



# MANGALA VIHARA (BUDDHIST TEMPLE)

(Founded 1<sup>st</sup> May 1960)

Founder : Late Ven. M.M. Mahaweera Maha Nayaka Thera  
Resident Monk : Ven Dr I Indasara Thero

Ven. Dr. Ittadembaliye Indasara,  
Resident Monk,  
Mangala Vihara (Buddhist Temple)  
30, Jalan Eunus,  
Singapore - 419495

20 . 03 . 2007.

Mr. Anthony Arjun Loy,  
Yoga Connections,  
498-A, Changi Road,  
Singapore – 419903.

Dear Mr. Anthony Arjun Loy

## Donations for the A/L scholarship in Sri Lanka.

I have started the A/L scholarship programme in Sri Lanka. The beneficiaries are being selected from urban provinces whose inhabitants live below the poverty line. The students are inherently intelligent. Those students who have been selected for the scholarship passed the O/L examination with Distinction.

Under our scholarship programme, we have already given 103 scholarships. We could start this programme last year because of the generous donations from Mangala Vihara (Buddhist Temple) and the Yoga Connection students.

Mr. Anthony Loy, who is very compassionate, kind and open-minded, worked generously with his students to raise the scholarship fund. Everybody who has helped this programme can be sure that they are helping to create an educated society. You are helping the needy of society. Your kind donations will create future doctors, engineers, professors and politicians.

Therefore, I highly appreciate your kind generosity and I am thankful to all of you on behalf of all Sri Lankans.

May the triple gem bless you all for a happy and prosperous future.

Thanking you,

With metta,

Bhante I. Indasara  
Ven. Dr. I. Indasara Thera  
Resident Monk  
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Mr. Anthony Loy (vice chairman of Mangala Vihara Buddhist temple) conducts Yoga classes at the Mangala Vihara. Yoga is very ancient practice which has been used in India for centuries. It is an art of living. By practising yoga one can study how to live happily, harmoniously and peacefully. One can live without tension. Yoga disciplines one's body and enables one to gain knowledge of one's physical actions. One can also achieve mental discipline through yoga. Yoga imparts new strength and increased energy to an individual, and makes him more confident and self-reliant. Most of all, it keeps one healthy.

Mr. Anthony Loy started yoga classes in a religious environment. Mangala Vihara is a suitable location for his practice. Every day his students come to the temple. Mr. Anthony introduces his students to other social services. I would like to mention here that Mr. Anthony's students have helped the A/L scholarship programme in Sri Lanka. 103 students are given scholarships to follow the A/L examination. I praise the yoga students' generosity and would like to thank them on behalf of all the beneficiaries.

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