

HAPPY DEEPAVALI • HAPPY DEEPAVALI • HAPPY DEEPAVALI

ओ३म्

Arya Samaj of Long Island Inc.

Presents

Sur Sangam

Evening of Melodious Hindi Songs

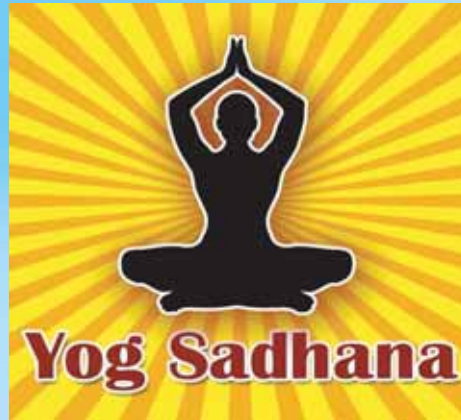
&

Deepavali Gala Dinner



SUNDAY, NOVEMBER 6, 2016

DEDICATED TO



In benefit of:

ARYA SAMAJ of Long Island Inc. - VED PRACHAR -

"Arya Samaj Bhavan"

319 Jerusalem Ave., Hicksville, NY 11801

Web: www.aryasamajoflongisland.org

Email: aryasamajoflongisland@yahoo.com

HAPPY DEEPAVALI • HAPPY DEEPAVALI • HAPPY DEEPAVALI

The logo for VASS Pipe & Steel Co., Inc. features a large, stylized blue 'V' on the left. To the right of the 'V', the word 'VASS' is written in a bold, blue, sans-serif font. Below 'VASS', the words 'PIPE & STEEL' are stacked, followed by 'CO., INC.' on the next line. The text is all in blue. The background of the entire advertisement is a collage of industrial images: a welder working on a pipe, stacks of yellow-painted pipes, an offshore oil rig, a sunset over an industrial site, and a red semi-truck loaded with pipes.

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Program



Registration and Social Hour	-----	6:00pm
American National Anthem	----- CD -----	7:15pm
Indian National Anthem-----	Vedic Heritage & Arya Samaj Children-----	7:20pm
Vedic Invocation & Bhajan-----	Gita Setia -----	7:25pm
'President's Welcome Message'	----- Dr. Vijay Arya -----	7:30pm
'Honoring: Mr. Vishrut Arya	----- by Dr. Yashpal Arya -----	7:40pm
'Honoring: Smt. Suda Sharma	-----by Dr. Vijay Arya -----	
Vedic Dance	----- Anwesha Rath -----	7:55pm
'Yog Shaadna Talk'	----- Priya -----	8:00pm
'Bollywood Dance'	----- Saumya -----	8:10pm
'Sur Sangam' – Musical Evening	-----Sunny - Kajal & Group -----	8:15pm
(Sponsored by Nadia & Sarina Mukhi)		

Master of Ceremony – Dr. Anila Midha

Vote of Thanks by Mr. Devender Gupta

Deepavali Gala Dinner & Raffle

9:30pm

ENJOY



Attain Ishwar's Light and Love

ओ३म् यो जागार तमृचः कामयन्ते,
यो जागार तमु सामानि यन्ति ।
यो जागार तमयं सोम आह,
तवाहम् अस्मि सख्ये न्योकाः ॥

*Om Yo jaagaara tamrichah kaamayante,
Yo jaagaara tamu saamaani yanti.
Yo jaagaara tamayam soma aaha,
Tavaaham asmi sakhye nyokaah.*

The mantras of the Rig-Veda desire the awakened one.
The vigilant one experiences poetic bliss of the Saam Veda verses.
Soma, the inspiring Lord tells the realized, alert soul I am yours.
I have established my abode in your friendship
(Saama Veda Uttaraarchik 20-6-5).

WITH BEST WISHES FROM:

Vikalp Foundation Inc.

(Formerly Vijay & Kalpana Arya Foundation Inc.)
12 Ridge Ct. Brookville, NY 11545

योगी अपने चित की योग-साधना से भूत, भविष्यत और वर्तमान को देख लेता है ।

PRESIDENT'S MESSAGE



The Ninth Annual Long Island Arya Samaj Fundraising Dinner and Diwali Celebration

Namaste -" I bow to the Divinity within you " I welcome you all to the Ninth annual Dinner and Diwali Celebration on behalf of Arya Samaj of Long Island (ASLI).

Diwali is the celebration of victory of light over darkness . "Asatoma sadgamay,Tamso ma jyotirgamay, Mratyorma amratamgamay" (Lead me from untruth to truth, from darkness to light , from death to immortality,May there be peace everywhere)

Every year Diwali also reminds us The day of Mokhsa for The Great ,pious soul Swami Dayananda Saraswati. In 19th century ,He realized the problems in the society and identified that Knowledge of Veda,s is the only way to bring peace to the mankind and save the Human race . The knowledge of Vedas could have been lost without establishment of Arya Samaj. The R̥g Veda has been accepted as the oldest scripture available to mankind. The message from Vedas goes beyond the time, place and person and teaches peace and harmony.

***"Ékaṃ sád víprā bahudhā vadantyagnīm yamám mātariśvānam āhuḥ."* R̥g Veda I:164:46**

God is ONE, though the wise describe him variously. One says God is fire, another says God is sun, and the third describes God as the life breath.

Vedic Hinduism - A way of Life for All Human beings. The practice of Yoga is nothing but a way of life, which is being accepted by all masses in 21st century.

The Indian sage Patanjali, called "The Father of Yoga," defines yoga as *"that which restrains the thought process and makes the mind serene. The word yoga means the conscious union of the soul with God.* Patanjali suggests that ethics (yama and niyama) is the way to cleanse the mind, body, and spirit. The body's organs and systems are to be cleansed first through *asanas* (postures) and *pranayama* (controlling the breath). The code of conduct includes the practice of the highest human virtues like *ahimsa* (nonviolence) and *satya* (truth).

In today's complex society, where there is an abundance of ill-knowledge and confusion and where man's inhumanity to man is increasing at an enormous rate, there can only be one source of sanctity – Practice of Yoga. Now, more than ever, there is a growing need for spiritual direction. It has always been emphasized that one should make the meditation a regular and necessary part of one's daily life, for in so doing one will uplift his/her spiritual knowledge and the Whole World will be a better place to live.

Congratulations to our Honorees - Shri Vishrut Ji and Smt Sudha Sharma for their selfless service to society.

I want to express my sincere thanks to each and every member of Arya Samaj for their contribution, help & cooperation in particular to Acharya Darshanand ji , Mr Sudesh Mukhi and Mr Vijay Goswamy.

" Let Noble thoughts come from all sides "

Maharshi Swami Dayanand Saraswati Ji
February 12, 1824 - October 30, 1883
(Established Arya Samaj in 1875)

Krinvento Vishvam Aryam - Make This World Noble
ARYA PRATINIDHI SABHA AMERICA

Congress of Arya Samajs in North America - Established in 1991

224 Florence Street, Troy, Michigan 48098, U.S.A.

email: info@aryasamaj.com | Tel: (248) 879-2531

www.aryasamaj.com

इन्द्र श्रेष्ठानि द्रविणानि धेहि चित्तिं दक्षस्य सुभगत्वमस्मे।
पोषं रयीणामरिष्टिं तनूनां, स्वाद्मानं वाचः सुदिनत्वमन्हाम्

O Ishwar! Please grant us the best of knowledge, wealth, strength and courage. Grant us alertness and caution, good fortune, boundless prosperity, health, life free from obstacles and sweetness of voice. May every day of our life be auspicious.

Best wishes to Arya Samaj of Long Island

On Annual Day 2016 - "Yog Sadhna"

Filled with prayers for a

Happy & Prosperous Deepawali

and A Successful Year Ahead

Arya Pathik Girish C Khosla Vaanprasthi
Trustee

Vishrut Arya
President

Bhuvnesh Khosla
General Secretary

Jethinder Abbi
Treasurer

Vedabrat Etwaru
Joint Secretary

Sati Gurdial
Joint Treasurer

Join us for 27th Arya Mahasammelan
July 27-30, 2017, New York



Dear Arya Bandhus and Sisters,

Namastey!

In the Vedic Prayer - Tamaso Ma Jyotirgamaya, we pray to almighty to lead us from darkness to light - darkness of ignorance to light of knowledge, of evils to virtues, of untruth to truth, of jealousy to harmony, of hatred to love. The Prakash Parv - Festival of lights, reminds us to lead towards those lights which lead to make this world a noble society, that lead to world as one family - vasudhaiva kutumbakam. While praying for our progression from darkness to light, I wish you a happy, prosperous and virtuous Diwali on behalf of Arya Pratinidhi Sabha America.

