., Vancouver	224-7780	Jehamn, Vedanti Box 1258, Squamish	
Gupta, Rajendera K. 1 - 4520 Main St., Vancouver	873-2803	Jhangiani, Dayal 116 - 1531 Davie St., Vancouver	683-0861
Gupta, D.D. 7777 Stanley St., Burnaby	522-2188	Jobanputra, Dhiraj 6325 Kathleen, Vancouver	435-8203
Gupta, Sandeep 3560 E. 48th Ave., Vancouver		Jobanputra, M.V. 5477 Sussex Ave., Burnaby	435-9742
Gupta, M.M. 15 St. Lawrence, Saskatoon, Sask.	343-3101	Jobanputra, J.V. 522 W. Hastings, Vancouver	453-9742
Gandham, Mohan Singh P.O. Box 3976, Vancouver	594-8662	Joiya, Madan Mohan 4786 Windsor, Vancouver	874-2670
Gursahani, Krishan Chander 210 - 514 E. 5th Ave., Vancouver	874-3044	Joshi, Amrit Lal 8251 Lakewood, North Burnaby	937-7065
Ghuman, Mohan K. P.O. Box 664, Squamish		Joshi, Baldev No. 3 - 534 E. 15th Ave., Vancouver	876-4915
Garg Arum (Dr.) 1928 Highview Place, Port Moody	936-6613	Joshi, Rasik 9405 - 160th St., Surrey	585-2216
Ghai, Vijay 29 - 14105 - 104th Ave., Surrey	584-1536	Joshi, Mrs. Rasik 9405 - 160th St., Surrey	585-2216
Gandhi, P.S. 6289 Pearl Ave., S. Burnaby	434-9756	Joshi, Rajender 615 E. 49th Ave., Vancouver	327-0041
Goomer, Amar 16 - 933 No. 5 Road, Richmond	274-8534	Joshi, Narhari 19 - 2050 Gladwin, Abotsford	
Ganpethy, Im 2648 Oxford St., Vancouver	253-8324	Joshi, Vinod 1645 Ellesmere, Burnaby	298-1712
Ghai, Gopal Krishan 960 Herward St., Victoria		Joshi, Dinesh 8251 Lakewood, Burnaby	937-7065
Gill, Satinder 11330 - 79th Ave., North Delta		Joshi, Hari Prasad 8251 Lakewood, Burnaby	937-7065
Gandesha 522 W. Hastings, Vancouver		Joshi, S. 109 - 1125 Jaquis St., Vancouver	685-1688
Gandesha, Suresh 4379 Capilano Road, North Vancouver	980-5240	Joshi, Ramesh 2857 - 14th Ave., Port Alberni	
		Jha, Biren (Dr.) 805 Anderson, Richmond	273-7347
Harnam Singh 4259 W. 16th Ave., Vancouver	224-0674	Jagpal, Muni Lal 1623 E. 13th Ave., Vancouver	872-2308
Holat, Hardial 815 W. King Edward Ave., Vancouver	879-4793	Jouhal, Narendra Singh 11378 - 80th Ave., Delta	594-2201
Hoare, William 4330 Dumbries St., Vancouver	872-0732	Jouhal, Pritam Singh 8635 - 112-A St., North Delta	
Hundal, Divender, S. 3221 Adanac, Vancouver	255-5832	Jouhal, Tara Singh 9476 - 117th St., Surrey	584-5116
Hundal, Rai 5638 Nanaimo, Vancouver		Jouhal, Sarjit Singh 9476 - 117th St., Surrey	584-5116
Hundal, T.S. 3221 Adanac, Vancouver	255-5832	Jal, E. Dastur 1205 - 840 Broughton St., Vancouver	688-8957
Har, Lallu Bhai 4124 Parker St., Burnaby	298-8900	Jethi, Nand Gopal 3180 E. 63rd Ave., Vancouver	433-4976
Har, Lallu Bhai 4124 Parker St., Burnaby	298-8900	Jhagra, Gurudatt 2969 Cederhill Rd., Victoria	592-3765
Hundle, Amarjit 5638 Nanaimo St., Vancouver		Judge Tarsem Singh 5063 Elgin St., Vancouver	327-9530
Hemraj, Naseem (Ms) 1102 - 1150 Burnaby St., Vancouver	685-1659	Joshi, Ramesh Chandra 2857 - 14th Ave., Port Alberni	724-1681
		Kalia, Sudesh K. 216 - 1880 E. Pender St., Vancouver	254-5837
Ishri, Roop Narayan 4774 Argyle St., Vancouver	876-5893	Kamal, Kishor 801 E. 6th Ave., Vancouver	
Israni, Kumar 7610 Kilrea Cres., Burnaby	298-3026	Kamath, Damodar 107 - 13796 - 102nd, Surrey	581-7667
Jain, A.K. 5920 Canada Way, Burnaby	524-8447	Kapahi, T. Raj 3072 E. 56th Ave., Vancouver	433-3441
Jain, O.P. 1434 Columbia, Port Coquitlam V3C 1C3	941-4166	Kapahi, Dev. P. 9 - 3405 - 49th Ave., Vancouver	435-1602
Jain, Anil 723 Poirer St., Port Coquitlam V3C 6B5	931-2286	Karam, Arjun 8922 Orion Place, North Burnaby	931-4805
		Kaushal, Tarsem L. 897 W. 7th Ave., Vancouver	

