

# Arya Mahila Program



Arya Mahila Program is organized every first Wednesday of the month in Arya Samaj of Long Island for over a year now. Mrs. Radha Vardhan teaches simple yoga exercises and Pranayama for an hour. Then members share their views, ideas, experiences of day to day life, discuss health issues, put forth suggestions, solutions, sing bhajans, chant vedic mantras and have an inter-active, purposeful and lively time.

In September, Program invited Poonam Arya and Parvesh Arya of Rohtak Arya Samaj (India) to deliver a talk and share their social work in India. It was a proud moment for Arya Mahila Program to know of the Exemplary work they do to advance girls' education and eradicate girls' infanticide through Beti Bacho Beti Padao Abhiyan. They travel to small villages and big cities to promote this urgent agenda. They run Arya camps in Punjab for girls and boys separately in summer to impart Vedic knowledge and discipline among school children.

The Group celebrated Arya Mahila Sammellan on March 16, 2019. On this occasion, Mrs. Saroj Mukhi, Mrs. Saroj Sharma and Mrs. Radha Vardhan were Honored for their contributions to Arya Samaj. Mrs Leela Varma, Vice President, Arya Samaj New York was invited to deliver the Key Note Speech. The Group also celebrated Mother's Day on May 11, 2019 and Honored Mrs. Sarla Nanda and Mrs. Usha Chug for being exemplary Arya Mothers. Their friends, families, children and grandchildren were invited to felicitate them. Their presence showed the family bondage Arya families have developed through Sanskaras and following Vedic Sanskriti.

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**Sahyog**

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