Mention of Deepawali is incomplete unless we remember Maharshi Swami Dayanand Saraswati, founder of the Arya Samaj. Swami Ji took the heavenly abode on Deepawali evening in 1883. He called upon everyone to become Human (instead of a Hindu, Christian or Muslim) – Manur-Bhav. He unrevealed the divine knowledge of Vedas again in this contemporary world, while leading a social reform movement that resulted in all round awakening of masses and removal of superstitions. We pay tributes to the Rishi by following his righteous path, removing superstitions and social evils and spreading Vedic knowledge.

I congratulate Arya Samaj Long Island on their Annual Day. On behalf of Arya Pratinidhi Sabha America, I thank all the members and executives of this Samaj for their selfless efforts and wish them success in their endeavors to spread the divine knowledge of Vedas. I also call upon all of us to join hands with Arya Pratinidhi Sabha America in our common goal of spreading goodness in society. To make the universe noble, our efforts need to be global, cohesive, complementary, uniform and headed towards same direction. We welcome your ideas, time and resources to work together with Sabha for the propagation of Vedic Values nationwide. I also invite you all for upcoming 27th Arya Mahasammelan on July 27-30, 2017 which will be held in New York.

Once again, best wishes for a happy and prosperous Deewali.

ज्योतिर्मै यच्छ। यजुर्वेद १४/१७

ज्योतिर्मय किरणों का स्वागत करो मना, मन तमस शेष हो।
शुभम स्वस्तिमय, मंगलमय शुचि भाव भावना मय विशेष हो।
श्री स्वास्थ्य धन-धान्य सम्पदा सात्विकता का शुभ प्रवेश हो।
तन-मन-धन की सकल ऊर्जा, शुभ कर्मों में ही निवेश हो।

Vishrut Arya
President, Arya Pratinidhi Sabha America



Benefits of Yog Practice

प्राणायामैर्दहेद् दोषान् धारणाभिश्च किल्बिषम् ।
प्रत्याहारेण संसर्गान् ध्यानेनानीश्वरान्गुणान् ॥

*Praanaayaamair dahed doshaan,
dhaaranaabhishcha kilbisham.
Pratyaahaarena samsargaan,
dhyaanenaaneeshwaraan gunaan.*

Breathing exercises removes impurities.

Concentration removes impurities of thoughts and emotions.

Inner reflection removes impurities from association with the external world.

Dhyaan removes atheistic tendencies and ignorance.

(Manu Smriti, 6-48).

WITH BEST WISHES FROM:

Hari Dev Bhatia & Raj Bhatia
Arun & Karuna Bhatia, Anil & Sarala Dhingra
Hans & Renu Bhatia, Sanjay & Vandana Taneja
Anjum & Shaleen Kaushal, Anup & Navita Bhatia,
Dr. Anand & Dr. Leena Mehta, Dr. Hersch Bhatia and Dr. Neha Bhatia

"Yog and Meditation Brings Wisdom"



Initiation in the Path of Yog Acharya Darshanand, Ph.D.

Maharshi Patanjali with utmost compassion prescribed a mode of Yog practice for laypeople termed Astang Yog with eight interrelated steps. The ultimate goal of Astang Yog is to remove impurities, acquire the light of knowledge, and develop Vivek – the ability to determine truth from untruth (Yog Darshan, 2-28). The first step is Yam with five components (Yog Darshan, 2-30). The first of these five components is Ahimsa, which is translated as non-violence, non-aggression, or non-harm. In this essay, I will define Ahimsa and how to practice it in our daily lives. It centers on three aspects, namely, a. Non-violent thoughts, which lead to non-violent emotions b. Non-violent communication, c. Non-violent actions.

Maharshi Patanjali advocated that Ahimsa should be practiced in thought/cognition, word, and action. Our thoughts influence our words, and also our actions. Aggressive or violent thoughts affect us at the physiological level. These thoughts trigger sympathetic nervous system arousal which leads to increase in blood pressure, heart rate, pulse rate, and a decrease in hunger and compassion. When we are exposed to violence in television or other forms of media, it also affects our thoughts and cognition. Anderson and Bushman (2001) found that exposure to violent video games presents a public health threat to children and young college students. It leads to higher levels of aggression and a decrease in prosocial behaviors.

In practicing Yog, it is not only important to regulate one's aggressive thoughts, but also to be aware of environmental factors that influence our cognitions in negative and positive ways. Cognitions influence our emotions. Fear and aggression are processed in a part of the brain called the Amygdala. The amygdala links the prefrontal cortex area that processes higher cognitive information and also the brain parts that control touch, pain, and respiration. This connection allows the amygdala to coordinate physiological responses based on cognitive information. In other words, our perception of events prepares us to respond to them. When we practice Ahimsa, non-aggression, our reactions would not lead to sympathetic arousal, which will allow us to relax and rest physiologically. It is for this reason that Maharshi Patanjali states that practice of Ahimsa has to start at the physiological level with our thoughts, which in turn affect our emotions, words, and actions. While we practice ahimsa at the cognitive level, we have to monitor our thoughts. Sometimes, we have aggressive, violent thoughts. However, one should not give up when that happens, but strive in the next moment to refocus and cultivate non-violent thoughts.

Practice of Ahimsa at the verbal level (non-violent communication) includes avoiding abusive, violent, demeaning, and hurtful words. Words matter and they have a tremendous influence on others. Ishwar advises us “*Vaachaa vadaami madhumat*” May I speak with words of pleasantness and wisdom (Atharva Ved, 1-34-3)). Mahatma Vidur (2-78) states that words can be used as weapons which create indelible wounds on the psyche of people.

Finally, Ahimsa at the third level involves our behaviors and actions. Sometimes, people are not aggressive verbally, but they portray aggression in their actions and body language. In other words, thoughts are affecting actions. For the Yog Sadhak or student of Yog, this is harmful and it is something one has to constantly monitor. The initial path of yog starts with our thoughts and it influences our behavior and actions. Therefore, yog is training the mind and intellect. The student of yog reaps the first benefits and then others benefit when the demeanor and behaviors of the practitioner influence others through a non-aggressive, non-violent persona.



Yog Practice Control the Mind

चंचलं हि मनः कृष्ण प्रमाथि बलवद् दृढम् ।
तस्याहं निग्रहं मन्ये वायोरिव सुदुष्करम् ॥

*Chanchalam hi manah Krishna, pramaathi balawad dridham.
Tasyaaham nigrham manye, vaayoriwa sudushkaram.*

Arjun tells Shri Krishna,
Oh Krishna, the mind is restless, agitates, is strong, and stubborn.
I think it is difficult to control just as it is difficult to control the wind (Gita, 6-34).

*Shri Krishna tells Arjun
Undoubtedly the mind is difficult to restrain.
However, by Yog practice one keeps the senses and mind away from impurities
And will bring it under one's control (Gita, 6-35).*

WITH BEST WISHES FROM:

Amba & Renu Sharma
Jai Amba Vaid, Shaan Cecil Vaid
Pierce Mathis

"KNOWLEDGE INCREASES WITH THE REFINEMENT OF INTELLIGENCE,"



Knowing Ishwar Can One Overcome Ignorance

ओ३म् वेदाहमेतं पुरुषं महान्तमादित्यवर्णं तमसः परस्तात् ।
तमेव विदित्वाति मृत्यमेति नान्यः पन्था विद्यतेऽयनाय ॥

*Om vedaahametam purusham mahaantam,
aadityavarnam tamasah parastaat.
Tameva viditwaati mrityumeti,
naanyah panthaa vidyate'yanaaya.*

I know that great, Supreme Being,
who is effulgent like the sun, and beyond darkness and ignorance.
Only by knowing that Supreme Being, one overcomes the pain of ignorance.
There is no other path for the soul's liberation.
(Yajur Veda, 31, 18).

With Best Wishes from:

Drs. Bhushan and Santosh Khashu

“Enjoy the eternal Bliss of the Soul”



Arya Samaj of Long Island Inc.

HONORS

Mr. Vishrut Arya

(President Arya Pratinidhi Sabha of America)

with

ARYA RATAN AWARD

For his devotion & dedication to spread the
Vedic culture and Swami Dayanand Saraswati's Philosophy
in United States of America And India

Presented

Sunday, November 6, 2016

Dr. Vijay Arya
President

Sudesh Mukhi
Vice President



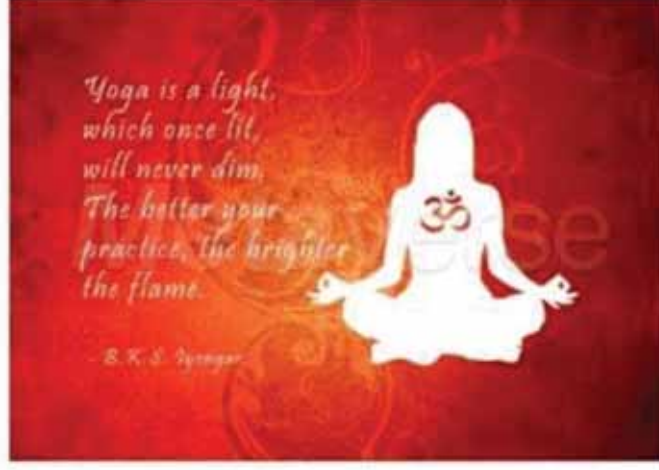
Chief Guest and Honoree

He lives in Atlanta Georgia where is an active member and Trustee of Greater Atlanta Vedic Temple.