Kaushal, Jagdish 7410 Main St., Vancouver		Keram, Madan Mohan 2534 Grahm St., Victoria	386-0484
Khare S. Gopal 172 - 7553 - 14th Ave., Vancouver	525-6039	Kochhar, Ram Prakash 1139 E. 27th Ave., Vancouver	
Khare, Suresh 3030 Carina Place, Burnaby	931-6010	Laul, Arvind 1932 Larson Rd., North Vancouver	980-3016
Khare, Arvind K. 219 - 3925 Kingsway, Burnaby	435-3645	Lail, Gurmeet 1286 E. 12th Ave., Vancouver	
Khare, Dinesh 3042 Carina Place, Burnaby	939-8161	Lal, Jawahar A. 1403 Woodland, Vancouver	254-8475
Khanna, S.L. (Dr.) 3927 - W. 29th Ave., Vancouver	224-4497	Lal, Nand 4704 Killarney St., Vancouver	437-5861
Khanna, Rajkumar 203 - 935 W. 10th Ave., Vancouver	732-6332	Lall, Krishan Lal 4213 Main St., Vancouver	435-7823
Khanna, Jiti (Dr.) 2740 Jones Ave., North Vancouver	987-9157	Lalla, Mohan B. 103 - 1617 E. 5th Ave., Vancouver	254-9388
Khanna, B.R. 3473 Welwyn, Vancouver	874-1400	Lavingia, Arun K. 6553 - E. Georgia, Burnaby	299-9264
Khanna, V.K. 612 - 12th St., New Westminster		Lavingia, Pravin K. 6553 E. Georgia, Burnaby	299-9264
Khanna, T.S. 718 Winchelsea, Richmond	274-2684	Loala, Sudesh K. 843 Windermere, Vancouver	
Khilnani, Kris 5695 E. Broadway, Burnaby	298-7734		
Khosla, Dhian C. 6650 Lanark St., Burnaby	325-2459	Ladhar, Hardial Singh 5886 Ontario St., Vancouver	
Khosla, Kewal K. 5789 Woodsworth St., Burnaby	298-9218	Lallu, Krishan Lal 4213 Main St., Vancouver	435-7823
Khosla, Sukh Dev 7876 Allman St., Burnaby	524-2859	Lingam, Ram 1881 E. 49th Ave., Vancouver	325-3574
Khosla, Ranjit 4553 Lions, North Vancouver	980-2038	Lal, Bansari 220 E. 58th Ave., Vancouver	327-6192
Khosla, Anoop 5789 Woodsworth St., Burnaby	288-9218	Lamba, Yash 201 - 175 E. 4th Ave., North Vancouver	988-3908
Khosla, Anil 130 W. 12th Ave., North Vancouver	987-1523	Lanji, Dildar Singh Lanji, Bhag Singh	588-7366
Khosla, Ashok 438 Danforth, Richmond	879-1276	Lodhia, Jeewan 116 D 600 Smith Ave., Port Coquitlam	936-9575
Kista, Gwander 934 General Currie Rd., Richmond	278-5459	Lawrence, G.R.C. Rodrigues 319 - 1550 Blackwood, White Rock	536-7293
Kuber, Kanti Lal 729 E. 14th Ave., Vancouver	879-0709	Ladva, Chandra Kant 5487 Buckingham Ave., Burnaby	
Kulkarni, Suresh 6641 Argyle, Vancouver	327-5622		
		Maan, Amrik 6191 Lanark St., Vancouver	321-3748
Kumar, Sudarshan 640 Nandine Cres., Richmond	277-1453	Maan, Singh 3440 Foster, Vancouver	437-0265
Kumar, Love 204 W. 14th Ave., Vancouver		Maan, Paranjit 6191 Lanark St., Vancouver	321-3748
Kumar, Muni Lal 1623 E. 13th Ave., Vancouver	872-2308	Mahant, Andresh 926 E. 57th Ave., Vancouver	321-2785
Kshatriya, Amarnath 4487 W. 16th Ave., Vancouver	228-9175	Mahanti, Shelendra 505 - 1315 Broughton, Vancouver	681-4942
Krishnan, G. (Dr.) 7958 Osler St., Vancouver	261-4580	Mahendra, Saran 3234 Pender, Vancouver	
Kissun, Singh 2474 Harrison Dr., Vancouver	325-1549	Makhijani, Pratab 124 - 3465 E. 49th Ave., Vancouver	437-1233
Kanda, Narendra Kumar 5177 Gladstone St., Vancouver		Mathur, V.N.P. (Dr.) 7490 Rupert St., Vancouver	435-0092
Kapoor, Dinesh K. 7117 - 132nd St., Surrey	596-0504	Mathur, Ravi 5887 Boundary Rd., Burnaby	438-2307
Kapoor Shashi (Mrs.) 7117 - 132nd St., Surrey	596-0504	Mathur, Krishan B. 3880 W. King Edward Ave., Vancouver	224-4729
Kapur, Shiv Kumar Box 363, 719 Ibbotson St., Creston, B.C.	112-428-4826	Muchella, Gian Chand 1304 Tweedsmuir, Kitimat	632-5109
Kullar, Sohan Singh 4856 Chathan St., Vancouver	438-7908	Mishra, N. Deo 4558 E. Pender, Burnaby	299-0477
Kainth, Balvant 5124 - 57th St., Ladner	946-6521	Mistry, J.L. 3661 Adanac, Vancouver	
Kishor, Chandra 165 E. 45th Ave., Vancouver	327-6527	Mistry, Thakur 5609 Rupert, Vancouver	434-2356
Kohli, I.S. 903 No. 5 Road, Richmond		Mohan, Ram G. 966 Ollek St., Kamloops	376-5019
Kusumender, Chhaganbhai 3095 E. 23rd Ave., Vancouver		Mohan, Vijay Kumar 449 E. 17th Ave., Vancouver	873-5662
Kilewal, A.S. 636 E. 8th Ave., Vancouver	874-3321	Morke, Lakhvinder 636 E. 8th Ave., Vancouver	874-3321
Kotecha, Yash Lal 1926 Ferndale St., Vancouver	251-1667	Muthana, I.M. (Dr.) 3 - 5195 James Walk, Vancouver	325-3573
Karia, Muni Lal 204 - 555 Cottonwood Ave., Port Coquitlam	937-7200	Mukharjee, Subhash 743 Anvil Cres., Richmond	274-7344
Kaur, Jaswant, Mrs. 1145 E. 12th Ave., Vancouver	873-1763	Manrai, Surrender P. 345 Bowen Dr., Richmond	274-9333
Kochhar, Roshan Lal 740 Robinson St., Port Coquitlam	931-4132		

