



Arya Samaj of Long Island

Presents

Sur Sangam

Sunday, November 11, 2012



&

Deepavali Dinner



For the benefit of Arya Samaj Bhavan

319 Jerusalem Avenue, Hicksville, NY 11801

Web: www.aryasamajoflongisland.org



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Program



Registration and Social Hour -----	6:30 pm
American National Anthem ----- Simran Arya -----	7:30 pm
Indian National Anthem ----- Nidhi at Trumpet -----	7:35 pm.
Vedic Invocation ----- Acharya Darshanandji -----	7:40 pm
' Folk Dance ' ----- Simran, Sajel, Nidhi, Shweta -----	7:45 pm
' Bollywood song ' ----- Abhi Talwar on Jazz -----	7:50 pm
' Sitar Vaadan ' ----- Smt. Manju Kukar -----	7:55 pm
' President's Welcome Message ----- Dr. Vijay Arya -----	8:05 pm
& Honoring Dr. Yash Pal Arya (Trustee & Philanthropist)	
'Sur Sangam' - Musical Evening ----- Gita Setia -----	8:15 pm
& Group	
	onwards

Master of Ceremony - Dr. Anila Midha

Vote of Thanks by Mr. Sudesh Mukhi

Deepavali Gala Dinner & Raffle

Deepavali Gala Dinner & Raffle

9:30 pm-----

ENJOY



Refine life constantly

ओ३म् भद्रादधि श्रेयः प्रेहि बृहस्पतिः पुरस्ता ते अस्तु ।
अथे ममस्या वर आ पृथिव्या आरे शत्रुं कृणुहि सर्ववीरम् ॥

*Om bhadraadadhi shreyah prehi brihaspati pura eta te astu.
Athe mamasyaa vara aa prithivyaa aare shatrum krinuhi sarvaveeram.*

May you progress from the good path to the sublime one! May your eternal guide be Brihaspati – Om, giver of Veda wisdom! Uplift yourself with the opportunities of human life; overcome all impediments and become victorious.

(Atharva Veda, 7-8-1)

With Best Wishes from:

***Vijay & Kalpana Arya Foundation
12 Ridge Court, Old Brookville, NY 11545***

हम प्रतिदिन प्रभु से जन-कल्याण के लिए प्रार्थना करें ।

PRESIDENT'S MESSAGE



“The Fifth Annual Long Island Arya Samaj Fundraising Dinner and Diwali Celebration.”

I welcome you all to the fifth annual Dinner and Diwali Celebration on behalf of Arya Samaj of Long Island (ASALI). Arya Samaj expresses deep sympathy to people who lost their lives and homes due to Hurricane Sandy. I urge you to offer a helping hand to the rescue and recovery missions directed toward the affected people.

The Arya Samaj was established in 1875 by the great Swami Dayanand Saraswati. The Arya Samaj follows the teachings of the Vedas; the word “Veda” comes from the root “vid” which means “to know”. The message of the Vedas promotes peace; a “live and let live” philosophy. The Ten Principles of Arya Samaj also contribute to its beliefs.

The primary objective of Arya Samaj is to uplift the moral, social, and spiritual well-being of all. Long Island Arya Samaj has been active in spreading the message of the Vedas through following activities.

1. Weekly Yajna & Satsang
2. Monthly kids Yajna, in which kids learn about Yamas (Ahinsa, Satya, Asteya, Brahmacharya, and Aparigraha) and Niyamas (Shaucha, Swadhyaya, Santosh, Tap, and Ishwar Pranidhan) and make presentations.
3. Vedic Heritage Havan Group of Long Island, which meets every 2nd Saturday of the Month at a host's residence.
4. Arya Samaj of Edison, NJ, which was started under guidance of Acharya Darshanand ji. They meet every 3rd Saturday of the month at host's house.
5. Senior's meetings every Tuesday.
6. Free weekly music and knitting classes.
7. Donation of school supplies to kids in need.
8. Language classes and yoga that will start after the arrival of our full time priest, Acharya Gopichand ji, in the near future.

This monumental social work can only be continued by opening Gurukuls, DAV schools, colleges, orphanages, and welfare organizations. Everyone needs to contribute to this cause, morally, physically, and financially.