Professionally Vishrut ji is leader in software development with a MBA from Georgia State University, J Mack College of Business.

Vishrut ji is an energetic and able leader of Arya Samaj. His dedication to Ved Prachar activities are unmatched.





Make Your Life Yog Oriented

ओ३म् सीरा युञ्जन्ति कवयो युगाण
वितन्वते पृथक् ।
धीरा देवेषु सुम्नया ॥

*Om Seeraa yunjanti kavayo yugaa,
vitanvante prithak.
Dheeraa deveshu sumnayaa.*

The scholars, yogis and the yog practitioners separate the soul from the body and concentrate on Ishwar. Those whose actions are according to the yog philosophy and constantly increase their knowledge and happiness find joy among wise people and Supreme Bliss (Yajur Ved, 12-67).

WITH BEST WISHES FROM:

Dr. Brijesh Goyal & Mrs. Rajesh Goyal

YOGA ADDS YEARS TO YOUR LIFE



"The flow of this continuous control of the mind becomes steady when practiced day after day, and the mind obtains the faculty of constant concentration"

-Swami Vivekananda

The Resolute Mind of a Yogi

यथा दीपो निवातस्थो नेङ्गते सोपमा स्मृता ।
योगिनो यतचित्तस्य युञ्जते योगमात्मनः ॥

*Yathaa deepo niwaatastho,
nengate sopamaa smritaa.
Yogino yatachittasya,
yunjate yogamaatmanah.*

**As a little lamp does not flicker
when it is in a windless place,
likewise, the mind of the Yogi is steady
when it is under control
and the soul is connected to Ishwar.
(Gita, 6-19).**

With Best Wishes from:

Dr. Dev and Dr. Shashi Jhamb

"Yoga is the practice of quieting the mind" - Patanjali



Arya Samaj of Long Island Inc.

HONORS

Smt. Suda Sharma

(Supporter of Arya Samaj and Humanitarian Services)

with

ARYA RATAN AWARD

For her devotion & dedication to spread the
Vedic culture and Swami Dayanand Saraswati's Philosophy
in Nairobi and United States of America.

Presented

Sunday, November 6, 2016

Dr. Vijay Arya
President

Sudesh Mukhi
Vice President



Mrs. Suda Sharma was born in Nairobi, Kenya. After high school she went to London where she graduated from King Edward Memorial College as a Registered Nurse in Public Health. After her graduation she returned to Nairobi where she worked as a Nurse in charge of the inoculation and travel advisory department of the City Council of Nairobi and her work was recognized by World Health Organization.

In June 1969 Suda Sharma got married to Vyas Dev Sharma, an Airline Executive who is also current President of Rotary Club of Hicksville South and settled in New York. They have three children, a daughter and two sons. Both sons have served in the US Army as Captains and younger one did three tours to Iraq and Afghanistan during war. All are married and well settled.

After getting her New York State Nursing license she worked in many areas of the health field. Her passion was always to do the community service. Therefore in 1996 she started three humanitarian projects from the basement of her house under the banner of India Association of Long Island.

First was Annual Diwali Food drive to support 14 soup kitchens and 3 homeless shelters run by Interfaith Nutrition Network by collecting canned food as well as monetary donations from Indian community as well as Indian Merchants and Airline Caterers.

Second one was to help Rotocare, a division of Rotary International, by collecting medical supplies and medicines for needy people on Long Island.

Third one was named as Penny Project where our youths collected monetary donations to buy gifts during holiday time for foster children. Suda had support of dedicated volunteers for all three projects.

Suda was given due recognition for her charity work by Executive of Nassau County, New York Governor's office as well as both houses of New York State legislatures. Mrs. Sharma's greatest reward from volunteer experience is "Bringing light into the life of those who are less fortunate".



Value of Learning Yog and Darshanas

सम्यग्दर्शनसम्पन्नः कर्मभिर्न निबद्धयते ।
दर्शनेन विहीनस्तु संसारं प्रतिपद्यते ॥

*Samyag darshana sampannah, karmabhirna nibaddhyate.
Darshanena viheenastu, sansaaram pratipadyate.*

The Sanyasi or Yogi who has proper knowledge of the six Darshanas, is not affected by impurities. However, a sanyasi without the knowledge of the six Darshanas becomes trapped in the cycle of birth and death due to ignorance. (Manu Smriti, 6-74).

WITH BEST WISHES FROM:

Soni Midha
Anila & Subash Midha
Abja & Vivek Sri Ram

"When you inhale, you are taking strength from God"



Arise and Overcome Impediments

ओ३म् उत्तिष्ठता प्र तरता सखायोऽश्मन्वती नदी स्यन्दत इयम् ।
अत्रा जहीत ये असन्नशिवाः शिवान्तस्योनानुत्तरेमाभि वाजान् ॥

*Om uttishthataa pra tarataa sakhaayo'
shmanvatee nadee syandata iyam.
Atraa jaheeta ye asannashivaah
shivaant-syonaan-anuttaremaabhi vaajaan.*

**O Friends! Arise and cross this flowing river with boulders.
Abandon all ignorable propensities and qualities here.
Strive to attain all good qualities, things of comfort,
and grains that promote health and long life.
(Atharva Veda, 12-2-27).**

WITH BEST WISHES FROM:

**Devender and Mamta Gupta
Devika and Nakul**

"Mindfulness is to open our hearts and minds to the world around us."



Surabhi Mukhi

Surabhi Mukhi

The school also runs a library with books on Mahabharata, Ramayana, Indian Kings (e.g Asoka), Freedom Fighters (Subhash Chandra Bose) and even stories like Akbar and Birbal. For the past five years the program has also hosted an on-the-spot painting competition for kids ages 3-16 in three different categories. The program is gradually gaining popularity amongst the Indian community living in Suffolk.





The Yogi is Free from Grief and Attains Bliss

ब्रह्मभूतः प्रसन्नात्मा न शोचति न कांक्षति ।
समः सर्वेषु भूतेषु मद्भक्तिं लभते पराम् ॥

*Brahmabhootah prasannaatmaa,
na shochati na kaankshati.
Samah sarveshu bhooteshu,
mad bhaktim labhate paraam.*

**The pure Yogi who attains the Divine, Brahma,
is free from grief and desires.
Such a person sees all beings with eyes of
love and attains the highest state of moksh.
(Gita, 18-54).**

WITH BEST WISHES FROM:

Yudhishter & Saroj Mukhi
Sanjay – Preeti, Parth & Anish Mukhi
Sushma – Vinay & Anjali Kapur,
Abhinav – Deepti & Zubin Kapur

Bliss is not a feeling, but the state of being. – Deepak Chopra



May Auspiciousness & Joy Permeate Life!

ओ३म् भद्रो नो अग्निराहुतो
भद्रा रातिः सुभग भद्रो अध्वरः ।
भद्रा उत प्रशस्तयः ॥

*Om Bhadro no agniraahuto,
Bhadraa raatih subhaga, Bhadro adwarah.
Bhadraa uta prashastayah.*

May the offerings unto the fire bring us prosperity and goodness!

May our generous efforts bring us auspiciousness!

O prosperous Soul, May yajna bring prosperity and success!

May your fame bring you all goodness!

(Saam Veda, 2-1-2-5)

WITH BEST WISHES FROM:

Subhash & Anju Bhatia

Gauri Bhatia

KMG Infotech Ltd.

125 Baylis Road, Suite # 260, Melville, NY 11747

Email: Subhash.Bhatia@kmgus.com



The Yogi attains Ishwar's Blessings

ओ३म् युञ्जानः प्रथमं मनस्तत्वाय सविता धियम् ।
अग्नेर्ज्योतिर्निचाय्य पृथिव्या अध्याभरत् ॥

*Om Yunjaanah prathamam manas,
tatwaaya savitaa dhiyam.
Agneryotir nichaayya,
prithivyaa adhyaabharat.*

The Yogi who practices Yog by connecting the mind to Ishwar,
gets a refined intellect with Ishwar's blessings.

With the knowledge of Ishwar,
the Yogi lives a pure life on earth.
(Yajur Ved, 11-1).