Mahajan, Devendra 5604 President's Row, UBC, Vancouver	228-9691	Parmar, Joginder Paul 4357 Glenwood, Port Alberni	723-6421
Mangat, Chitrnanjan 13081 English Place, Surrey		Parekh, Rasiklal 585 E. 58th Ave., Vancouver	321-6214
Mohan, Lal (Dr.) 4909 - 221st St., Langley		Parekh, Kiran 27 - 303 Williams Rd., Richmond	274-0948
Maharaj, Peter S. 7983 - 13th Ave., Burnaby	522-1726	Parsad, Dhirendar 1372 Westminster Hwy., Richmond	273-8140
Manna, Sucha Singh 1340 E. 33rd Ave., Vancouver	324-7052	Parsad, Ambika 1278 E. 38th Ave., Vancouver	325-3409
Makanji, Thakore Lal 3430 E. 49th Ave., Vancouver		Parsad, Shanti 1365 E. 29th Ave., Vancouver	
Mehta, Girish C. 3926 Thurston St., Burnaby	437-5056	Parsad, Narayan 5591 Portland St., Burnaby	434-2150
Maan, Ajit Singh 5294 Tannont St., Vancouver V5R 4B3	433-4484	Parsad, Jagdish 1895 E. 37th Ave., Vancouver	327-4435
Manohar Majithia, Narayan 215 - 447 E. 6th Ave., Vancouver	435-8843	Parsad, Mahesh 780 E. 33rd Ave., Vancouver	321-6353
Modi (Dr.) 7 Sennok Cres., Vancouver	263-8571	Patel, Babu Bhai 213 - 930 E. 7th Ave., Vancouver	873-2918
Malik, Anil (Tony) 3180 Mt. Seymour Parkway, North Vancouver	929-3896	Patel, Kanu Bhai 2821 E. Broadway, Vancouver	254-4403
Majithia, Narayan 215 - 447 E. 6th Ave., Vancouver		Patel, Manu Bhai 2210 Commercial Drive, Vancouver	255-6729
Nair, N.G. (Dr.) 208 - 5503 - 206th St., Langley	534-8151	Patel, Harshad C. 804 - 1120 Barclay St., Vancouver	669-4051
Nair, J.B. 12480 - 95A Ave., Surrey	588-2375	Patel, C.N. 3610 Main St., Vancouver	434-9048
Nair, Bhim Sen 13906 - 68th Ave., Surrey	594-3765	Patel, Rasik Lal 9321 Burns Drive, Delta V4K 3N3	596-3722
Nair, Pushpa Devi 13906 - 68th Ave., Surrey	594-3765	Patel, Rambhai 936 Granville, Vancouver	685-9513
Nandranjan, V. 11272 River Rd., Surrey		Patel, Suman Bhai 303 - 319 E. 7th Ave., Vancouver	873-8205
Nath, Gyan 2367 W. 45th Ave., Vancouver	263-7342	Patel, Sudhir 1240 Augusta, Burnaby	294-6192
Nair, Amarjit 13906 - 68th Ave., Surrey	594-3765	Patel, Ratilal 3119 E. Broadway, Vancouver	254-2273
Nair, Neena 13906 - 68th Ave., Surrey	594-3765	Patel, Jaggu Bhai M. 5948 Berkeley St., Vancouver	435-0332
Nair, Ravi Kumar 13906 - 68th Ave., Surrey	594-3765	Patel, Ambalal D. 1 - 871 Granville, Vancouver	681-3986
Nair, Arvind K. 13906 - 68th Ave., Surrey	594-3765	Patel, Harshad Rai 1557 Sperling Ave., Vancouver	299-7394
Natrajan, K.S. 1616 Pendrell, Vancouver	688-4757	Patel, Perimal Vanktesh 2611 E. 24th Ave., Vancouver	435-8866
Nathwani, S. 410 - 2910 Alder St., Vancouver	736-0693	Pherwani, Radha 2833 Marine Drive, West Vancouver	
Nathan, V. 1823 E. 11th Ave., Vancouver		Pranjape, A.C. 660 Cypress, Coquitlam	937-0521
Nagin, Narendra 214 - 3489 Kingsway, Vancouver	438-1603	Prinja, Sudesh Kumar P.O. Box 24912, Vancouver	324-2508
Nijjar, Rajender S. 6085 Lanark, Vancouver	327-8226	Punni, Prem 292 E. 15th Ave., Vancouver	879-9768
Nijjar, Didar Singh 6598 Ross St., Vancouver	321-2138	Pallan, Jagdish 14721 - 107th Ave., Surrey	588-0312
Nagra, Gian Singh 1 - 2103 Spencer Rd., Nanaimo	758-9364	Palaha, Ashok 102 - 925 W. 70th Ave., Vancouver	
Nandan, Lago 2133 E. 28th Ave., Vancouver	876-0684	Pathak, Ravi 5 - 2042 Bayswater, Vancouver	732-7547
Narottam, Pravin K. 105 - 4241 Maywood St., Burnaby	437-9575	Patel, Ishwar Bhai 6927 Culloden St., Vancouver	327-5878
Naresh, Kalyan 1701 Semlin Dr., Vancouver V5N 4P6	255-7426	Patel, Kanu Bhai 204 - 2525 Balsam St., Vancouver	783-2015
Pabla, Kewal 5052 Prince Edward St., Vancouver	327-1888	Patel, Pradeep G. 325 W. 13th Ave., Vancouver	879-7001
Pandya, Rajani Kant 34 W. 23rd Ave., Vancouver	879-5403	Parhar, Jagjit Singh 321 E. 24th Ave., Vancouver	980-8755
Perry, Krishina 214 Mowet, New Westminster	522-3668	Parhar, Milkot Singh 2301 Main St., Vancouver	873-3878
Perry, Baijnath 276 No. 4 Rd., Richmond	273-8257	Paradkar, T.M. 102 - 15775 - 105th Ave., Surrey	588-5241
Parashar, Ben 11550 - 35 St. N.E., Seattle, USA		Patel, Vinis M. 25 - 1368 Robson St., Vancouver V6E 1C5	688-4551
Parashar, G.D. 2295 E. 48th Ave., Vancouver	325-7178	Patel, Kanti 5655 Toronto Road, Vancouver	224-7097
Parmar, Narinder 1720 Bowser Ave., North Vancouver	985-6531	Patel, I. Puri, Ratinder I. 20 Gillespie St., Victoria	438-3958 753-6974
Parmar, Rajinder 145 N. Ranelagh, Burnaby	299-3525	Pallan, Mukund Lal 2839 Cedarhill Rd., Victoria	595-0747
Parmar, Karmjit Singh 5801 McKinnon St., Vancouver	437-7163	Prasad, Suret Singh 1 - 1326 W. 10th Ave., Vancouver V6H 1J6	378-0856
Parmar, Mohinder 90 N. Ranelagh, Burnaby	299-2789		
Parmar, Jai Singh 1339 E. 14th Ave., Vancouver	433-2566		

