

BRAHMA VANI (Volume XXV) and BRAHMA JYOTI (Volume VII) August 2021



BRAHMA VANI & BRAHMA JYOTI



*“Enhancing the Values of Sanatan Dharma in
the 21st Century”*

**25TH ANNUAL CONVENTION OF
BRAHMAN SAMAJ OF NORTH AMERICA (BSNA)
&
10TH ANNUAL CONVENTION OF
GLOBAL BRAHMAN CONFEDERATION (GBC)**



**August 7 & 8, 2021
Virtual Convention**

A JOINT PUBLICATION OF BSNA & GBC





Joint Annual Convention of BSNA & GBC, Virtual, USA

EDITORIAL BOARD

Editor-in-Chief:
Dr. Keshav Shukla (TX)

Associate Editor:
Mr. Gyanesh Dadhich (TX)

Editorial Board Members:

Dr. Sanjay Pandey (CA)
Dr. Sukrit Mukherjee (CA)
Mrs. Archana Pandey (CA)
Mrs. Ratna Dube (CA)
Mrs. Nitasha Shukla (CA)
Dr. Ajay Pandey (MI)
Dr. Sen Pathak (TX)

BSNA & GBC

Contact:
drshuklak@gmail.com
Phone: 832-265-1549

Disclaimer:

BSNA/GBC or the Editors and Editorial Board take no responsibility for any views of the authors, errors or omissions.

TABLE OF CONTENTS

BSNA & GBC Convention Program	...	3
Message from President of GBC/BSNA & Editor of BV-BJ	...	5
Message from BSNA President	...	7
Message from Chairman of GBC BOT	...	10
Message from Chairman of BSNA BOT	...	11
Message from EVP: GBC, SR VP BSI, SR VP: ABBM	...	13
Message from President of BSI	...	14
Message from Associate Editor of BV-BJ	...	15
The Interconnectedness of Spirituality and Sustainability-V. Dixit	...	16
Anxiety Asset- Vineet Pandey	...	19
On Aspects of Loneliness – Mahendra Misra	...	20
Miracle Happens: By Devine Design -Akkaraju Sarma	...	23
Achieve More with Conscious Time Management-Rahul Pandey	...	26
Pursuing a Computer Science Degree- Nima Chatlani	...	28
Convention Committee	...	30
Summary and highlights of the convention	...	31
Highlights from the Virtual Convention	...	34
BSNA San Diego Chapter Activities	...	37
BSNA Texas Chapter Activities	...	38
BSNA Michigan Chapter Activities	...	40
BSNA Los Angeles Chapter Activities	...	43
Announcements	...	46
BSNA Activities	...	47
Obituary	...	50
Global Network of Brahma Organizations	...	51
Life Members of BSNA	...	52
BSNA Executive Committee & Organization Chart	...	57
BSNA BOT/Youth Charts	...	58
BSNA Chapter Presidents	...	59
GBC Organization Chart	...	60
Brahma Vandana	...	61
BSNA Membership Form	...	62
Water by Pratyush Shukla	...	63
Exploring Space by Ayush Shukla	...	64
Terminal Human Speciation in Vedic Dharma: A Scientific Reality?	66
Compliments Page	...	72

“BSNA and GBC are not-for-profit, cultural, social, educational and charitable organizations approved under the US IRS Section 501 (C) (3)”

2021 Virtual Convention Program Schedule

August 7th Program Schedule

Program	Speakers/Participants	Pacific Time (CA)
Mangalacharan	Prof. Dr. Sadashiv Dwivedi, Sanskrit Department, Banaras Hindu University (India)	8-8:15 AM
Welcome Address	Dr. Sanjay Pandey (President of BSNA), Dr. Keshav Shukla (President of GBC), Dr. Sen Pathak (Chairman of BSNA BOT), Dr. Shrikant Mishra (Chairman of GBC BOT), Dr. Vishwapati Trivedi (President of BSI & VP of GBC) and Dr. Prasun Tripathi (Brahman Professionals)	8:15-9:00 AM
Keynote Speaker	Dr. Subramanian Swamy, MP Rajya Sabha, GOI (Introduction by Mr. Vineet Pandey and Thanks by Dr. Keshav Shukla)	9:00-9:45 AM
Guest Speaker	Swami Gyananand Saraswati ji (Introduction by Dr. Sen Pathak)	10-10:30 AM
Panel Discussion: Practicing Sanatan Dharma in the Present Time	Dr. Sen Pathak (Moderator)/Dr. Shive Chaturvedi/Swami Gyananand Saraswati ji/Dr. Rajesh Mishra	10:35-11:15 AM
Cultural Program: Part-1/ Break	Dr. LS Dube-Bhajan/Mr. Tilak Sharma-Kavita/Mr. Lalan Mishra-Bansuri/	11:20-12:00 PM/Noon
Youth Presentations	"Relevance of Hinduism in 21 st Century" by Mr. Aman Sharma (Houston); "Getting More Done" by Mr. Rahul Pandey (San Francisco)	12:00-1:00 Noon/PM
Presentation: Covid & Heart Disease	Dr. Sandeep Dube (Indiana)	1:05-1:35 PM
Panel Discussion: Health Care (Mental Health, Post Traumatic Growth)/Alternate Medicine	Dr. Salil Tiwari (Moderator)/Dr. Minu Sharma-Razdan/Dr. Shrikant Mishra/Dr. Swapan Dube/Dr. MC Misra	1:45-2:45 PM
Yoga for Better Health	Mr. Rohan Sharma & Ms. Prana Sharma, Mrs. Jayshree Vyas, Mr. Aseem Trivedi, Ms. Ira Trivedi	2:45-3:45 PM
Cultural Program: Part-2 (see details on the 3 rd & 4 th page)	Emcee: Mrs. Abha Dwivedi (Local Chapter Coordinators): Mrs. Alka Sharma (NJ)/Mr. Vijay Mishra (MI)/Mrs. Kusum Sharma (TX)/Dr. Sukrit Mukherjee (LA)/Mrs. Ratna Dube Chatlani (San Diego)/Dr. LS Dube (Montreal)/Mrs. Priyambada Tewari (India)	4:00-8:00 PM