WITH BEST WISHES FROM:

Dr. Anoop & Dr. Urvashi Kapoor
Ankur, Kristen, Aidan, Ryan Raj. & Kaitlin Kapoor
Harpreet, Komal and Simran Katari

वेद ही ईश्वरीय ग्यान है



Yogic Vision

ज्ञानविज्ञानतृप्तात्मा कूटस्थो विजितेन्द्रियः ।
युक्त इत्युच्यते योगी समलोष्ठाश्मकाञ्चनः ॥

*Jnaana vijnaana triptaatmaa, kootastho vijitendriyah.
Yukta ityuchyate yogee, samaloshtha ashma kaanchanah.*

The soul who is satisfied with knowledge and applied knowledge,
is aware of its pure nature, controls the senses,
and sees mud, stone, and gold alike is connected to Ishwar.
(Gita, 6-8).

WITH BEST WISHES FROM:

Dr. Narinder and Mrs. Manju Kukar
And Family

"May the Supreme Light enlighten your Soul"



The Yogi Finds Ishwar Within

ओ३म् अष्टाचक्रा नवद्वारा देवानां पूरयोध्या ।
तस्यां हिरण्ययः कोशः स्वर्गो ज्योतिषावृता ॥

*Om Ashtaa chakraa nava dwaara,
devaanaam poorayodhyaa.
Tasyaam hiranyayah koshah,
swargo jyotishaavritaa.*

**This human body of the devas
with eight chakras and nine dwaara (doors) is, Ayodhya, unconquerable.
In this body, the five vibrant koshas are encompassed with the light
and bliss of Brahma, the Divine One.
(Atharva Veda, 10-2-31).**

WITH BEST WISHES FROM:

Manvar Family

Dr. Buddhadev and Dr. Dolly Manvar
Dr. Amar & Dr. Nitasha Manvar
Dr. Pallu & Dr. Robinder Singh
Dearest Ishan & Arjun



Acquire Divine Wealth

अभयं सत्त्वसंशुद्धिर्ज्ञानयोगव्यवस्थितिः ।
दानं दमश्च यज्ञश्च स्वाध्यायस्तप आर्जवम् ॥

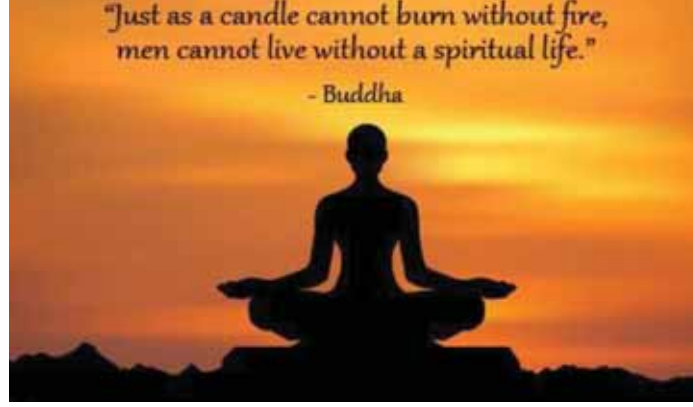
Abhayam sattwa samshuddhir jnaana yogavyawasthitih.
Daanam damashcha yajnashcha, swaadhyayastapa aarjawam.

**Fearlessness, inner purity, devoted to acquiring knowledge
and Yog practice, generous, control of the senses,
study of the Vedic literature and one's self, and simplicity are Divine qualities
(Gita, 16-1).**

WITH BEST WISHES FROM:

Dr. Nirmal & Tina Mattoo
Dr. Aditya & Preeti Mattoo
Dearest Surya, Deven & Dhruv

- मेरा ब्रम्हबल और क्षात्रबल दोनों श्री को प्राप्त हों -



Foster Dharmik Values

ओ३म् तन्तुं तन्वन् रजसो भानुमन्विहि
ज्योतिष्मतः पथो रक्ष धिया कृतान्।
अनुल्बणं वयत जोगुवामपो
मनुर्भव जनया दैव्यं जनम् ॥

*Om Tantum tanvan rajaso bhaanumanvihi
jyotishmatah patho raksha dhiyaa krtaan.
Anulbanam vayata joguvaam-apo
manurbhava janayaa daivyaam janam.*

While weaving threads of actions, follow the path of the sun (light).

Protect those paths - pillars of inspiration, values that bring enlightenment.

With knowledge and effort, you should continuously expand the harmonious activities of the wise to perpetuate the threads of dharma.

With these practices, become a human being and procreate offspring that promote the welfare world (Rig, Veda, 10-53-6).

WITH BEST WISHES FROM:

Swasti Foundation Inc.

Sudesh Mukhi and Dr. Sudha Mukhi

Sonia Mukhi



Uphold Vedic Teachings

ओ३म् मा प्रगाम पथो वयं
मा यज्ञादिन्द्र सोमिनः ।
मान्त स्थुर्नो अरातयः ॥

*Om maa pragaama patho vayam,
Maa yajnaat indra sominah.
Maanta sthurno araatayah.*

O Indra, the omnipotent one! May we strive to practice Vaidik teachings;
may we constantly perform yajna-the source of prosperity,
and may everyone endeavor to become generous
(Atharva Veda, 13-59).

Best Compliments from:

Aruna and Rajeev Saxena

Meghna and Harish Sarma

Our precious Kaiju



May there be peace

ओ३म् इन्द्रो विश्वस्य राजति ।
शन्नो अस्तु द्विपदे शं चतुष्पदे ॥

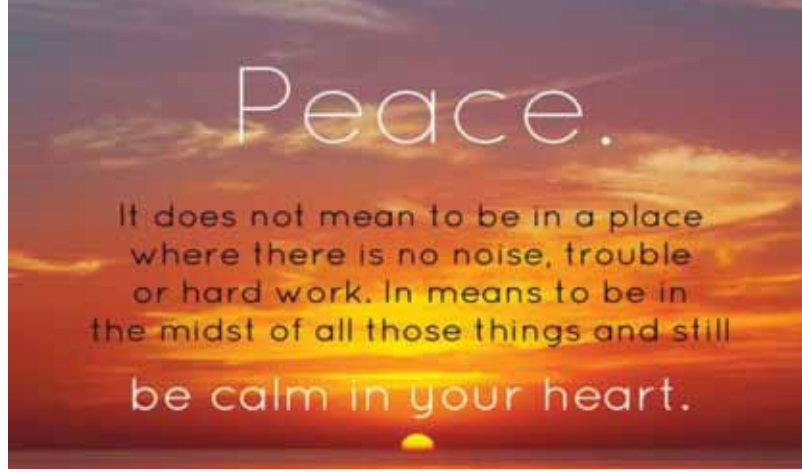
*Om indro vishwasya raajati.
Shanno astu dvipade sham chatushpade.*

**Indra – The Omnipotent one governs the universe.
May the all-powerful one bring peace to humans and non-human species!
(Yajur Veda, 36-8).**

With Best Wishes From:

**Prof. S.N. Sridhar
Prof. Meena Sridhar**

“You cannot believe in God unless you believe in yourself – Swami Vivekananda”