Patel, Harkishan 2049 E. 31st Ave., Vancouver	438-1901	Samtani, Khub 7347 - 12th Ave., Burnaby V3N 2J8	526-8488
Parsad, Narinder 11959 - 74th Ave., Delta	596-3166	Sampat, Paras 1388 E. 13th Ave., Vancouver	874-0085
Parsad, Muneshwar 3081 - W. 3rd Ave., Vancouver	731-8903	Sushma, S. 5709 Hyde St., Burnaby	294-6139 CJVB - 688-9931
Parsad, Satroan 2356 W. 13th Ave., Vancouver	738-7200	Sahdeo, Ahila 4405 W. 16th Ave., Vancouver	228-8893
Panesar, Nachatar 6297 Bruce St., Vancouver	273-8140	Sagoo, Raghubir 2169 E. 34th Ave., Vancouver	324-4583
Pandit, Satyanarayan 11961 - 86th Ave., Delta	594-7485	Sharan, Brij 511 Bournmouth, North Vancouver	929-1470
Panchmatia, Saru 3624 St. Anne St., Coquitlam	942-4639	Sharma, L.K. 204 W. 14th Ave., Vancouver	879-7937
Panchmatia, Kantilal 2066 Clarke Place, Coquitlam	942-4639	Sharma, Darbari Lal (Dr.) 6548 Lochdale, Burnaby V5B 2M8	299-5182
Radhia, Krishan 8924 Orion St., Burnaby	936-9338	Sharma, Keshor 1944 E. 1st Ave., Vancouver	254-8819
Raj, Madan Lal 3639 Napier St., Vancouver		Sharma, Madan Lal 102 - 325 Casy St., Port Coquitlam V3K 4X7	931-3004
Raja, Jayanti 7890 Wamsley Court, Burnaby	524-2448	Sharma, Dharm Pal 5128 Clinton St., Burnaby	437-6409
Rajkumar, Krishnan 1895 E. 37th Ave., Vancouver	327-4435	Sharma, Jagdish Lal 3104 Ontario St., Vancouver	873-2218
Ram, Sohan 1245 E. 49th Ave., Vancouver		Sharma, Ashoka 3775 Dunfries St., Vancouver	872-2370
Ram, Balbir 2943 N. Island Hwy., Campbell River		Sharma, Omark W.C. 305 - 801 E. 6th Ave., Vancouver	874-7950
Ram, Vallabh 203 - 319 W. Pender St., Vancouver	324-2117	Sharma, Jiv Raj 112 - 930 E. 7th Ave., Vancouver	872-5328
Ram, Hit 404 E. 12th Ave., Vancouver	876-2752	Sharma, Vijendra 2936 Grandview Hwy	434-0322
Ram, Saroop 5551 E. Broadway, Burnaby V5B 2X8	298-1238	Sharma, Jagdish Lal 1829 Cotton Dr., Vancouver	254-9288
Ram, Roop 6308 Victoria St., Vancouver	325-5638	Sharma, Ved Prakash 2 - 204 W. 14th Ave., Vancouver	879-7937
Rana, Harkishan 145 N. Renalagh, Burnaby	299-3525	Sharma, Mohan Lal 4909 - 221st St., Langley	534-4447
Rangi, Kumikkar 3328 Gynamede Place, Burnaby		Sharma, Surrinder K. 302 - 6540 Malborough, Burnaby	
Rangi, D.S. 910 E. 21st Ave., Vancouver	876-9581	Sharma, Ravindra K. 1053 Algonquin Dr., Richmond	271-1503
Rangnekar S.S. (Dr.) Dept. of Physics, S.F.U., Burnaby	291-3156	Sharma, Vedprakash 4786 Little St., Vancouver V5N 4S8	438-7916
Ranu, Balhar 7657 Ontario St., Vancouver		Sharma, Mahendra 433 E. King Edward, Vancouver	872-0967
Rampuri, G.S. 6455 Canada Way, Burnaby	521-2975	Sharma, Kirti Kumar Squamish	892-9260
Rathod, Mahendra 128 E. 64th Ave., Vancouver	325-8053	Sharma, Devendra 31 - 700 Collingwood Dr., Kamloops	
Rathod, Ishu 101 - 460 E. 6th Ave., Vancouver	876-8400	Sharma, Samdarshi 9691 - 121st St., Surrey	581-2754
Reddy, (Dr.) 722 W. 66th Ave., Vancouver	325-1416	Sharma, Subhash C. 629 Rose Ridge Place, Victoria	438-6676
Reyat, Rajendra 4855 Chatham St., Vancouver	434-7812	Sharma, Balbir Rai 214 - 275 W. 2nd St., North Vancouver V7M 1C9	437-5657
Rupralia, Ramnik 610 Salisbury Dr., Vancouver	254-5363	Sharma, Vedprakash 5336 Inman Ave., Burnaby	438-7916
Rana, Madhu 1932 Lakewood Dr., Vancouver V5N 4T5	254-6377	Sharma, Suresh Kumar 4786 Little St., Vancouver	
Ram, Bhajan 1086 Anahin, Richmond	277-3501	Sharma, Mahesh P. 5578 Lincoln St., Vancouver	
Rana, Manohar Lal 4538 Hoy St., Vancouver	438-8843	Sharma, K. 601 - 8th Ave. West, Prince Rupert	
Ramsoobag Goburdheen 201 - 228 Manitoba St., New Westminster	525-2266	Sharma, B. 601 - 8th Ave., West, Prince Rupert	
Raval, Vish 3 - 625 - 12th St., New Westminster	525-4932	Sharma, D. Naveen 640 McCartney Cl., North Vancouver	929-3522
Raheel, Gurbachan Singh 224 E. 14th Ave., Vancouver	872-2390	Shah, Ramnik 4389 - 206th St., Langley	530-1701
Rai, Jawsinder 2036 Charles St., Vancouver		Shah, Navnit 20449 - 43A Ave., Langley V3A 3C7	534-5268
Ram, Khush 2737 Duke St., Vancouver		Shah, Ramesh N. 105 - 1660 Barclay St., Vancouver V6G 1K2	689-3266
Ram, Rati 3470 Spruce St., Vancouver		Shah, Vel Ji 11479 - 75A Avenue, Delta	596-4759
Rahal, Tilak Raj 119 S. Fell Ave., Burnaby	298-2808	Shah, Pankaj 3038 Bainbridge Ave., Burnaby	291-0873
Rahi, J.S. 878 Rosse Mary Ave., Vancouver		Shewa, Gop 5419 Manor St., Burnaby	299-8247
Sablok, T.X. 560 E. 61st Ave., Vancouver	321-2472	Shewa, Ramesh 6964 Kerr St., Vancouver	438-9429
Samtani, Ram 20 South Grosvenor Ave., North Vancouver	298-6380	Shewa, Moti 1700 Summit Ave., Seattle U.S.A. 98122	323-3649