Dr. Vijaypal Arya



Seek Agni – The Source of Light and Inspiration

ओ३म् त्वमग्ने यज्ञानां होता, विश्वेषां हितः ।
देवेभिर्मानुषे जने ॥

*Om twam agne yajnaanaam hotaa, vishweshaam 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:

*Sudesh Mukhi & Dr. Sudha Mukhi
Rahul, Dana & Sonia Mukhi
“Swasti Foundation Inc.”*

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ARYA PRATINIDHI SABHA AMERICA

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Nov 8, 2012

Vijay Arya MD
President Arya Samaj of Long Island, NY

Dear Vijay, the entire management and membership of the L I Arya Samaj:

On behalf of Arya Pratinidhi Sabha America, it is my pleasure and Privilege to congratulate you all on the festive occasion of your annual Deepawali Gala dinner. You all have taken a major positive step towards the spread of the Vedic principles. I have so far not taken advantage of the opportunity to be the part of your routine havan satang's and your annual programs. I intend to do that in very near future. Mukhi ji, you and others have been a longtime supporter of the national body, Arya Pratinidhi Sabha.

So far, the national body, APSA is far from having had a real impact on the individual Arya Samajs. In your Samaj to my understanding including your and mukhi families there may be a few other families who have had a life time commitment to the principles and practice of Vedic values. Diwali has traditionally been celebrated as the victory of Good over evil. You have taken a lead with others towards making that dream of Swami ji a reality in this far distant land which is our home for life.

APSA does have the responsibility of being there to help guide and bring together all the Arya Samajs as a joint force under one umbrella. I know that you have always been there to help achieve that goal.

Again, in closing, I congratulate you all on this occasion and wish that together we succeed in making the whole world noble.

Wish kind regards

Ramesh Gupta MD
President APSA



“ Decide how high you want to climb and then make a resolution to do it. “

Path of Light

ओ३म् तन्तुं तन्वन् रजसो भानुमन्विहि ज्योतिष्मतः पथो रक्ष धिया कृतान्।

*Om tantum tanvan rajaso bhaanum - anvih
Jyotishmatah patho raksha dhiyaa kritaan.*

O householders and scholars!

**While expanding your family or preparing your students follow
the path of knowledge - light. Protect those paths - pillars of inspiration
(developed by the wise seers, the āptas), values, systems, traditions that bring
enlightenment. Protect the wisdom that you inherit
(Rig Veda, 10-53-6).**

With Best Wishes from:

*Dr. Azad & Dr. Nutan Anand
Dr. Alok, Dr. Seema Anand & Leila
Dr. Saurabh, Niti, Shaan & Riya Bahl*

Understanding the Core Values of Dharma

Acharya Darshanand

Dharma is a Sanskrit word that comes from the verbal root *Dhri*-to sustain. *Dharma* is that which sustains an individual, a society, and a country. What sustains? Everything has inherent qualities or properties that shape the unique identity of that thing. For example, fire gives heat and energy. These are the core qualities of fire. Some core qualities of water are its coolness and purifying nature. Likewise, human beings have core qualities or values that allow us to be humans. When we deviate from these qualities, we do not live up to our potential as humans. Our Rishis and Munis have given us a set of core values or qualities, which allow us to develop human potential to its optimum. Dharma embodies core human values. Dharma as “*Vastu Swabhaavo Dharmah*” implies that there are core values that sustain a being or an object. Maharshi Manu characterized Dharma with ten core values. Below is a brief description of each.

Dhriti is the first one and it means perseverance or steadfast. This quality is important for success in any endeavor. The second one is *Kshamaa*, which means tolerance. In life, we have to learn to tolerate others even when their behaviors may not be proper. Sometimes, we also commit mistakes and other people tolerate us. It is important to learn from one’s mistakes and take the necessary steps to prevent them in future. Committing the same mistakes again and again would indicate that learning is not occurring; as a result, the tolerance of others may be exhausted.

The third aspect of Dharma is *Damah*. *Damah* means regulating one’s mental thoughts. Sometimes, people are worried, anxious, and have negative thoughts. It is important to be aware of these thoughts and find the causes. For example, a student may be anxious of passing an exam. A little anxiety may be fine, but if it prevents learning, then strategies should be taken to reduce it. The fourth aspect is *Asteyam*, which means non-stealing. Not taking what is not yours should be observed in thought, word, and deed. Be satisfied with what you have, and strive to achieve what you want.

