



## ASLI CHILDREN HAVAN PROGRAM



Children Havan Program is the pride of the Arya Samaj of Long Island (ASLI) and a vivid representation of dedication to Vedic values. Through Havan ritual, spiritual discourse, interaction and public speaking activities, vision is to meet the social and spiritual needs of our youths in simplest & contemporary manner.

In 2019 program is very structured and organized. A well thought out topic of 'Yamas & Niyamas' was taught and other aspect of 'Patanjali Ashtang Yoga' were practiced too. Along with performing havan, Children of all ages including young kids and teens did Meditation and practiced Yoga aasnas conducted by Shastri Darshanand Ji.

Every month, a single aspect of Yamas & Niyamas with details was shared with kids and parents for study, research and discussion, Children talked about it during open mic session in monthly program. Parents always enjoyed the overall program and supported the initiative as well as contributed to program. As always Havan/Yajna rituals are exclusively performed by kids under Shastri Ji supervision.

Additionally, in 2019 Children Havan program extended engagement further into enrichment, a music teaching classes were conducted and taught by Gita Setia ji (a renowned Singer) and co-ordinated by Amita Chaudhary. Kids recently performed at IALI India Fest and were applauded for professionalism. This boasted their confidence and talent. The group meets every first Sunday of the month. Contact Amita & Rajeev Chaudhary for schedule and details.

### Coordinators

Amita Chaudhary  
(516-666-1474)

Rajeev Chaudhary  
(516-666-5688)

### Sahyog

Chetna Chhikara, Sanjay & Anaga D'Souza, Neera Tewari, Harish & Sajji Chamunni