Shokar, Hari Singh 3656 Ontario St., Vancouver	876-0681	Shrivastava, A.K. 9023 Alter Place, Burnaby V3J 1A0	433-2118
Shokar, Harbhajan Singh 3565 Ontario St., Vancouver	876-0681	Shrivastava, Sudhir Prem (Dr.) 305 - 919 W. 13th Ave., Vancouver	732-0384
Seth, V.K. (Dr.) 195 Mathews, Vancouver	733-2346	<u>Sen, Chandra</u> 6550 Prince Albert St., Vancouver V5X 3Y8	327-5001
Sekhron, Sadhu 8 - 205 W. 15th Ave., Vancouver	876-8123	Sethi, Bal 383 Mores, Burnaby	276-0302
Singh, Laxmi N. 4771 Union St., Burnaby	299-8026	Stylo, Harish 3632 Ontario St., Vancouver	
Singh, Manohar 1601 Ellesmere, Burnaby	298-5764	Sahagal, S.S. Lal 5262 Beresford Rd., South Burnaby V5J 1N9	347-1881
Singh, Milkrit 8463 - 117 B St., Delta	594-8576	Sehgal, Virender M 5262 Beresford Rd., South Burnaby V5J 1N9	437-1881
Singh, Amarjit 805 - 725 W. 70th Ave., Vancouver	325-1368	Sihota, Sucha Singh 8145 - 112th St., North Delta	596-0520
Singh, A.P. (Dr.) 206 - 3533 W. 4th Ave., Vancouver	732-9150	Sihota, Santokh Singh 9817 - 124th St., Surrey	
Singh, Bhisma 210 - 567 ⁷ Smith Ave., Vancouver		Swami 1173 Oxford St., Victoria	
Singh, Harcharan 5981 Victoria Dr., Vancouver		Sunder, Gyanendra 2060 Cassano Dr., North Vancouver	980-2066
Singh, Harjit 805 - 725 W. 70th Ave., Vancouver	325-1368	Swali, Mahesh R. 8 - 7307 Montecito Dr., Burnaby V5A 1R2	298-4976
Singh, Pushp Kant 4131 Boundary Rd., Vancouver	434-0922	Sian, Ranjit Singh 412 - 2150 Pandora St., Vancouver	253-0463
Singh, Amar 3875 Windermere St., Vancouver		Shankar, Ram 613 - E. 24th Ave., Vancouver	472-2964
Singh, S. Kant 4131 Boundary Rd., Vancouver	434-0922	Shankar, Ramesh 613 E. 24th Ave., Vancouver	472-2964
Sinth, Mahip 3124 E. 62nd Ave., Vancouver	433-2532	Shori, Janaki (Mrs.) 461 E. 10th Ave., Vancouver	876-9139
Singh, Mangal 1034 River Drive, Richmond V6X 1Z3	278-0827	Seru, M.L. 28 - 317 Springfield Dr., Richmond	274-6801
Singh, Kulbir 100 - 13756 - 103rd Ave., Surrey	584-7529	Sara, Harkirpal S. 5561 Wallace St., Vancouver V6N 2A1	261-9055
Sidhu, Iqbal 610 Alison Place, New Westminster	521-5226	Sahdeo, Singh 2159 E. 36th Ave., Vancouver	
Sindhu, Iqbal 2445 E. 27th Ave., Vancouver		Sikka, Kumar 12516 - 96th Ave., Surrey	588-2321
Sidhu, Diljit 7816 - 116th St., Delta	596-2666	Sugriva, Harideo 1007 Jefferson Ave., West Vancouver	926-3988