Yog Practice Brings Ultimate Peace

प्रशान्तमनसं ह्येनं योगिनं सुखमुत्तमम् ।
उपैति शान्तरजसं ब्रह्मभूतमकल्मषम् ॥

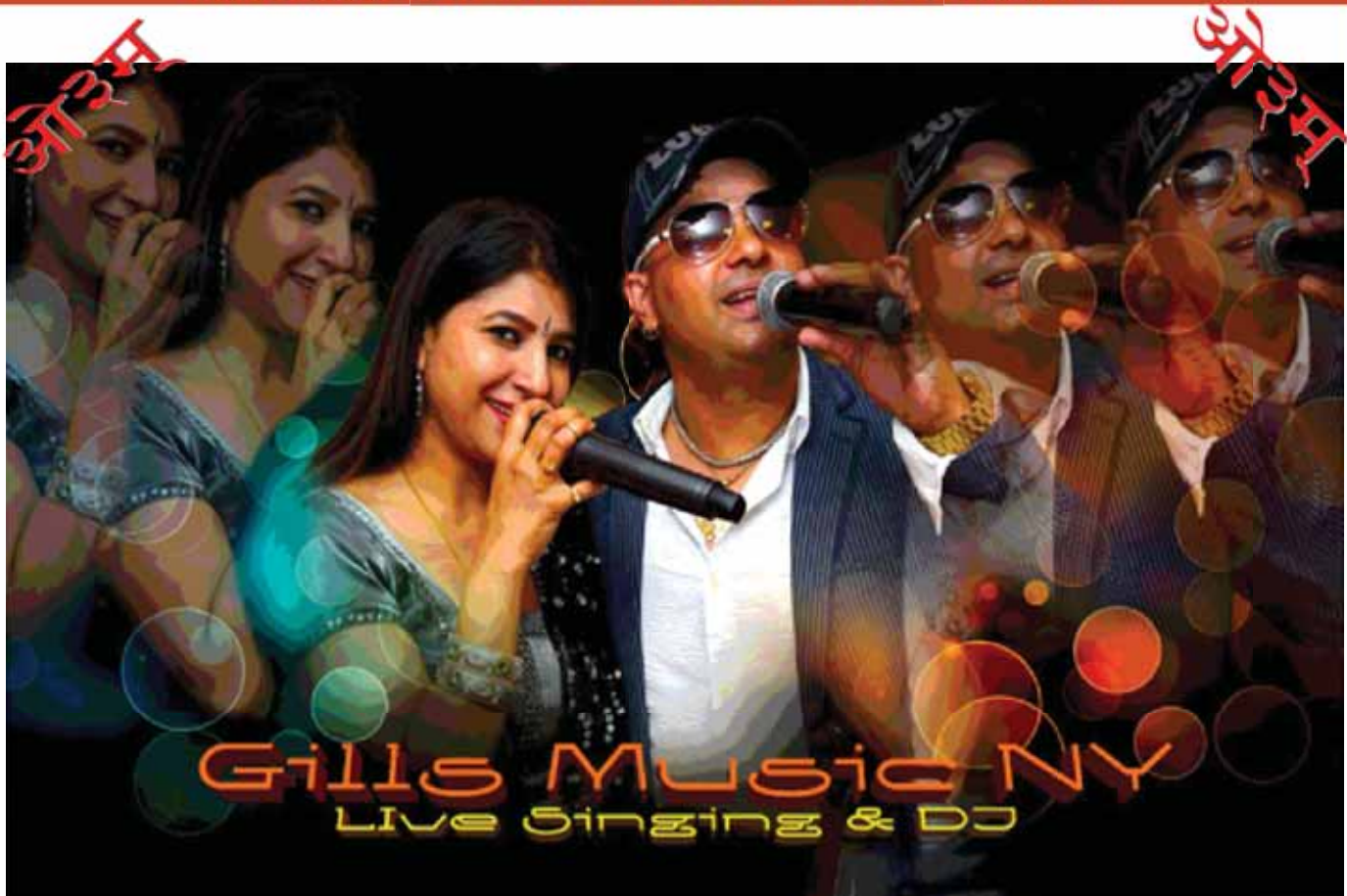
*Prashaanta manasam hyenam, yoginam sukhamuttamam.
Upaiti shaantarajasam, brahmabhootam akalmasham.*

When the yogi's mind becomes peaceful and calm,
he/she attains the ultimate state of Divine realization and bliss.
(Gita, 6-27).

WITH BEST WISHES FROM:

Kashvi, Eva Bhatia
Ashish & Vandana Bhatia
Shri Inder Raj & Smt. Usha Bhatia





GillsMusicNy

Owners Sunny & Kajal Gill, They have performed in so many different countries, U.K., Middle East, Africa, Canada, Singapore. They also performed with Mikka Singh famous Bollywood Singer.

Sunny and Kajal learned Hindustani Vocal from India Mumbai and later learned western vocal to combine both singing styles in Bollywood songs. Sunny is a keyboard Player and has worked as a keyboard player with Jagjit Singh, Mikka Singh, Arvinder Singh, Kumar SANU, and other BOLLYWOOD singers.

Sunny is in USA for almost 12 years and has performed in various states. Both are recording an album of Punjabi songs and Kajal Gill is the main Singer .

Class of 2015-16 – Hindi Graduation



Annual Gala 2015





May Ganapati

**The Eternal Teacher of Veda
Bless us with Wisdom**

ओ३म् गणानां त्वा गणपतिं हवामहे
प्रियाणां त्वा प्रियपतिं हवामहे निधीनां
त्वा निधिपतिं हवामहे वसो मम ।
आहमजानि गर्भधमा त्वमजासि गर्भधम् ॥

*Om ganaanaam twaa ganapatim havaamahe,
priyaanaam twaa priya-patim havaamahe.
Nidheenaam twaa nidhipatim havaamahe vaso mama.
Aaham-ajaani garbha-dhamaa twam-ajaasi garbhadham.*

**O Ganapati – Master of all! We call on you. O Master of Love! We seek your love. O Master of Prosperity! We invoke awareness of thee, we accept you, the possessor of all precious things. O giver of life, sustainer! Protect my life; you are my source of hope and inspiration. May I know you fully, the sustainer of this world.
(Yajur Veda, 23-19).**

WITH BEST WISHES FROM:

**Nadia - Sarina
Rahul and Dana Mukhi**





Kindle the Inner Light

ओ३म् यज्जाग्रतो दूरं उदैति दैवं
तदु सुप्तस्य तथैवैति ।
दूरङ्गमं ज्योतिषां ज्योतिरेकं
तन्मे मनः शिव संकल्पमस्तु ॥

*Om yajjaagrato dooram udaiti daivam,
tadu suptasya tathaivaiti
Dūraṅgamam jyotishaam jyotirekam,
tanme manah shiva sankalpa-mastu.*

Oh Lord, that mind, which is an instrument of the soul
goes to distances in the wakeful state;
likewise, in slumber it sojourns distances in the form of dreams.
May my mind, the one light of all lights (the senses)
be filled with benevolent resolutions!
(YajurVeda 34-1).

WITH BEST WISHES FROM:

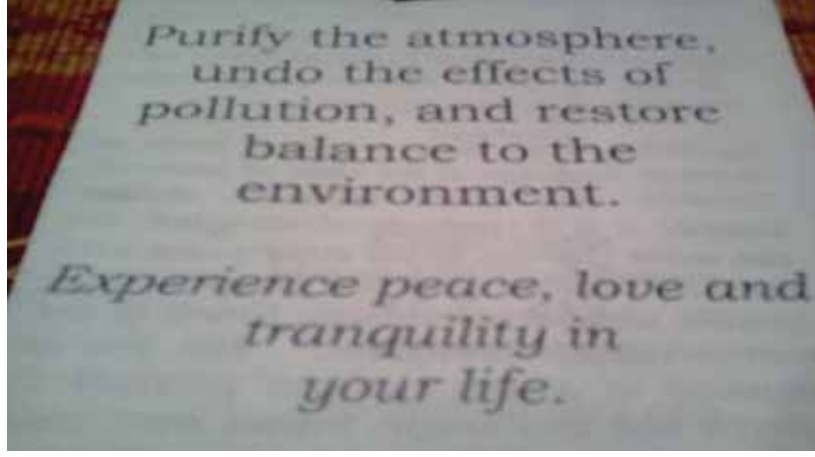
Shiv and Kamlesh Batra Family
Seattle

"Gratitude is the fairest blossom which springs from the Soul"

Work is my religion
is my praying
is the truth of world and life
- Swami Ramdev ji



With best wishes from
Animesh & Anupam Goenka
Anuj & Pratichi, Sonal, Abhijay
Aarav, and Anmay



Seek Agni – The Source of Light and Inspiration

ओ३म् त्वमग्ने यज्ञानां होता,
विश्वेषां हितः ।
देवेभिर्मानुषे जने ॥

*Om twam agne yajnaanaam hotaa,
vishwesham hitah.
Devebhir maanushe jane.*

**O Agni – the source of inspiration,
you inspire us to do good deeds.
You promote the welfare of everyone.
Bless our minds with thy divine qualities
(Saam Veda, 1-1-2).**

WITH BEST WISHES FROM:

Kiran & Sudesh Gambhir
Vinod & Manjula Tewari
Jhanvi & Jaya Gambhir
Dr. Vineet Gambhir & Dr. Neera Tewari

"Agnihotra is an ancient healing practice"



**Congratulations
to
Arya Samaj of Long Island
on this special occasion**

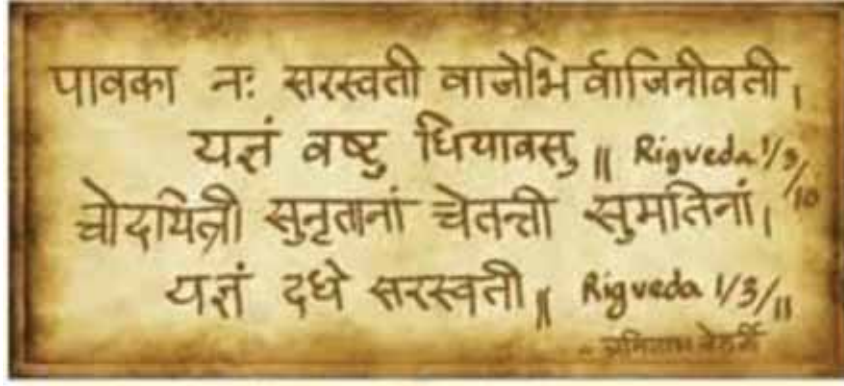
*Aum Sarvay Bhavantu Sukjinah,
Sarvay Santu Niraamayaah,
Sarvay Bhadraani Pashyant,
Maa Kashchid Dhukha Bhaaga Bhavat.*

May all be happy and in comfort,
May all be in good health,
May all do well & be contented,
May all be blissfully free from anxiety and suffering.