August 8th Program Schedule

Programs	Speakers/Participants	Pacific Time (CA)
Mangalacharan	Pt. Subhesh Sherman (India)	8:00 - 8:15 AM
Indian Folk Songs	Mrs. Malini Awasthi, Padma Shri (Introduction by Dr. Shrikant Mishra and Thanks by Mrs. Abha Dwivedi)	8:15 - 9:15 AM
Entrepreneurial Experience of a Brahmin-Lessons for our Younger Generation	Dr. Sarvajna Dwivedi (San Francisco)	9:30 -10:00 AM
Anxiety: The superpower you never knew you had	Mr. Vineet Pandey (Minnesota)	10:00 - 10:20 AM
Coping with Loss of Spouse and Avoiding Loneliness in Retirement	Mr. Mahendra Mishra (Pennsylvania)	10:20 - 10:35 AM
Giving or Receiving a Gift of Life	Dr. Akkaraju Sarma (Pennsylvania)	10:35-10:50 AM
Post-Covid Symptoms/Conditions/Sequelae/Syndrome: Role of Yoga & Meditation	Dr. Mahesh Mishra (India)	10:55 - 11:20 AM
Panel Discussion on Business	Mrs. Abha Dwivedi (moderator)/Mrs. Mamta Tiwari/Mr. Sanjay Mishra/Mr. Shiv Pathak	11:20 - 11:50 AM
General Body Meeting	EC and BOT Members of BSNA and GBC	11:50 AM - 12:35 PM
Vote of Thanks	Dr. Sanjay Pandey / Dr. Keshav Shukla	12:35 – 1:50 PM

August 7th Program Schedule

Details of the Cultural Program: Part-2 (Cont.)

Co-ordinators	BSNA Chapter	Performer/Artist	Details
Ratna Chatlani	San Diego	Divya/Vivek Pandey	Dance: Bollywood song
	San Diego	Natasha Pandey	Dance: Kala Chasma
	San Diego	Rashi /Riddhi Mishra	Dance Chunnri Chunnri
	San Diego	Archana Pandey/Ratna Dube-Chatlani	Song Kab Who Kangana
	San Diego	John Chatlani, Varun Chaturvedi, Abhay Dube, Rahul Pandey and Nitin Chatlani	Respek: The Resurgence
	San Diego	Lalan Mishra	Flute: Vande Mataram
Priymbada Tewari	India	Jayesh Sherman	Hey Nath Tumhi Sabke Malik
	India	Surbhya Narain Tripathi	Mudakaratha modakam (Ganesha Pancharatnam)
	India	Surbhya Narain Tripathi	Pashupatim Dyumatim Dharani Patim
	India	Shaily Tewari	Kathak Dance Performance Tarana (Banaras Gharana)
	India	Priyambada Tiwari	Dance Mix_Diffrent Bollywood Songs
	India	Anjali Dube	Song_Bhajan Sunno Sunno Saware
	India	Anjali Dube	Song_Hame Tumse Pyar Kitna
	India	Alok Dwivedi	Song Zindagi Ke Safar Mein Guzar
	India	Alok Dwivedi	Song Mere Mehboob Kayamat Hogi
	India	Jyoti Shree	Kathak Dance performance for Shiv ji

August 7th Program Schedule

Details of the Cultural Program: Part-2

Co-ordinators	BSNA Chapter	Performer/Artist	Details
Alka Sharma	New Jersey	Alka Sharma	Mohe rang do Lal Dance
Vijay Mishra	Michigan	Esha Tiwari	Song Hum ko maan ki shakti dena
	Michigan	Archana Tiwari	Kavita: Pita and Putri
	Michigan	Rajeev Tiwari	Kavita
	Michigan	Rajeev Tiwari	Kavita
	Michigan	Ravij Tiwari	Dance: Punjabi Bhangra
	Michigan	Viraj Mishra	Bollywood Song
Shalini Pandey	Minnesota	Shalini Pandey	Dance: Madhuban Mein Kanhaiya Kisi Gopi se Mile
	Minnesota	Vineet and Shalini Pandey	Bhajan: Jasomati Mayya me Bhole Nandlala
Kusum Sharma	Houston	Yash Tayal	Chanting Lingashtakam
	Houston	Shrish Tiwari	Khoya Khoya Chand Performed in Saxophone
	Houston	Shrish Tiwari	Duniya Banane wale performed in Saxophone
	Houston	Kusum Sharma	Skit on
	Houston	Rudransh Pathak	Violin: National Anthem
Sukrit Mukherjee	Houston	Chetna Upadhyay	Bhajan: Chadaria jheene jheene
	Los Angeles	Raj Bajpai	Song: Shuhani Chandni Raatein
	Los Angeles	Rashmi Bajpai/Villas Tiwari	Skit: Santa Banta Comedy
	Los Angeles	Shubra Tiwari	Song: Milo Na Tum To Hum Ghabraya
	Los Angeles	Mahesh Vyas	Bollywood Songs
	Los Angeles	Jayasha Mukherjee	AI Giri Nandani
	Los Angeles	Sujash Mukherjee	Chanting from Rigveda