Shaucham is the fifth core value of Dharma and it means cleanliness of body and mind. A clean body and mind allows people to accomplish their goals and objectives in life. The sixth aspect of Dharma is *Indriya-nigraha*. It means regulating the senses, and engaging in behaviors that are conducive to the development of good character. *Dhee* is the seventh aspect of Dharma and it pertains to developing the intellect. In Gayatri Mantra, the last part of the mantra is “*Dhiyo yo nah prachodayaat*” – May the Divine being inspire and guide our intellect, thoughts so that we may tread on the path of enlightenment.

The eighth component of Dharma is *Vidya*, which refers to learning, or acquiring knowledge. A Sanskrit poet highlights the value of learning “Eating, sleeping, and raising a family are common characteristics among humans and other species. Acquiring knowledge of this world, one’s self, and how to live a meaningful life is what differentiates us from the lower species. Without this knowledge, humans are similar to animals.” The ninth attribute of Dharma is *Satyam*. *Satyam* means truthfulness or honesty in thought, word, and deed. Finally, the tenth component of Dharma is *Akrodha*, which means absence of anger. Anger is an emotion that emanates from the mind. If anger is not recognized at the mental level, it may flow in speech, and body language in subtle ways and sometimes in harmful ways.

In conclusion, these core values of Dharma are interconnected. When people practice *dhriti* (steadfastness), they develop the ability to regulate their mind (*damah*), and may also avoid the negative emotion of anger (*akrodha*).



Attain wisdom

ओ३म् शिवा नः शंतमा भव सुमृडीका सरस्वति । मा ते युयोम संदृशः ।

Om shivaa nah shantamaa bhava sumrideekaa saraswati.

O Saraswati, Mother of Vaidik wisdom!

Bless us with graciousness, peace and happiness.

May we never disconnect from Thy true nature!

(Atharva Veda, 7-68-3).

With Best Wishes from:

Hari Dev & Raj R. Bhatia

Hans & Renu Bhatia

Suraj & Samita Bhatia

Sanjay & Vandana Taneja

Anil & Sarala Dhingra

(Maryland & New Jersey Well Wishers)



May Everyone Prosper

॥ ओ३म् स्वस्ति मात्र उत पित्रे नो अस्तु । स्वस्ति गोभ्यः जगते पुरुषेभ्यः ।
विश्वं सुभूतं सुविदत्रं नो अस्तु । ज्योगेव दृशेम सूर्यम् ॥

*Om swasti maatra uta pitre no astu. Swasti gobhyah jagate purushebhayah.
Vishwam subootam suvidatram no astu. Jyogeva drishema sooryam.*

**May our mothers and fathers be healthy and happy! May the cows and other
animals be healthy! May the adults and children enjoy good health and happiness!**

May prosperity and wisdom be in your family!

(Atharva Veda, 1-31-4).

With Best Wishes from:

*Yudhishter Lal & Saroj Mukhi
Sanjay, Preeti, Parth & Anish Mukhi
Sushma, Vinay, Abhinav, Deepti, & Anjali Kapur*

। महान सौभाग्य के लिए बल लगा कर पुरुषार्थ कर ।



Cherish your aspirations

ओ३म् उत्तिष्ठता प्र तरता सखायः । अश्मन्वती नदी स्यन्दत इयम् ।
अत्रा जहीत ये असन् अशिवाः । शिवान्तस्योनान् उत्तरेमाभि वाजान् ॥

*Om uttishthataa pra tarataa sakhaayah,
Ashmanvatee nadee syandata iyam.
Atraa jaheeta ye asan ashivaah,
Shivaant syonaan uttaremaabhi vaajaan.*

**O Friends! Arise and cross this flowing river filled with rocks.
Abandon all ignorable propensities and qualities here.
Strive to attain all good things that bring happiness and goodness.
(Atharva Veda, 12-2-27).**

With Best Wishes from:

*Dr. Ajay Goel & Mrs. Kavita Goel
Dr. Vijay Gupta & Dr. Asha Gupta
Mr. Atul Agarwal & Kumud Agarwal*



“ Dreams are the touch stones of our character.”