Sidhu, Nirmal (Mrs.) 4584 GRANVILLE, VANCOUVER	263-7662	Setty, Pendakar 3054 W. 42nd Ave., Vancouver	263-3576
Sidhu, Yograj P.O. Box 1041, Port Coquitlam		Sutaria, Prakash 625 - 12th Ave., New Westminster	
Sissodrakar, Venilal 1583 Oxford St., North Vancouver V7J 1E6	985-5540	Sharoff, Hoshang 3530 W. 15th Ave., Vancouver V6R 2Z4	736-7523
Soni, Krishan 4595 Neville, Burnaby	435-3260	Sadhra, Shender Singh 1441 E. 21st Ave., Vancouver	876-2483
Soni, V.N. 1034 Robson St., Vancouver	682-3917	Shiv, Mangal 7261 Stride Ave., Burnaby	
Sood, V.K. 79 Lake Geneva, Calgary		Sadh, Yash 5 - 1798 W. 13th Ave., Vancouver V6J 2H1	731-1687
Sood, Vinod 2012 Acadia Rd., Vancouver	228-8963	Sudva, Vyas 1015 Semlin Dr., Vancouver	
Sood, Devendra 22 - 303 Williams Rd., Richmond	274-8536	Sibia, A.S. 3205 Carall St., Vancouver	879-3684
Shukla, Naresh Box 24773, Stn. C., Vancouver V5T 4E9	922-3865	Sawjani, Kishor G. 107 - 911 - 5th Ave., New Westminster V3M 1Y3	255-7552
Sukul, K. 5319 Sommerville, Vancouver V5W 3H3	321-2539	Sapra, Chandra P. 1932 Larson Rd., North Vancouver	980-3016
Shukla, Balbir 490 Fortune Ave., Richmond	274-0237	Sulemon, David 2869 E. 14th Ave., Vancouver	434-1428
Sira, Awtar Singh 12199 - 97th Ave., Surrey	584-1631	Sharma, Madhu Sudan 302 - 440 E. 15th Ave., Vancouver V5T 2R4	876-7287
Senon, Kewal K. 10708 - 42 A Avenue, Edmonton Alberta		Tah, Abnash O. 725 W. 70th Ave., Vancouver	324-4057
Sanga, Amar 534 Cedar St., Campbell River		Talwar, R.N. P.O. Box 77004, Stn. S, Vancouver	434-5229
Sandhu, Jasjit 1718 E. 35th Ave., Vancouver	325-4171	Tara, Chand 910 E. 21st Ave., Vancouver	876-9856
Sandhu, Gurdip 60 Gannet, Kitimat	632-3692	Thakore, Arvind 7291 Ednore Cres., Burnaby V5A 3J9 J 9	291-7882
Sandhu, Kewal Singh 1791 E. 28th Ave., Vancouver		Thakore, Natwar Lal 7291 Ednore Cres., Burnaby	291-7882
Sanghera, Mohinder 1951 King George Hwy, Surrey	531-1003	Thakur, Balu 1046 E. 54th Ave., Vancouver	327-8259
Saran, Jagdish S. 647 Windermere, Vancouver	253-2528	Topiwala, Mohan L. 1927 Ferndale, Vancouver	253-6581
Saran, Mahendra 3234 E. Pender, Vancouver		Topiwala, Gobind Bhai 2584 Oxford St., Vancouver	254-9216
Satya, Narayan 2884 Yale St., Vancouver	254-3417		
Swami, Raja 304 - 680 E. 8th Ave., Vancouver	874-4655		