Note: The final program was available at the convention

Message from GBC President and Editor-in-Chief of BV-BJ



Dear BSNA and GBC Families and Friends,

Let me first express my heartfelt condolences to the affected families for their losses of beloved ones due to the unforeseen and devastating effects of the COVID-19 pandemic. That led the postponement of our 2020 annual convention and the publication of the Brahma Vani and Brahma Jyoti souvenir magazine.

After a year, I am extremely pleased to welcome all the delegates and guests from North America/Canada, India, Trinidad and across the globe attending the joint 25th Convention of Brahman Samaj of North America (BSNA) and 10th Global Brahman Confederation (GBC) on August 7-8th, 2021, though virtually.

We are very grateful to the EC and BOT members of both BSNA and GBC for their tremendous supports to the Convention Organizing Committee, led by Dr. Sanjay Pandey and team to mention a few Mrs. Archana Pandey, Dr. Sukrit Mukherjee, Mrs. Ratna Dube Chatlani, Mrs. Nitasha Shukla, Mrs. Abha Dwivedi, Dr. Ajay Pandey (Executive Vice President aka President Elect of BSNA), Dr. Shri Kant Mishra (GBC Chairman), Dr. Sen Pathak (BSNA Chairman), Mr. Shiv Pathak (General Secretary and PVSA Director of BSNA), Dr. Vishwapati Trivedi (BSI President/GBC Senior Vice President), Shri Subhash Tiwary (BSI/GBC Executive Vice President), Mrs. Priyambada Tiwary, all EC/BOT members, regional directors and many more from various chapters, their presidents and Global Brahman organizations. Many youth volunteers have provided their unconditional supports to make it a successful event. Their untiring effort to put together several engaging programs is greatly appreciated.

We are fortunate to have among us the wonderful and renown dignitaries such as the Keynote Speaker, Dr. Subramaniam Swami, MP Rajya Sabha, Government of India, the Chief Guest, Swami Gyananand Saraswati, a spiritual leader and social reformer, Padma Shri Mrs. Malini Awasthi, renown musician and singer, and several other professionals from various disciplines and backgrounds from USA and India. The support of a great cadre of members and sponsors is greatly appreciated. The speakers and performers in the convention are uniquely placed to discuss and highlight the key theme, current practices and values for enhancing Sanatan Dharma and it's importance in the 21st century.

I sincerely welcome all to enjoy the various sessions and discussions to protect, preserve, promote and enhance Sanatan Dharma, Brahmanic Values, Vedic Culture and Hindu Heritage combined with modern science and medicine, along with networking, making new friends, interact with new ones, look for the future opportunities. Your supports to BSNA and GBC are greatly appreciated.

I thank youth who came forward to design the front and back pages of the magazine namely Nitin Chatlani, Bhumi Purohit, and Sagun Shukla. Also, thanks to the Convention Team, Editorial Board and Associate Editor Gyanesh Dadhich for their efforts to make this publication possible and Kalpesh Rana for printing the magazine.

Finally, I extend my gratitude to all Senior Advisors, Sponsors and Contributors for their help in publication of this souvenir magazine. We should be very proud of our extremely dedicated, enthusiastic and committed members of both BSNA and GBC for their collective hard work in order to achieve our stated goals and objectives globally.

With Best Regards

Dr. Keshav Shukla

President of Global Brahman Confederation (GBC) and Board of Trustee of BSNA, Editor-in-Chief of BV/BJ and Past President of BSNA

Professor, College of Engineering, Texas A&M University, College Station, Texas, USA

"GBC is an independent not-for-profit, charitable, cultural, educational and social organization approved under the Tax-Exempt Code of US IRS Section 501 C (3)."

Message from BSNA President and Editor-in-Chief of BB-VB



Dear BSNA and GBC families and friends, participants from India, USA, Canada, UK, Australia, and Trinidad, Pujya Swami Gyananand Saraswati, singer extraordinaire, Mrs. Malini Awasthi and our esteemed keynote speaker, Dr Subramanian Swamy, as President of BSNA (Brahman Samaj of North America) along with the executive committee, we made the decision to host a virtual convention on August 7-8, 2021 since there was a concern for an in-person annual convention due to the COVID-19 situation. Despite the many challenges this pandemic has brought about, we have adapted by creating new pathways to communication. In the Covid-19 environment, we recognized that hosting this event in a virtual capacity was a new experience for our BSNA community – that being said, I know this was the best event yet! And in organizing this global virtual convention, I have realized how small our world is. It was an honor and absolute pleasure to host the 25th annual convention of BSNA and 10th annual convention of GBC. BSNA is your organization and we all should be proud to be part of it.

The fact that all of you have given your time to serve the organization reminds us all just how important our work is. Our mission has always been to protect, preserve and promote our Brahminic values and hence our theme for this year's convention is "Enhancing the Values of Sanatan Dharma in the 21st Century". The agenda for this convention covered a wide range of topics relating to dharma, religion, business, health entrepreneurship, and youth presentations. Just like myself, I hope you all were informed by panel discussions and presentations, entertained by the many talented singers and dancers, challenged by the yoga sessions and inspired by the spiritual, medical, and entrepreneurial ideas throughout this convention.