Divine in your Hearts

ओ३म् अग्न आ याहि वीतये,
गृणानो हव्यदातये । नि होता सत्सि बर्हिषि ॥

***Om agna aa yaahi veetaye, grinaano havya-daataye.
Ni hotaa satsi barhishi.***

**Oh Radiant One! Come and grace our prayers with thy bounties.
O fulfiller of desires, come and dwell in our consciousness.
(Saam Veda, 1-1-1)**

With Best Wishes from:

***Manvar Family
Dr. Budhadev and Dr. Dolly Manvar
Dr. Amar & Nitasha Manvar
Dr. Pallu & Robinder Singh***



“Let your heart soar as high as it will “

Positive thoughts

ओ३म् भद्रं कर्णेभिः शृणुयाम देवा
भद्रं पश्येमाक्षभिर्यजत्राः ॥

*Om bhadram karnebhih shrinuyaam devaa,
bhadram pashyemaakshabhir yajatraah.*

**O Divine Lord! May we listen to positive words with our ears!
O Creator! May we see the diversity of creation with our eyes!
(Yajur Veda, 25-21).**

With Best Wishes from:

Dr. Dev and Dr. Shashi Jhamli



“It is hard to beat a person who never gives up”

Overcome challenges

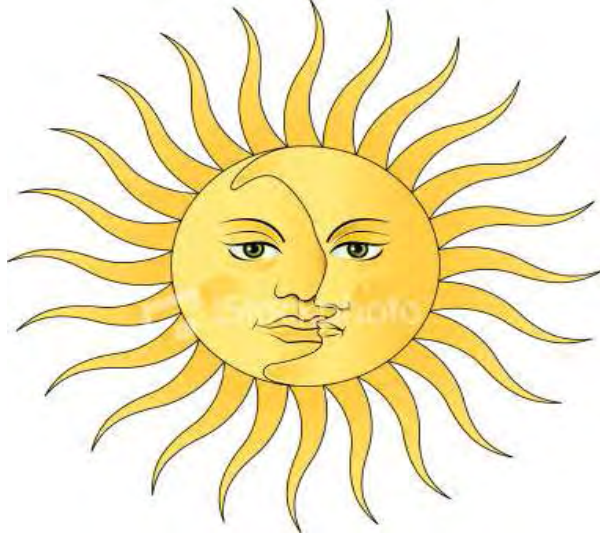
ओ३म् विश्वानि देवसवितर्दुरितानि परा सुव ।
यद् भद्रं तन्न आसुव ॥

*Om vishvaani deva savitar duritaani paraa suva!
Yadbhadram tanna aasuva.*

**Oh Creator of the universe, the pure and generous one!
Remove all impediments from our lives and bestow us with all that is beneficial.
(Yajur Veda, 30-3)**

With Best Wishes from:

*Dr. Vijay & Minakshi Mattoo
Dr. Apra Mattoo*



Emulate the Path of the Sun and Moon

ओ३म् स्वस्ति पन्थामनु चरेम सूर्याचन्द्रमसाविव ।
पुनर्ददताघ्नता जानता सं गमेमहि ॥

*Om swasti panthaamanu charema sooryaa-chandramasaaviva.
Punar-dadataa-ghnataa jaanataa san gamemahi.*

**May we follow the path of light like the sun and the moon!
May we associate with generous, kind, and knowledgeable people!
(Rig Veda, 5-51-15).**

With Best Wishes from:

Ankoor Talwar
Abhinav Talwar
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Devotion to the Divine

ओ३म् नमः शम्भवाय च मयोभवाय च ।
नमः शंकराय च नमस्कराय च ।

Om namah shambhavaaya cha mayobhavaaya cha.
Namah shankaraaya cha namaskaraaya cha.

We offer sincere devotion to the divine
who promotes our well being and bestows happiness!
We offer salutations to the benevolent one who provides numerous bounties!
(Yajur Veda, 16-41).