WITH BEST WISHES FROM:

Mr Vyas Dev & Mrs Suda B Sharma,
Mr. Greg & Mrs Ritu Sharma Aguela
Mr Rakesh Kumar & Mrs Kara Sharma,
Mr Rohin & Mrs Shannon Sharma,
Mila, Zoe, Arebella & Adeline

"Be happy in the moment, just close your eyes and listen to your breathing."



- वसुधैव कुटुम्बकम् -

Vasudhaiva Kutumbakam

The Whole world is a family

Advancing the Common Good

Congratulations to

Sudha Sharma

For her two decades of Humanitarian Services

For the needy families.

WITH BEST WISHES FROM:

Mrs Nirmala Agnihotri and family
Mrs. Usha Chibber and family
Mrs. Parbhat Sandhir and family
Dr. Vivek & Mrs. Anil Vaid and family

OM _ The source of inspiration, inspire us to do good deeds.



Lakshmi Dwells in Thoughtful Speech

ओ३म् सक्तुमिव तितउना पुनन्तो यत्र धीरा मनसा वाचमकृत ।
अत्रा सखायः सख्यानि जानते भद्रैषां लक्ष्मीर्निहिताधि वाचि ॥

*Om Saktum iva tita-unaa punanto yatra dheeraa manasaa vaacham-akrata.
Atraa sakhaayah sakhyaani jaanate bhadraishaam lakshmeer nihitaadhi vaachi.*

**In that place where scholars purify their speech through thoughtfulness
like someone who separates the outer covering from the crushed barley grains,
there, friends know the value of friendship.**

**Friendship is created where the scholars use speech in a thoughtful manner,
wherein lies “Lakshmi” that brings all forms of prosperity and happiness
(Rig Veda, 10-71-2).**

WITH BEST WISHES FROM:

Azad and Nutan Anand
Saurabh, Niti, Shaan & Riya Bahl
Alok, Seema, Liela & Ellora Anand





Kindle Light in the Dark Night

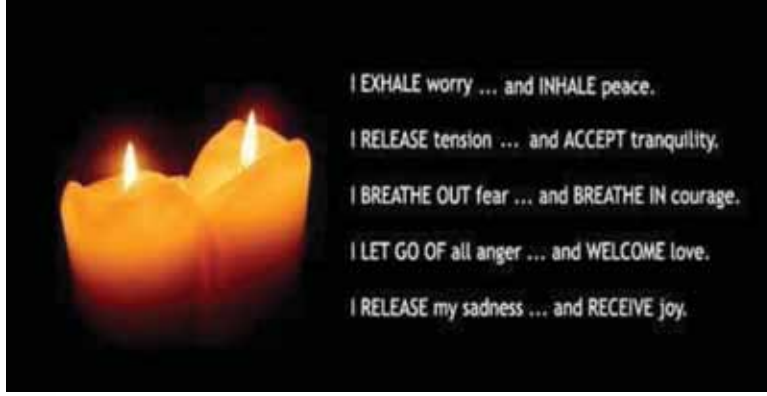
ओ३म् यथा सूर्यो मुच्यते तमसस्परि रात्रिं जहात्युषसश्च केतून् ।
एवाहं सर्वं दुर्भूतं कर्त्रं कृत्याकृता कृतं हस्तीव रजो दुरितं जहामि ॥

*Om yathaa sooryo muchyate tamas-pari,
Raatrim jahaat-yusha-sashcha ketoon.
Eva-aham sarvam durbhootam kartram,
Krityaa-kritaa kritam hasteeva rajo duritam jahaami.*

As the sun rises, darkness disappears, the night ends,
and the early morning sun's rays bring joy and vigor. Similarly,
may we abandon all impurities, and violent behaviors in thought,
word and deed! As an elephant digs the earth and throws the dust afar,
may we give up our negative thoughts and behaviors!
(Atharva Veda 10-1-32).

WITH BEST WISHES FROM:

Dr. Vijay & Minakshi Mattoo
Dr. Apra Mattoo



Purify the Mind and Senses

दह्यन्ते ध्मायमानानां धातूनां हि यथा मलाः ।
 तथेन्द्रियाणां दह्यन्ते दोषाः प्राणस्य निग्रहात् ॥

*Dahyante dhmaayamaanaanaam,
 dhaatoonaam hi yathaa malaah.
 Tathendriyaanaam dahyante,
 doshaah praanasya nigrahaat.*

**As the impurities of gold and precious metals are removed
 by burning them, likewise, the impurities of the mind and senses
 are removed by control of breath.
 (Manu Smriti, 6-47).**

With Best Wishes from:

South Shore Cardiovascular Medicine, PC
 Raman Kumar, MD, John A. Ruisi, MD, Sandeep Chopra, MD
 157 Broadway, Suite A
 Amityville, NY 11795
 631-264-2424

"Concious breathing is my anchor"

ओ३म्



ओ३म्



Only By Knowing Ishwar Can One Overcome Ignorance

ओ३म् वेदाहमेतं पुरुषं महान्तमादित्यवर्णं तमसः परस्तात् ।
तमेव विदित्वाति मृत्यमेति नान्यः पन्था विद्यतेऽयनाय ॥

*Om vedaahametam purusham mahaantam,
aadityavarnam tamasah parastaat.
Tameva viditwaati mrityumeti,
naanyah panthaa vidyate'yanaaya.*

I know that great, supreme being who is effulgent like the sun,
and beyond darkness and ignorance. Only by knowing that Supreme Being,
one overcomes the pain of death. There is no other path for the soul's liberation.
(Yajur Veda, 31, 18).

WITH BEST WISHES FROM:

Dr. Deepak - Gita Setia
And Family

- शुभ दिपावली -

"To all our Arya Samaj Pariwar."

ओ३म्

ओ३म्



Ishwar's Light is Eternal – Kindle It

ओ३म् भोग्यो भवदथो अन्नमदद बहु ।
यो देवमुत्तरोवन्तमुपासातै सनातनम् ॥

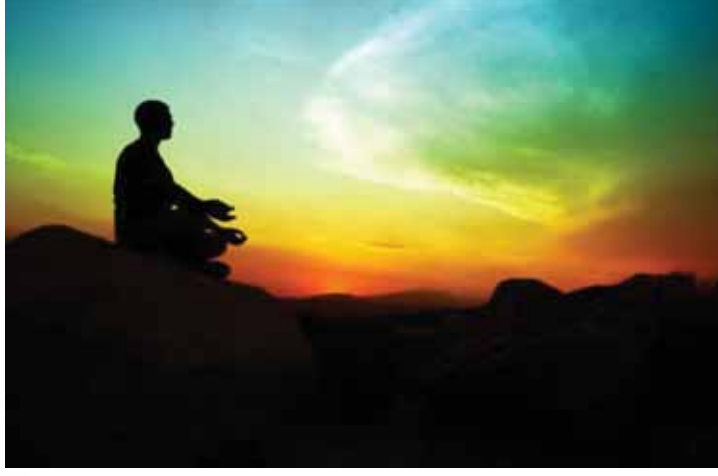
*Om Bhogyo bhavadatho, annamadada bahu.
Yo devamuttarovantam, upaasaatai sanaatanam.*

That person who worships the most sublime, Eternal,
Deva Om
acquires prosperity and all proper means of living a meaningful life.
(Atharva Veda, 10-8-22).

WITH BEST WISHES FROM:

Ankoor Talwar
Abhinav Talwar
Global Project Hope Inc.
www.globalprojecthope.com

Arunabh Talwar, M.D.
Sonia Talwar, M.D.
Endocrinology, Diabetes &
Metabolism, NY P.C.
1097 old Country Road,
Suite 107, Plainview, NY 11803
www.endophysician.net



The Yogic Journey

ओ३म् असतो मा सद् गमय
तमसो मा ज्योतिर्गमय मृत्योर्मा॑मृतं गमय ॥

*Om asato maa sad gamaya,
tamaso maa jyotir gamaya,
mrityor maa'mritam gamaya.*

May I overcome untruth and move toward truth!
May I overcome darkness, ignorance and find light/wisdom!
May I overcome the pain and fear of death and realize the immortal self
and the immortal Divine Being (Shatpath Brahman).

WITH BEST WISHES FROM:

Gulati & Goyal, MDS, LLP

333 Broadway, Amityville, NY 11701

Phone # (631)789-2020

"Meditation is a way to a life of serenity"



Befriend Indra for Success!