This year's convention would not be possible without the invaluable support from our many volunteers who donated their time to bring this all together. I would specifically like to express my deep gratitude to my convention committee, including Dr. Shrikant Mishra, Dr. Keshav Shukla, Dr. Lakshmi Shankar Dube, Dr. Ajay Pandey, Mr. Praveen Sharma, Mrs. Neeru Birly, Mr. Shiv Pathak, Mr. Gyanesh Dadhich, Mr. Lalan Mishra, Mrs. Alka Sharma, Mrs. Vibha Goswami, and Dr. Ashok Sarawat. We owe a special recognition to our IT volunteers, Dr. Sukrit Mukherjee, Ratna and John Chatlani, Nitasha, Rakesh, Ayush and Pratyush Shukla who worked non-stop behind the scenes with managing the Zoom streaming. In addition, Dr. Sukrit Mukherjee is the best multi-tasker I have ever met. He

does it all, from handling our website to designing our banners and flyers, and all with a smile! I applaud Mrs. Abha Dwivedi for her wonderful and personalized style of emceeing the cultural event. A special recognition to Dr. Keshav Shukla who has been instrumental and a constant adviser during this convention and my presidency. I also owe much thanks to Dr. Shive Chaturvedi from Los Angeles, who has been doing selfless *sewa* by extolling the virtues of the Bhagavad Gita via Zoom to our BSNA audience every month. Another veteran member of BSNA worth mentioning is Mr. Mahendra Misra of Pennsylvania. He continues to dole out great advice and supports our various causes.

I would specifically like to express my deep gratitude to our San Diego crew, including Ratna and John Chatlani, Daisy and Lalan Mishra, Minu and Yogi Razdan, Shashi and Rajeev Mishra, Vivek and Divya Pandey, Urvashi Pathak, Anu and Vivek Shukla, Mudita and Nishith Chaubey, Himanshu and Preeti Shukla, Praveen and Shubh Vasishtha; from our Los Angeles chapter appreciation goes to Sukrit Mukherjee, Shrikant Mishraji, Shive Chaturvedi; from the Houston chapter-Keshav Shukla, Sen Pathak, Gyanesh Dadhich, Shiv Pathak, Abha Dwivedi; Michigan chapter, Ajay Pandey; New Jersey, Alka and Rakesh Sharma; Sacramento, Praveen Sharma; I would be quite amiss if I didn't mention the youth involvement. They are the torch bearers who will further solidify this organization. Whether it's coming up with our theme "Enhancing the value of Santana Dharma in the 21st Century" (I would like to specifically thank my brother-in-law, Abhay Dube for the theme), writing articles for BV/BJ, participating in our cultural program, making presentations, and providing the technological help- of which I owe many thanks to my young nephew-Nitin Chatlani, along with Nima and Nishant Chatlani. I would be amiss if I do not mention the gratitude I feel towards the team from GBC, Dr. Vishwapati Trivedi, Mr. and Mrs. Subhash Tiwary, Mr. Prasun Tripathi, Mr. Uttam Tiwari, Mr. Girija Mishra ji. I owe much gratitude to Vishwapati Trivedi and Subhash Tiwary who were instrumental in coordinating our participants from India.

In addition, I am grateful to the BSNA Board of Trustees (BOT) for their ongoing sponsorship and guidance, including our veteran BSNA leaders such as Dr. Sen Pathak, Dr. Shrikant Mishra, and Dr. Keshav Shukla. I also want to express my indebtedness to two of our new trustees, Dr. Salil Tiwari and Dr. Sarvajna Dwivedi, who are laying the groundwork for future generations to come with their thoughtful generosity and valuable time. Furthermore, I am also thankful to the services of our other BOT members including Mr. Gopal Chaturvedi, Dr. Vinod Mishra, Mrs. Urvashi Pathak, Dr. Akkaraju Sarma, Mr. Chakradhar Sharma, and Dr. GNR Tripathi.

Last but certainly not the least, my heartfelt thanks to my *dharam patni*, Archana Pandey (who is always working behind the scenes) and our two sons, Rahul and Vineet as well as daughter-in-law Shalini Pandey. Both Vineet and Shalini spend much time in tweaking and editing videos and write-ups while handling our newborn granddaughter, Saavi Pandey. I am also appreciative of the love and support of my family including my in-laws, Dr. and Mrs. LS Dube, sisters-in-law and brothers-in-law, Meena, Sean, Maya, and Anika Rai, John and Ratna Chatlani, and my family from India including blessings from my mother, Shanti Pandey, brother, Rajesh Pandey, and sister, Dr. Alka Pandey.

Finally, I am thankful to our virtual audience for not only watching but also providing their positive feedback during the two-day program. During these unprecedented times, hundreds of you around the globe were able to tune in via Zoom or YouTube in what was one of the most highly attended and successful events in recent memory – and I am not alone in thinking this.

Dr. Subramanian Swamy, this year's keynote speaker, responded to our thank you note to him that **"it is time to think of strategic steps to enhance Brahminical values."**

In addition, Malini Awasthi, Padma Shri and this year's key musician, in her response to our thank you note, said **"Thank you for making me a part of your illustrious organization,"**

We also had honor of having Shri Swami Gyananand Saraswati Ji, **who enlightened us about Sanatan Dharma.**

Let us continue to use the momentum of this year's convention towards preserving, promoting, and protecting Brahminical values.