With Best Wishes from:

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

**That Divine Being is omnipotent, bodiless, imperishable, pure,
and free from all impurities (Yajur Veda, 40-8).**



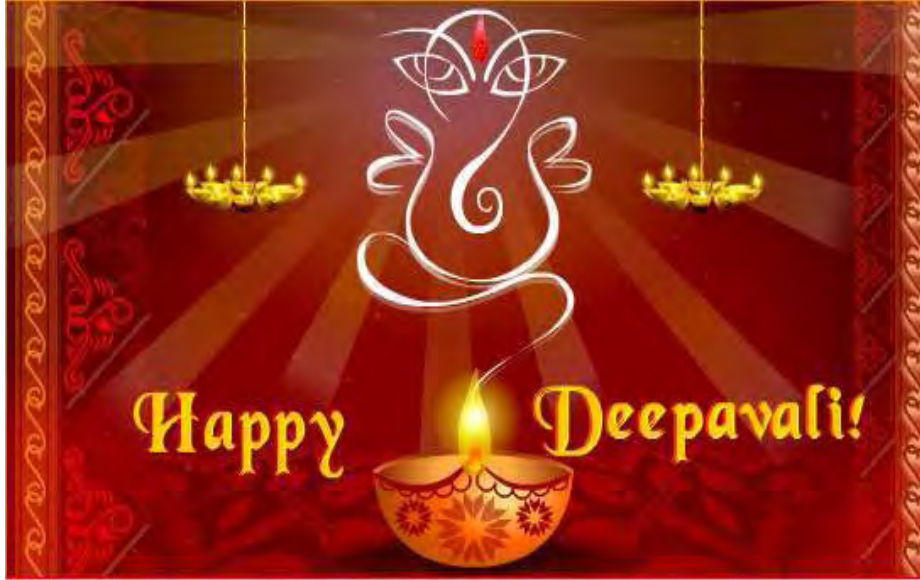
सब सत्य विद्या और जो पदार्थ विद्या से जाने जाते हैं,
उन सब का आदि मूल परमेश्वर है।

स एष पूर्वेषामपि गुरुः कालेनानवच्छेदात्।

Eshwar – The Lord of all beings is the eternal teacher,
who is timeless. (Yoga Darshan, 1-26).

With Best Wishes from:

*Veer & Savita Mukhi
Sandeep & Ambika Mukhi
Arvind & Surabhi Mukhi
Priya, Saumya & Pranav Mukhi*



Seek truth and light

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:

Subhash & Anju Bhatia

Gauri Bhatia

KMG Infotech Ltd.

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



Congratulations

Dr. Yash Pal Arya

**We feel proud of your felicitations
by
Arya Samaj of Long Island**

हम यशस्वी होकर पृथ्वी पर विचरें ॥

Dr. Ravi Goel



- कल्याणकारी बन -

शिवो भवः

हे जीवात्मन् । तू सबका कल्याण करने वाला बन ॥

With Best Wishes from:

*Vijay & Madhuri Goswamy
Neeraj & Vikas Goswamy
Arti & Ashok Sehgal*



WE CAN CHANGE
THE WORLD



With KINDNESS

Develop charitable propensities

ओ३म् न भोजा ममूर्न न्यर्थमीयुर्न रिष्यन्ति न व्यथन्ते ह भोजाः ।
इदं यद् विश्वं भवनं स्वश्चैतत् सर्वं दक्षिणैभ्यो ददाति ॥

*Om na bhojaa mamrurna nyarthameeyurna rishyanti na vyathante ha bhojaah.
Idam yad vishwam bhavan swashchaitat sarvam daknishebhyo dadaati.*

**Those who take care of others through charitable actions do not die.
Charitable people do not become poor, but attain fulfillment of all their desires.**

Those who take care of the well being of others do not suffer.

**This entire creation is a charitable gift of Param Deva Om
(RigVeda, 10-107-8)**

With Best Wishes from:

*Kashvi Bhatia
Ashish & Vandana Bhatia*



॥ शान्ति - शान्ति - शान्ति ॥

May there be peace for all

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:

*Aruna & Rajiv Saxena
Meghna & Harish Sarma*

Gayatri Mantra

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

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 ।

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

We contemplate on Om who endows us with life energy,
removes pain, and bestows joy. That divine being is the creator of this universe, most
desirable, free from impurities, and absolutely pure.
May Om constantly inspire our intellects to attain the four
objectives namely, Dharma, Artha, Kaam, Moksha.
(Yajur Veda, 36-3).



ASLI PICNIC



Congratulations

Arya Samaj of Long Island Inc

HONORS

Dr. YASHPAL ARYA

(Trustee & Philanthropist)

ARYA RATAN AWARD

for dedicated service to the community we serve.