ओ३म् स न इन्द्रः शिवः सखा,
अश्वावत् गोमद् यवमत् ।
उरुधारेव दोहते ॥

*Sa na indrah shivah sakhaa,
Ashwaawat gomad yavamat.
Urudhaareva dohate.*

Indra is our mighty, noble and friendly ruler,
who provides for our farm animals and our livelihood,
similar to a cow that provides bountiful milk for her calf.
(Saam Veda, 13-2-3).

With Best Wishes from:

Vijay And Madhuri Goswamy
Dr. Vikas And Dr. Neeraj Goswamy
Dr. Ashok - Arti Sehgal Esq. and Beloved Ajay



Om's Healing Energy

ओ३म् अयं मे हस्तो भगवान्
अयं मे भगवत्तरः ।
अयं मे विश्वभेषजोऽयं शिवाभिमर्शनः ॥

*Om ayam me hasto bhagwaan,
ayam me bhagawattarah.
Ayam me vishwabheshajo'yam shivaabhimarshanah.*

May my hand bring good health, prosperity;
may my other hand bring more good fortune.
My hand is like medicine for all diseases.
My hand's touch brings blessings.
(Rig Veda 10-60-12).

With Best Wishes from:

Jitendra and Rekha Chichara

"May all attain the inexhaustible spiritual wealth of the self."



Yog and Cosmic Vision

सर्वभूतस्थमात्मानं सर्वभूतानि चात्मनि ।
ईक्षते योगयुक्तात्मा सर्वत्र समदर्शनः ॥

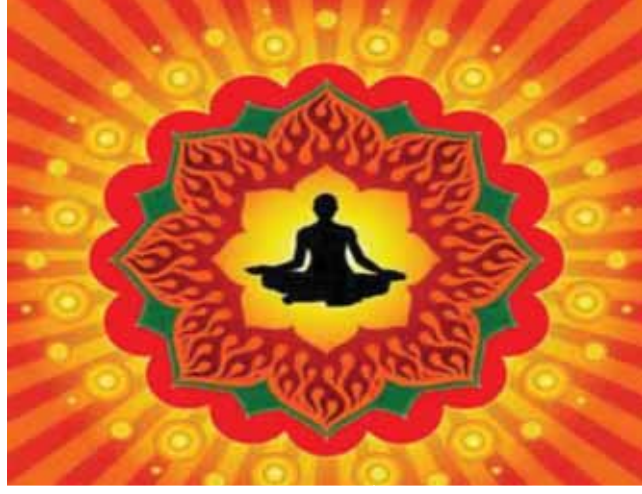
*Sarva bhootasthatam aatmanam,
sarvabhootani chaatmani.
Ikshate yogayuktaatmaa,
sarvatra samadarshanah.*

**The Yogi who sees all beings with compassion
connects with everyone everywhere.
(Gita, 6-29).**

WITH BEST WISHES FROM:

Surinder & Nirmal Kade
Hemant & Ekta Kade
Nikhil H Kade

"Bliss is unchanged by gain or loss"



Yog is Refining One's Life

तां योगमिति मन्यन्ते स्थिरामिन्द्रियधारणाम् ।
अप्रमत्तस्तदा भवति योगो हि प्रभवाप्ययौ ॥

*Taam yogamiti manyante, sthiraamindriya dhaaranaam.
Apramattas tadaa bhavati, yogo hi prabhavaapyayau.*

Control of the mind and senses is the state of Yog
which leads to carefulness, Yog is Prabha – creating good Sanskars
and Apyaya – Eradicating bad Sanskars
(Kath Upanishad, 6-11).

WITH BEST WISHES FROM:

Arya Family Foundation

Drs. Yashpal & Urmilesh Arya

Dr. Mukul and Katyaani

Nidhi & Amit



Ishwar Bhakti is the Only Way

ओ३म् यदग्ने स्यामहं त्वं
त्वं वा घा स्या अहम्।
स्युष्टे सत्या इहाशिषः ॥

*Om yadagne syaamaham twam,
twam twaa ghaa syaa aham.
Syushte satyaa ihaashishah.*

O Radiant Being! Giver of Life and Bliss!
When I realize you, and we become inseparable,
then I will achieve your blessings and success in the spiritual path.
(Rig Ved, 8-44-23).

WITH BEST WISHES FROM:

Vijay & Kalpana Arya Foundation

12 Ridge Court,

Old Brookville, NY 11545

"Yoga is the fountain of youth"

ओ३म्

वैदिक जीवन और यौगिक जीवन परस्पर पर्याय हैं

—मनमोहन कुमार आर्य, देहरादून।



ईश्वर, जीव और प्रकृति नित्य, अनादि व अनुत्पन्न सत्तायें हैं। विगत अनन्त काल से जीवात्मा अपने कर्मानुसार जन्म लेता व मृत्यु को प्राप्त होता आ रहा है। अनेक बार जीवात्मा का मोक्ष भी हुआ और मोक्ष से पुनः मनुष्य जन्म व कर्मानुसार प्रायः सभी इतर योनियों में जन्म लेता रहा है। जीव की जीवन यात्रा का एक योनि व जीवन में आदि व अन्त होता है परन्तु प्रवाह से यह जीवनयात्रा अनादि है, आरम्भ व अन्त रहित है। ईश्वर सच्चिदानन्द—स्वरूप है और जीव ज्ञान व गति (तप, कर्म व पुरुषार्थ आदि) गुणों वाला है। स्वाभाविक गुणों की उन्नति से ही यह अपनी जीवन यात्रा को जीवन के उद्देश्य के अनुसार चला सकता है परन्तु महाभारतकाल के बाद ऐसी अवस्था उत्पन्न हुई कि परा विद्याओं के ज्ञान की असुलभता के कारण मनुष्य अपने उद्देश्य को भूलकर नाना प्रकार के मिथ्याचारों, ज्ञान, बुद्धि व ईश्वरीय की वेद—आज्ञा के विरुद्ध आचरण करते रहे जिससे उनकी उन्नति न होकर अवनति व पतन ही होता रहा। इसका एक परिणाम विदेशियों की दासता व घोर नैतिक पतन भी रहा। ऋषि दयानन्द ने सत्य की खोज करते हुए मनुष्य जीवन के यथार्थ उद्देश्य व उसकी प्राप्ति के साधनों का पता लगाया जो और कुछ न होकर वेद विहित कर्मों को करके ज्ञान प्राप्ति और वैदिक जीवन व्यतीत करते हुए ईश्वरोपासना से ईश्वर का साक्षात्कार कर सभी दुःखों, जन्म—मरण से अवकाश सहित मोक्ष प्राप्त करना ही सिद्ध होता है।

मनुष्य संसार में एक शिशु के रूप में माता—पिता से जन्म लेता है। माता—पिता उसे शिक्षित करते व कराते हैं। यदि मनुष्य को जन्म से अच्छा वातावरण मिले और गुरुकुलीय शिक्षा प्रणाली से वेदनिष्ठ आचार्यों से वेद और वैदिक साहित्य का पूर्ण ज्ञान हो जाये, तो वह उस ज्ञान के अनुसार आचरण करते हुए ईश्वरोपासना के सभी साधनों का उचित प्रयोग कर योग पथ पर आरुढ़ होकर समाधि अवस्था को प्राप्त कर ईश्वर साक्षात्कार कर सकता है। समाधि अवस्था में ईश्वर के साक्षात्कार से उसके जीवन का उद्देश्य पूर्ण हो जाता है। महर्षि पतंजलि के योग दर्शन में शरीर को स्वस्थ रखकर ज्ञान प्राप्ति और उपासना के प्रमुख साधन ईश्वर प्रणिधान सहित प्रत्याहार, धारणा, ध्यान व समाधि से जीवात्मा अपने दोषों को दूर कर ईश्वर के चिन्तन में डूब कर वा खो कर, उससे एकाकार होकर, उसमें एकनिष्ठ होकर व तदरूप बनकर ही जीवन का लक्ष्य प्राप्त होता है। उसके साक्षात्कार से ही जीवन के सभी दुःखों की निवृत्ति व आवागमन से छूटकर मनुष्य की आत्मा एक परान्तकाल तक मुक्ति में चला जाता है। मुक्ति में रहते हुए वह ईश्वर के आनन्द का भोग करते हुए अनेकानेक दिव्य शक्तियों को प्राप्त कर ब्रह्माण्ड में स्वेच्छापूर्वक विचरता और मुक्त जीवात्माओं से सम्पर्क कर आनन्द को भोक्ता है। इसी लक्ष्य को प्राप्त कराने के लिए महर्षि पतंजलि ने योगदर्शन का प्रणयन किया जिसके आठ अंग समाधि अवस्था में जीवात्मा को ईश्वर का साक्षात्कार कराकर मृत्योपरान्त मोक्ष आनन्द का अनुभव व उपलब्धि कराते हैं।