During these trying times, the shloka below provides some hope and strength.

विपदि धैर्यमथाभ्युदये क्षमा, सदसि वाक्पटुता युधिविक्रमः।

यशसि चाभिरुचिर्व्यसनं श्रुतौ, प्रकृतिसिद्धमिदं हि महात्मनाम् ॥(हितोपदेश-सुभाषित-श्लोकाः - 1.33)

अर्थ: विपत्ति में धैर्य, समृद्धि में क्षमाशीलता, सभा में वाक्पटु, युद्ध में पराक्रम, यशस्वी, वेद शास्त्रों का ज्ञाता, ये छः गुण महापुरुषों में स्वाभाविक रूप से होते हैं ।

Courageous in adversity and distress, forgiveness even in prosperity, oratory in an assembly of learned persons, bravery in battle, aspiring to be famous, and addicted to knowledge and learning, all these attributes are naturally found in noble and great persons.

With Best Regards

Dr. Sanjay K. Pandey,

President of BSNA

& EC Members

"Brahman Samaj of North America (BSNA) is an independent not-for-profit, charitable, cultural, educational and social organization approved under the Tax-Exempt Code of US IRS Section 501 C (3). The contributions to BSNA are Tax Deductible in USA"



BSNA EC/BOT meeting 2019

Remarks of GBC BOT Chairman and BSNA Board of Trustees



My Dear Brahman Bandhus,

It gives me great pleasure to serve as the chair of BOT of GBC. We have made great progress on our stated manifestos. For last few years, inspite of COVID-19 Pandemic, we had a very successful year for BSNA and GBC under the presidency of Dr. Sanjay Pandey and Dr. Keshav Shukla, respectively.

Now, I want to take this time to discuss the challenges we need to overcome to reach our goals of promoting, preserving and protecting Brahmanic values. We need greater focus on networking, education, leadership, youth involvement and funding. It is vital that we are all well connected through cultural, social, educational and professional networks to ensure inclusiveness amongst our community members. We are progressing well in organizing programs and seminars on Hindi education, spiritual discussions with participating in webinars globally. Through these programs our effort is to promote Brahman youth involvement at the global level. Brahmans must take up again intellectual, spiritual, cultural, economic and socio-political leadership across the globe. We are making continued effort in the fundraising for future enhancement of BSNA and GBC. Lastly, I want to urge all the participants from different parts of USA, Canada, India and other countries to work collectively to help Brahmans become capable of achieving their outstanding status in the modern age. I look forward to seeing everyone at the annual convention. "Jai Parashuram."

Sincerely,

Shri Kant Mishra

MD MS ABMS FAN FNAA, FANA Professor of Neurology Keck School of Medicine of University of Southern California Clinical Professor of Neurology David Geffen School of Medicine UCLA , Director of Neuromuscular Program VA GLA Health Care System and Olive View UCLA Medical Center
Past President of BSNA and Founding President of Global Brahman Confederation

Message from the Chairman of BSNA Board of Trustees



My Dear Sisters, Brothers and Youngsters of BSNA and GBC,

I am indeed honored to welcome you all to the 25th Annual Convention of BSNA (Brahman Samaj of North America) and the 10th Annual Convention of GBC (Global Brahman Confederation) being held virtually for the first time, on August 7 and 8, 2021. Under the able leaderships of Dr. Sanjay Pandey Ji (current President of BSNA and Vice President of GBC), Dr. Keshav P. Shukla Ji (President of GBC, and Past President of BSNA), Dr. Shrikant Mishra Ji (Chairman of GBC BOT), Dr. Vishwapati Trivedi Ji (President of BSI and VP of GBC), and Dr. Prasun Tripathi Ji (Brahman Professionals) the joint convention meetings are running smoothly since last several years. I wish to thank all BOT and the Executive Committee (EC) Members of BSNA and last, but not the least, the most important Youth Group, who are our FUTURE, the Presidents and the Volunteers of various U.S. State Chapters for their very active, untiring and enthusiastic participation in these Annual Conventions.

I will be failing in my duty if I did not recognize and thank Dr. Sukrit Mukherjee who is the IT Expert and helping the convention with his dedicated team members. Drs. Sanjay Pandey, Keshav P. Shukla and Ajay Pandey Ji and their close friends have dedicated their precious time to bring out a great convention. I take pride in mentioning here that Texas Chapter has given you a great EM-CEE, Abha Dwivedi Ji, who deserves our sincere thanks, too.

Finally, I wish to welcome all National and International Brahmins and Speakers who have joined this convention and also make an humble request to join hands and work collectively to protect, preserve and promote Brahmanic values and encourage each other to recognize/achieve their uniqueness and unparalleled status in the society. Time has come for all Brahmins to co-operate with each other and provide help when needed.

With best regards,

Sincerely,

Sen Pathak

Sen Pathak, Ph.D., F.N.A.Sc.