। यशो गृहीवा पृथिवीमनु सं चरेम ।

With best wishes from Trustees and Executive committee

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Sandeep Mukhi (Asstt. Secretary)**



Arya Samaj of Long Island Annual Day



Painting Competition



Kindle the Inner Light

ओ३म् यज्जाग्रतो दूरं उदैति दैवं तदु सुप्तस्य तथैवेति ।
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:

ARYA FAMILY FOUNDATION

*Dr. Yash Pal Arya and Dr. Urmilesh Arya
Mukul and Neha, Nidhi, Vishal & Katyaani*

“Gratitude is the fairest blossom which springs from the Soul”



Become prosperous with the divine's blessings

ओ३म् भग एव भगवान् अस्तु देवास्तेन वयं भगवन्तः स्याम ।

*Om bhaga ewa bhagawaan astu,
devaas tena wayam bhagawantah syaama.*

**O giver of Prosperity! May you alone be our adorable Bhagwaan, Lord!
With your bountiful gifts, may we, the enlightened ones,
become bhagwaan, prosperous!
(Rig Veda 7-41-5).**

With Best Wishes from:

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अयं मे विश्वभेषजोऽयं शिवाभिमर्शनः ॥

*Om ayam me hasto bhagwaan, ayam me bhagwattarah.
Ayam me vishwa-bheshajo'yam shiwaabhi-marshanah.*

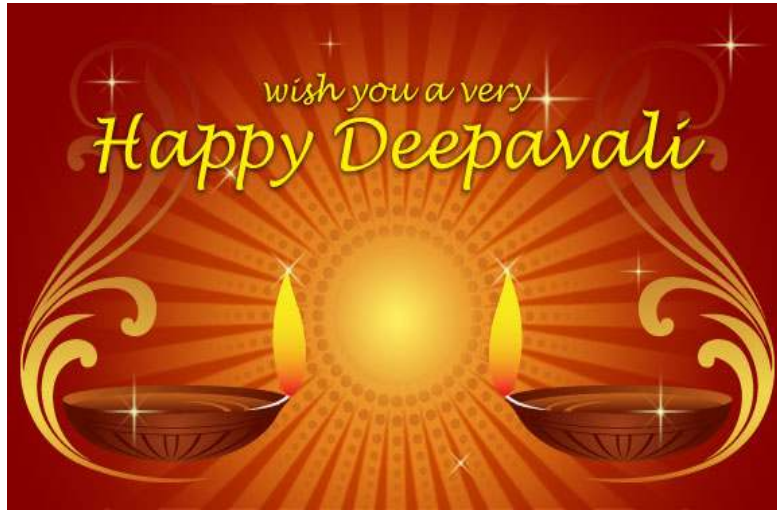
My left hand is bhagwaan, promoter of health;
My right hand is more effective in healing and giving life.
My hands destroy diseases and their touch brings health,
auspiciousness, and blessings.
(Atharva Veda 4-13-6)

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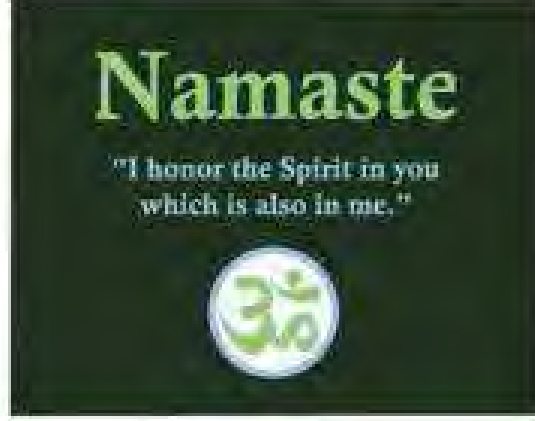
Sarvay Bhavantu Sukjinah,
Sarvay Santu Niraamayaah,
Sarvay Bhadraani Pashyanttu,
Maa Kashchid Dhukha Bhaaga Bhavat.