Topiwala, Natwar Lal 3181 E. 24th Ave., Vancouver	437-7646	Vaid, Yoginder Pal (Dr.) McMaster University, Hamilton, Ontario	
Thakar, N.T. P.O. Box 3526, Vancouver	251-2597	Virani, Sherbhnu 7408 Inverness St., Vancouver	327-9786
Thakur, Yaswin A. 3 - 1186 Victoria Dr., Vancouver V5L 4G5	254-7444	Veddd, Rajesh 132 E. 11th St., North Vancouver V7L 2G5	985-3072
Thakor, Lal Hira Lal (Dr.) 3530 W. 15th Ave., Vancouver	736-7523	Virdee, Tarsem Singh 9800 - 124th St., Surrey	
Taank, Arjan 11888 - 97th Ave., Surrey	588-1148	Valera, Ishvar Lal 46880 - 1st Ave., Chilliwack	792-0119
Traucing, T.S. Rahi 878 Rosemary Ave., Vancouver	274-8490	Vyas, Mukul (Dr.) 2357 W. 51st Ave., Vancouver	876-0989
Unadkat, Popat Lal 3854 Norfolk St., Burnaby	438-6728	Verma, Subhash Dept. of Pharmacy, UBC, Vancouver	228-9691
Unadkat, Bhupat Rai 1806 Cotton Dr., Vancouver	253-2436	Vijaya, Kumar 4132 Parker St., Burnaby	291-0102
Uppal, Virendra K. 7410 Main St., Vancouver	7410 M	Verma, Des Raj 1775 Apple Lane, Kamloops	
Varshney, Hari 6226 Elliot St., Vancouver V5S 2M3 M3	437-8735	Wadhvani, Kamal 6964 Kerr, Vancouver	438-9429
Vaze, Anant 232 North Gamma Ave., Burnaby	298-8839	Warren, Eric 10 - 5516 Dalhousie Rd., Vancouver	224-7614
Verma, P.K. 12715 - 104th Ave., Surrey V3V 6A5	584-1453	Wagad, Rayji Karsan 1645 Kingsway	876-1528
Verma, Lajyawanti (Mrs.) 12715 - 104th Ave., Surrey V3V 6A5	586-1453	Wansal, Jitender 3775 Dumfries, Vancouver	
Verma, Gita (Mrs.) 12715 - 104th Ave., Surrey V3V 6A5	586-1453	Wirk, Jaswant Singh 5745 Camino Court, Burnaby V5G 3Y1	299-4102
Verma, Vijaya 3382 W. 8th Ave., Vancouver	732-6123	Walia, P.L. 109 - 2150 Pandora St., Vancouver	254-3235
		Walia, Jatinder 423 E. 55th Ave., Vancouver	327-4087