Distinguished Research Professor of Genetics and Cancer Biology

The University of Texas M. D. Anderson Cancer Center

1515 Holcombe Boulevard, Houston, TX 77030, USA

Emails: sepathak@gmail.com ; spathak@mdanderson.org

August 7, 2021



Making Cancer History®

Message from EVP: GBC, SR VP BSI, SR VP: ABBM



My Dearest BSNA Family,

We are missing the physical meets of BSNA for the past two years. Lots of love and wishes to you all. Sanatan Dharma in this GHOR KALYUG is really difficult to preserve. But the way our young generation is doing by reading and going deeper in knowledge is truly remarkable. I have full faith that they will take our SANATANA DHARMA to the next level. We need to just give them our mere guidance and see them grow!

I am proud to be part of a religion which preaches universal acceptance, freedom of expression and liberation as the ultimate goal. I am proud to be part of a land which has devoted its greatest minds through millennia in search of the highest truth, culminating in Vedant declaring aham brahmasmi. I am proud to be a part of the nation where spirituality is valued more than materiality. I am proud to be part of the country where the under current of the people is compassion and humility. I am proud to be part of this magnificent universe which has been projected by the divine power so that we can live through our desires. I am proud to be associated with BSNA & GBC that are doing their best in promoting Sanatana Dharma. May God bless all of us with the right knowledge, intellect and indiscrimination so that we move towards the real and shun the unreal. Om shanti, shanti, shanti!

Subhash Chandra Tiwary

+919811150962

Life Member of BSNA

CMD SUJAY DISTRIBUTORS & CONSULTANT CMD PATORY EXPORT & IMPORTS PVT LTD PATRON
TRUSTEE: MANAV MANDIR MISSION TRUST

Message from President of Brahman Samaj of India (BSI)



Dr. Vishwapati Trivedi, I.A.S
Former Secretary to Government of India

Office : Raghunath Shuman,
7, Spring Lane, (Via Green Avenue)
Vasant Kunj, New Delhi-110070
Phone : 011-2613477
Mobile : 9871841111
E-mail : drvtrivedi@gmail.com

National President, Brahman Samaj of India, New Delhi.
Adviser, Logistics Sector Skill Council, Ministry of Skill Development.
Steering Committee (BE), EAC to the Prime Minister.
Co-Chair, Committee to Draft the National Maritime Policy, NITI Ayog.
Inquiry Authority, Ministry of Home Affairs.
Former Permanent Secretary of the Ministry of Mines and Ministry of Ports Shipping and Waterways, Government of India.
Former Chairman And Managing Director , Indian Airlines/Air India
Former, Chairman, National Shipping Board, Government of India.
Former, Chairman, Inland Water Authority of India, Government of India.

Dated: 07 August 2021

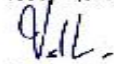
Dear Shri Shukla ji and Pandey ji,

It is indeed very heartening to see that despite the global pandemic the BSNA and the GBC have remained active and are organizing this Annual Convention. The theme of this year's Convention, 'Sanatan Dharama' is very timely, contextual and synchronous with the need of the day.

I believe that Sanatan Dharama, by definition, is a permanent set of Commandments outlining values which are good for all times. The importance of inculcating and following these values has never been felt more than in the current times. It is an undemonstrable force or impulse by which the individual and the society is guided. We all need to continue our individual endeavours to follow the Sanatan Dharama values and not only find peace within ourselves, because it is our basic DNA as a Brahmin, but also nurture a peaceful and a harmonious society around us.

I have been associated with BSNA, intermittently, I must admit, for a very long time now until I became a life member. It goes back to the early nineties, when I was working at the International Monetary Fund in Washington D.C. It has been an honour and privilege to have been part of BSNA.

The current leadership of BSNA and GBC deserve our heartiest congratulations for all the effort and resources that they have invested to keep the values of Sanatan Dharama. With best wishes and warm regards,



Vishwapati Trivedi

Message from Associate Editor of BV-BJ



Dear Brahmin Parivar,

Greetings to all of you and I pray for everyone's safety and health.

After successfully completing my responsibility as BSNA Houston – Texas Chapter President until 2019, I am honored to accept the role of Associate Editor- Brahma Vani (BV) and Brahma Jyoti (BJ).

I would like to take this opportunity to enhance and contribute towards our goals of promoting, preserving and protecting Brahmanic values through our Brahma Bharti/ Brahma Jyoti magazine. We need to focus on utilizing this platform and connect through cultural, political, or professional networks to ensure inclusiveness amongst our community members. Since education is the foundation of any organization, we should provide excellent articles and content that provides intellectual, Spiritual, Vedic and cultural knowledge to all our Brahmin members specifically to our youth. We should promote our youth involvement and encourage a more active participation.

I would like to thank all of the authors who have contributed to this issue of BV/BJ. If you have any suggestions or comments for upcoming BV/BJ magazines, please let me know.

Best Regards,

Gyanesh Dadhich

Associate Editor- Brahma Vani (BV) and Brahma Jyoti (BJ)

Ex-President – Houston: Texas Chapter

Co-Convention Director-Houston, Texas (2018)



Vidha Dixit

September 26, 2021

The Interconnectedness of Spirituality and Sustainability

“The entire universe is to be looked upon as the Lord” – Isha Upanishad

It takes little more than to observe Earth’s rich soils, rambling waterways, crisp mountain air, and cavernous canyons to recognize that all the natural world is divine. The Earth’s colorful coral reefs, captivating northern lights, and the intricate patterns of snowflakes as they lazily drift from the sky are daily reminders of how fortunate we are to live on a planet like ours. Growing up in Texas, I recall how happy the bright buttercups on the side of the highways made me, how incredible everything smelled after a cooling rain-shower, and how much I loved the feeling of the sun’s rays on my skin. These were (and are) such simple joys, all possible because of the life-giving power of our Earth.