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

With Best Wishes from:

*Mr Vyas Dev & Mrs Suda Sharma
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Live a long life

ओ३म् तच्चक्षुर्देवहितं पुरस्ताच्छुक्मुच्चरत् ।
पश्येम शरदः शतं जीवेम शरदः शतं ।
शृणुयाम शरदः शतं प्रब्रवाम शरदः शतम् ॥

*Tach chakshur devahitam purastaach chhukram-uchharat.
Pashyema sharadah shatam, jeevema sharadah shatam,
Shrinuyaam sharadah shatam, prabravaama sharadah shatam.*

**We perceive the Eternal Guide, the pure one who is our benefactor.
May we see, live, hear, and speak for a hundred autumns!
(Yajur Veda, 36-24).**

With Best Wishes from:

Dr. Brijesh Goyal & Mrs. Rajesh Goyal

सबसे प्रीतिपूर्वक धर्मानुसार यथायोग्य वर्तना चीहए ।



Seek wisdom and light

ओ३म् उद्वयं तमसस्परि स्वः पश्यन्त उत्तरम् ॥

Om udvayam tamasaspari pashyantah uttaram.

**We elevate our lives while experiencing the Divine Being who is
beyond darkness and ignorance (Yajur Veda, 35-14).**

With Best Wishes from:

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



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Hope and Inspiration

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 Loving One!
We ask for your love. O Prosperous One! We invoke awareness of you, the source of all precious things. O Sustainer! Protect my life; you are my source of hope and inspiration. May I know you, the sustainer of this world and overcome all obstacles.
(Yajur Veda, 23-19)

With Best Wishes from:

*Devender & Mamta Gupta
Devika & Nakul*



Company of the enlightened

ओ३म् देवानां भद्रा सुमतिर्ऋजूयतां देवानां रातिरभि नो निवर्तताम् ॥

*Om devaanaam bhadraa sumatir rijooyataam,
devaanaam raatirabhi no nivartataam.*

May we attain the wisdom of the simple natured scholars!
May we attain the charitable gifts (Blessings) of the enlightened ones!
(Yajur Veda, 25-15).

With Best Wishes from:

*Dr. Anoop and Dr. Urwashi Kapoor
Ankur, Kristen, Aidan and Ryan Raj Kapoor
Harpreet, Komal and Simran Katari*

ॐ



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Healthy Family

ओ३म् यत्रा सुहार्दः सुकृतो मदन्ति विहाय रोगं तन्वः स्वायाः ।
अश्लोणा अङ्गौरहुता स्वर्गे तत्र पश्येम पितरौ च पुत्रान् ॥

*Om yatraa suhaardah sukrto madanti, vihaaya rogam tanwah swaayaah.
Ashlonaa angair-ahrutaa swarge, tatra pashyema pitarau cha putraan.*

**Parents living happily with their children in that joyful environment
where kind-heartedness, good actions, good health,
and simplicity are observed.
(Atharva Veda 6-120-3)**

With Best Wishes from:

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॥ स्वस्ति पन्थामनुचरेम ॥

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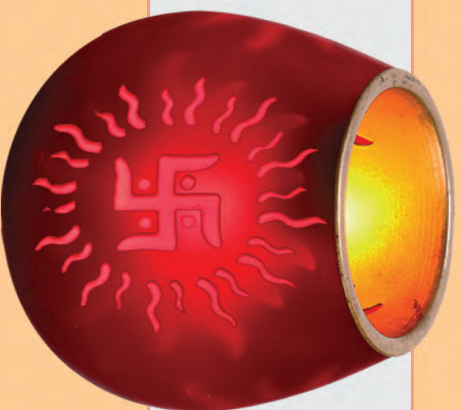


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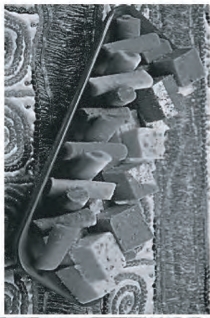
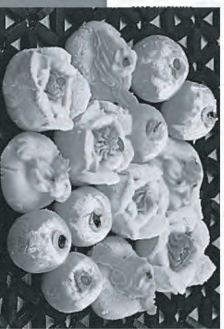
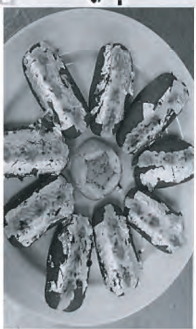
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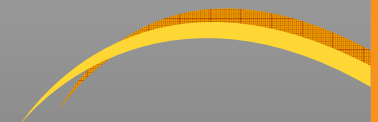
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8. We should eradicate ignorance and promote knowledge.
9. We should not be only satisfied with our personal progress, but should consider the progress of others also.
10. Everyone should abide by social laws that are beneficial to all. However, we should exercise freedom of choice in the rules of personal welfare.