योग के आठ अंग यम, नियम, आसन, प्राणायाम, प्रत्याहार, धारणा, ध्यान और समाधि हैं। यम व नियम से जीवात्मा को शुद्ध व पवित्र बनाने तथा आत्मा में विहित अविद्या वा दुष्प्रवृत्तियों सहित उसके असद्—संस्कारों को यम—नियमों के पांच—पांच अंगों अहिंसा, सत्य, अस्तेय, ब्रह्मचर्य, अपरिग्रह, शौच, सन्तोष, तप, स्वाध्याय और ईश्वर प्रणिधान से दूर किया जाता है। आसन और प्राणायाम से शरीर को स्वस्थ, बलवान और निरोग बनाया जाता है और प्राणायाम से मन को एकाग्र व ईश्वर चिन्तन में लगाया जाता है।

अष्टांग योग में पांचवे स्थान पर प्रत्याहार है। प्रत्याहार में सभी ज्ञानेन्द्रियों को अपने विषयों से हटा कर अंग चित्त व आत्मा में समाहित करना होता है। प्राणायाम के अभ्यास और मन व आत्मा को ईश्वर चिन्तन व जप आदि में लगाने से यह स्थिति प्राप्त होती है।

योग का छठा सोपान धारणा है जो देह के किसी अंग विशेष अथवा लक्ष्य विशेष में चित्त को बांध देने व टिका देने को कहते हैं। धारणा के सिद्ध होने पर ईश्वर का ध्यान करना सुगम हो जाता है। ध्यान मन को सांसारिक व इन्द्रियों के विषयों के चिन्तन से पूर्णतया मुक्त व रोक देने को कहते हैं। जब मन में विषयों का चिन्तन रुक जायेगा तो आत्मा ईश्वर के चिन्तन-मनन, स्तुति-प्रार्थना व जप आदि में लग कर ईश्वर से जुड़ कर उससे एकाकार होकर समाधि अवस्था में ईश्वर साक्षात्कार को प्राप्त होते हैं। समाधि अवस्था वह अवस्था है कि जब योगी ईश्वर को समर्पित हो जाता है तथा उसे अपनी किसी इन्द्रिय व उसके विषयों का किंचित भी ज्ञान नहीं रहता। वह ईश्वर के ध्यान में निमग्न रहकर उसके आनन्द का अनुभव करता है। ईश्वर विषयक कोई शंका व जिज्ञासा इस अवस्था में शेष नहीं रहती और वह पूर्णतया निर्भ्रान्त ज्ञान को प्राप्त होता है।

समाधि अवस्था को प्राप्त कर ईश्वर साक्षात्कार करना ही मनुष्य जीवन का परमोत्तम लक्ष्य व उद्देश्य है। इसको प्राप्त कर लेने पर संसार में कुछ भी प्राप्त करना शेष नहीं रहता। इस स्थिति को प्राप्त मनुष्य जीवनमुक्त कहा जाता है जो ईश्वर का साक्षात्कार होने पर मोक्ष का अधिकारी हो जाता है और कालान्तर में मृत्यु होने पर वह मुक्त हो जाता है। समाधि व मोक्ष में जीवात्मा ईश्वर के सान्निध्य से पूर्ण सुख का भोग करता है।

मर्यादा पुरुषोत्तम रामचन्द्र जी, योगेश्वर श्री कृष्ण जी और स्वामी दयानन्द जी के जीवन को देखने पर ज्ञात होता है कि यह महान् आत्मायें ईश्वर भक्त होने सहित वैदिक जीवन व्यतीत करती थीं। ईश्वरोपासना वैदिक जीवन का प्रमुख कर्तव्य है। इसी से ईश्वर से प्रीति होकर अन्त में ईश्वर का साक्षात्कार होता है। ऋषि दयानन्द जी ने सन्ध्या सहित पंचमहायज्ञों का विधान व विधि देकर संसार के लोगों पर महान् उपकार किया है जिसका पालन कर सभी मनुष्य मोक्ष मार्ग के पथिक बनकर मोक्षगामी हो सकते हैं। योगी मनुष्य के लिए अहिंसा अनिवार्य है परन्तु वह श्री राम, श्री कृष्ण व दयानन्द जी के जीवन की अहिंसा ही होनी चाहिये जिसमें धार्मिक लोगों की रक्षा एवं आधार्मिक लोगों का विरोध एवं उनके प्रति यथायोग्य व्यवहार ही उचित होता है। सत्य का मण्डन और असत्य का खण्डन भी योगी के लिए आवश्यक होता है। जो मनुष्य असत्य का खण्डन करने के स्थान पर अपनी लोकैषणा व अन्य अवगुणों के लिए दुष्टों व दुर्दान्तों के प्रति भी अहिंसा का पोषण करता है वह योगी व सच्चा मनुष्य नहीं कहा जा सकता।

योगी के लिए योग दर्शन सहित वेद, उपनिषद, दर्शन व वेदानुकूल मनुस्मृति आदि ग्रन्थों का अध्ययन व उसके अनुरूप व्यवहार भी आवश्यक है। हमें महाभारतकाल के बाद एक ही सर्वोत्तम योगी अनुभव होता है और वह केवल महर्षि दयानन्द ही थे जिन्होंने अपने राष्ट्रीय व सामाजिक किसी कर्तव्य की उपेक्षा नहीं की। स्वार्थ उनको छू भी नहीं गया था। वह महलों व आलीशान भवनों में न रहकर खुले आसमान या कुटिया अथवा शहर के बाहर बगीचों व उद्यानों आदि में रहा करते थे। वेशभूषा में मात्र एक कौपीन व कुछ काषाय वस्त्र ही होते थे। अपरिग्रह का वह मूर्त रूप थे। वह **‘भूतो न भविष्यति’** सदृश योगी, महायोगी व योगेश्वर थे। यदि हम उनके जीवन व उनके प्रत्येक कार्य को अपना आदर्श मानकर व बनाकर आचरण करें तो हमारा निश्चय ही कल्याण होगा।

जो व्यक्ति वेद आदि ग्रन्थ का अध्ययन किसी कारण न कर सकें, वह सत्यार्थप्रकाश, ऋग्वेदादिभाष्यभूमिका, संस्कारविधि, आर्याभिविनय और पंचमहायज्ञविधि आदि ग्रन्थों को पढ़कर भी सिद्ध योगी बन सकते हैं। योगी बनने की इच्छा करने वाले व्यक्ति के लिए ऋषि दयानन्द के जीवनचरित को पढ़कर उसके अनुरूप जीवनयापन व आचरण करना भी **‘योगः कर्मसु कौशलम्’** के अनुसार जीवन में उन्नति प्रदान करने वाला होगा, यह निश्चित है।

इति शम्।



Gayatri Mantra

ओ३म् भूर्भुवः स्वः
तत् सवितुर्वरेण्यं भर्गो देवस्य धीमहि ।
धियो यो नः प्रचोदयात् ॥

*Om bhoor bhuwah swah
tat savitur varenyam, bhargo devasya dheemahi,
dhiyo yo nah prachodayaat.*

हम उस सर्वश्रेष्ठ परमेश्वर पर ध्यान करते हैं
जो प्राण दाता, दुःखविनाशक, सुखदायक, जगदुत्पादक,
अतिश्रेष्ठ, निष्पाप, और शुद्धस्वरूप हैं।
वह ईश्वर हमारी बुद्धियों को शुभ कर्म में सदैव प्रेरित करें।
(Yajur Veda, 36-3).

WITH BEST WISHES FROM:

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Sandeep & Ambika Mukhi
Arvind & Surabhi Mukhi
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Saucha (Purity) is the first of the 5 Niyamas, Saucha means
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Ten Principles of Arya Samaj

1. God is the Primary cause of all true knowledge and of all objects known through their means.
2. God is the Supreme Master of the Universe. God exists eternally. He was never born and never dies. God is supreme consciousness, and bliss. God is formless, omnipresent, omniscient, just and compassionate. God alone is worthy of prayer and worship.
3. The Vedas are the texts of all true knowledge, reading, teaching, listening and spreading its message is the foremost duty of all Aryas.
4. An individual should always be prepared to accept the truth and reject untruth.
5. All activities should be done according to the tenets of Dharma, after due reflection of truth and untruth.
6. The ultimate goal of this organization is to promote the welfare of the entire world, improving the physical, spiritual, and social conditions of humanity.
7. Our interactions with others should be done lovingly, according to the appropriate codes of Dharma.
8. We should eradicate ignorance and promote knowledge.
9. We should not be only satisfied with our personal progress, but should consider the progress of others also.
10. Everyone should abide by social laws that are beneficial to all. However, we should exercise freedom of choice in the rules of personal welfare.

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