This world doesn’t just provide us with beautiful sights, but literally powers each and everything we do. I enjoy using the example of a plain white shirt - the cotton was grown thanks to our planets’ bounty of arable land, water, and pollinators (sadly being depleted in many parts of the world). The ginning, spinning, and weaving are possible through the physical labor of our Earths’ people and machines designed by the ingenious minds of inventors (all of whom deserve ethical and equitable treatment). Processing and assembly provided via dyes and raw materials found in the Earth’s crust (often resulting in large volumes of toxic waste). Shipping and trading are powered from the remains of ancient organisms (crude oil emitting greenhouse gasses), leading to the eventual sale to unassuming consumers such as me and you - blissfully unaware of the impact our plain white tee has on our planets’ resources. This paragraph isn’t meant to make anyone panic about their purchase of

the day - but simply to encourage a more mindful approach to what, how, and when we consume things in our daily lives. As temporary dwellers of planet Earth, consumers in the economy, and practicing Hindus, we have the strong power (whether we believe it or not) to choose what we do & recognize its impact on the ground we walk on.

In the Mahabharata, it is stated that “Dharma (the eternal nature of reality) exists for the welfare of all beings. Hence, that by which the welfare of all living beings is sustained (Earth), that for sure is Dharma”. For me, this statement brought about multiple questions regarding my own life. Is my personal dharma (my actions and path in life) helping sustain or at the very least, not hurt, the welfare of the Earth and its’ beings around me? A few years ago, I was climbing the corporate ladder in the most traditional sense of the word. I pursued a degree in business, worked for a global company, and moved around the US gaining cross-functional skills in different positions. I was also miserable beyond belief. I knew the work I was doing was important to my company and the economy, but it was difficult for me to reconcile my love for the Earth with my day-to-day actions. I spent many weeks and months reflecting on what my dharma was meant to be and how I could better use my resources to serve both people and planet. During this time, I came across another verse from the Bhagavat Gita which resonated deeply with me. "It is better to live your own destiny imperfectly than to live an imitation of somebody else's life with perfection." I realized that many of the steps I had taken was in order to achieve the perception of success that society dictates – a good job, high salary, a flashy title. It did not consider the passion I grew up with, nor the impact I hoped to make on the earth and its’ people. So, I chose to do what any person having a quarter-life crisis would do. I quit my job, moved halfway across the US, and started school again. I am currently pursuing an MBA focusing on Corporate Sustainability and Greenhouse Gas Management in the foothills of Colorado. Not only am I incredibly happy with the work I get to do, the information I am learning, and the individuals I interact with, but I finally feel that I am serving my duty and living the religion I was fortunate to be born into.

Practicing Hinduism frequently includes prayer towards the Vasus, or elemental Gods representing aspects of nature. They include Prithvi (Earth), Vaayu (Wind God), Agni (Fire God), Akash (Sky or Ether), Surya (Sun God), and Varuna/Samudra Dev (Water God) to name a few. By nature of acknowledging these deities and their power, Hinduism celebrates the environment, and by nature of being a Hindu, I feel it is my duty to sustain the very environment and these Vasus we take from. My prayer is that the current global movement towards sustainability, environmental-social-governance, corporate-social-responsibility, conservation, low-waste living, and a more circular economy honors these Vasus just as we did millennia ago. Regarding the consumption of food, Hindus worldwide accept that it is Annapurna, the goddess of nourishment (both physically and spiritually) and is an offering to and from God. In this way, Hinduism further acknowledges the close ties we

humans have with the natural world and deep respect we should show the fruits of our environment, which allow us to think and act towards alignment with our dharma. All four of our Vedas (Rig, Yajur, Sama, and Atharva) take time to recognize the importance and maintenance of the environment, frequently describing Earth as our mother, and mankind as her children. These are just a few examples of how Hinduism respects and honors the natural world and its capabilities, and how we should do the same as modern, practicing Hindus.

Gandhi once stated, “Earth provides enough to satisfy every man’s need but not every man’s greed” – another guiding principle that helped me transition to the work I do now, and a statement that I feel is extremely important in our daily lives. As Hindus, we are taught to relinquish our grip on material goods and desires, yet if we look around at established Hindu-Americans today, they are often proud of showing off their newest car, million-dollar house in a gated community, or one-of-a-kind brand name outfit at the latest community event. By no means is this an attack on anyone who values these items, but for me, coveting things such as this is in conflict with the spiritual principles we are taught. If one is to acquire and accumulate these items, my hope is that it is with recognition of the path those items traveled, from raw material extraction to manufacturing to sale. To think about those who did the work and know they were treated and paid fairly, and that the material that was removed from the earth was done in a way to mitigate damage.

The intersection of spirituality and sustainability isn’t just found in Hinduism, but translates to its offshoots in an even stronger way. Mahavira said, “the most important principle of the environment is that you are not the only element” and stressed the concept of Ahimsa, or the principle of non-violence. Most Buddhists believe people need to live simply and respect the cycle and balance in nature so everything can continue for future generations. In Hinduism, every atman (essence of being or soul) is part and parcel of Brahman (Supreme Spirit), inherently stating that all living creatures, flora and fauna, are also part of this sacred and true God and should be treated as such.