MEMBERS ARE REQUESTED TO ADVISE THEIR NUMBER
THEIR CHANGE OF ADDRESS TO THE TEMPLE

Buying, selling, or trading

- * HOMES, NEW OR OLD
- * COMMERCIAL PROPERTIES OR SITES
- * APARTMENT BLOCKS
- * FARMS, LAND, HOME ACREAGE
or any other real estate need



FOR FREE CONSULTATION AND PROFESSIONAL REAL ESTATE SERVICE

PLEASE CONTACT
WITHOUT ANY OBLIGATION

AJAIB S JANDA

SERVING YOU SINCE 1971

Top salesman in Cambie office and member of
the diamond club.

of

OFF: 321-68 81

RES: 434-4860

434-2393



BLOCK BROS REALTY LTD.

PUBLICITY AND PRESTIGE

Sukh Khosla

Chairman, Public Relations

Projects and activities are the foundation on which the public relations and the image of any institution depends. Circulating the information firstly amongst the members of the community to inspire them into active participation in the affairs of the Parishad through Newsletter and bulletins, serve as a useful medium in maintaining the interest of the members. Secondly, it is equally important that there is an organised publicity about the role played by our organisation in promoting cultural, social and educational programmes amongst other Canadians who may become interested in appreciating the noble values enriched in our Hindu Scriptures and our traditional rich heritage.



Our religion which is a combination of thoughts compiled by the wisdom and knowledge gained by seers through ages in sacred scriptures and epics, is but a simple vehicle for the expression of human needs. We learn that working together through collective effort with positive action, we should strive not only to uplift our own self, but to help in serving our fellowmen and for the general good of the society.

Publicity will not automatically bring prestige unless it is supported by concrete and diligent work in which sincere service without expectation of reward is rendered. Seeing things in a broad perspective is a virtue and our religion which is built upon truth, confirms that we should not be influenced by prejudice, narrow views, false pride or adverse values.

Serving in this interesting office, I am looking forward to receiving cooperation, assistance and guidance from all of you and would sincerely appreciate any useful suggestions from any of the members in improving the image of the Parishad and building up relations with the Canadian Mosaic.

My sincere thanks, on behalf of the Hindu Parishad are conveyed to all the advertisers who have helped us in the publication of this souvenir. To all those members and friends who have contributed by writing interesting articles and messages, to them I offer my gratitude and hope that they will continue to support the cause of the VHP at all times in the future.

Wishing you all a very happy Diwali and an enjoyable evening at our cultural programme with rejoicings in your homes,



When you are unwilling to perform a task, you are tired from the beginning and when you are willing you are full of energy. Always work willingly and you will find that you are sustained by the indefatigable power of God.

Yogananda

Ask nothing; want nothing in return; it will come back to you — but do not think of it now. It will come back multi-fold — a thousandfold — but the attention must be on that you have the power to give. Give and there it ends.

Vivekananda

H.L. DUGGAL & I. PATEL

of

**Ambika Enterprises Ltd.
&
LONSDALE FOODS**

*Wish a very happy DIWALI to all the members of
Vishva Hindu Parishad*

We are one of the leading grocers for all your requirements

We import products specially for you from all over the world

Every week we bring by Air Cargo, fresh vegetables for you from FIJI

We serve all across British Columbia

We also sell Tapes, Cassettes, Records, Utensils, etc., etc.

Try us once

You won't regret it

We and our courteous staff are here

To serve you

Come to:

AMBIKA ENTERPRISES LTD.

5139 VICTORIA DRIVE

VANCOUVER, B.C.

Tel: 327 - 0295

327 - 0296

LONSDALE FOODS

140 LONSDALE AVENUE

NORTH VANCOUVER, B.C.

Tel: 985 - 5411

BHINDI (FIJI) LTD

Wishes You All

HAPPY DIWALI

And Prosperous

new year



**FIJI'S LEADING 22ct GOLD & DIAMOND
JEWELLERS ARE HERE TO SERVE YOU
SPECIALIST IN ALL TYPES OF 22 KARAT
GOLD JEWELLERY.**

**ALL JEWELLERIES ARE SOLD WITH WRITTEN
LIFETIME GUARANTEE**

BHINDI (FIJI) LTD

**734 Granville Street
Vancouver B.C.**

Phone 684-8825

" If you don't know your jewellery, know your jeweller "