The term sustainability may be new to some, but the core concept is ancient. A way of life practiced by our ancestors to ensure that we can meet our current needs without compromising the ability of future generations to meet their own needs. I feel grateful that I can use spirituality as a guiding light, my able body to act, and my capable mind to teach others about the importance of walking gently on our planet each and every day.

Vidha Dixit is an MBA student at Colorado State University with an emphasis on corporate sustainability. She is a certified supply chain analyst, pursuing certificates in carbon management, LEED, GA WELL AP, and True Zero Waste. She currently serves as a sustainability consultant for food bank of the Rockies. In her spare time, she enjoys hiking, practicing Yoga, trying new food and enjoying time with her family and friends.



ASHAUSA PRESENTS
BREAKING THE SILENCE 2021:



Anxiety: The superpower you never knew you had!

Whether returning to work, school, or your community, day-to-day life as we know it has transformed.

What are some strategies to cope with the New Normal?

Join healthcare executive by day + blogger by night, **Vineet Pande** in hearing his story about co-existing with high stress throughout his life - whether at his alma mater Berkeley or at a rapidly growing Fortune 500 corporation.

People of all ages will benefit with practical ways to manage stress and tension.

To learn more about the work Vineet does visit: www.anxietyasset.com

Sunday: August 8th 2021

Time: 4pm -5.00 pm CST

To attend this live interactive virtual event, register in advance at this link:

https://us02web.zoom.us/join/register/tZMsc-CvqD0jE9B1-xzhQpGg7tqj6KET4_s9



Vineet Pande

<https://anxietyasset.com/about>

<https://anxietyasset.com/blog>

Questions? Write to ashausa2014@gmail.com



SEE YOU AT THE 2021 ASHAUSA SPEAKER SERIES

www.ashausa.org





Mahendra Misra, BSNA

On Aspects of Loneliness

Dear friends

My name is Mahendra Misra. I have been associated with BSNA from its beginning. The topic of my talk is “How to cope with loss of spouse and avoid loneliness in retirement”. I am aware that I am talking to a group of very learned people and ask for your forgiveness, if something I say is not correct.

You may have heard the saying that when I found all the life’s answers-they changed the questions. I suddenly found myself in a similar situation.

Based on my past life of graduating from IIT, becoming a Chief Engineer in an American company, raising two boys, achieving financial freedom, and continuing genuine public service, I believed that I had been doing some good “Karmas”, but the destiny had planned something unimaginable and unexpected for me.

In October of 2019, I and Vimlesh ji (An active member and strong supporter of BSNA, Chapter President and Board Member), my wife of 55 years went to Delhi as usual for winter vacations. There she had a stroke and passed away after 2 weeks in a hospital. After performing her last rites, returned to our house in PA all alone with a broken life and a deep void in my heart. Life had suddenly thrown a curved ball and pushed me to a new life, which I was unprepared. All the questions of life were changed. What do I do, where do I start? I was totally unprepared.

Barely had time to take care of immediate paperwork, Covid hit with a vengeance, and we were locked down. At the advice of my elder son, who is a doctor in Rochester, MN, I moved near him, where we had bought a house to live closer to him during retirement. Because Vimlesh ji had died in India, we had decided to perform her first “Barsi” properly in India. We ended doing it in Rochester.

I am aware that time heals everything. I had to learn to live with the void caused by loss of my lifelong partner. I kept asking myself: How I am going to live without her?

I started putting my life together. Routine things that we take for granted like shopping for food, laundry, other house chores became an issue. Can you imagine learning how to cook dal, roti, paying bills myself etc.?

Over the years had grown to depend on her for so many things, thoughts like how to fight loneliness exaggerated by Covid, what is the purpose of life now etc. kept popping in my head. We had looked

forward to travel and see different places in the world. Suddenly all the plans were thrown to the wayside. Slowly and slowly, following ideas emerged:

1 Helping others

Remembered a story that a person was complaining that he had no shoes, till he found a person who had no feet. This made me think that there are people, who are less fortunate, I should help them. It may reduce my grief. When we help others, serotonin hormone is released in the body and it makes us feel good.

I researched and found out Baala Project (projectbaala.com in Delhi), Drishti (drishtingo.org) residential school for blind girls in Chitrakoot UP, Apna Ghar in Bharatpur Rajasthan, FFE (Foundation for Excellence) in Sunnyvale CA, Leading Youth Through Empowerment (<https://Lytescholars.org> in DE) and other charities. Started supporting them.

Vimlesh ji was a great admirer of Prime Minister Modi's program "Beti Padhao, Beti Bachao" She was interested in empowering under privileged girls through education. I started to help financially and otherwise such charities. It brings me great satisfaction and happiness. Mother Teresa once said "The hands that serve are better than the hands that pray".

2. We joined ISCON more than 20 years back and became Life Members. Regularly attended programs in ISCON Philadelphia. An ISCON senior devotee formed a group which did Sankirtan every Friday at the houses of members. Now he lectures on Bhagavad-Gita (BG) and Shrimad Bhagavat (SB) on Zoom every evening. Started attending his lectures. It is a lively group of 15 members. Questions/answers make it interesting. Our two most important holy books, BG and SB are based on questions and answers. ISCON has put all their books and other publications on the internet where they are available free. From the lectures, I realized following two things:

- A. **Spirituality:** Although, we all believe in the body and the soul, yet **we spend very little time feeding the soul.** Most of our time is spent on taking care of the body (earning money, having nice home and other material things to make the body comfortable). An analogy is a cage in which there are two birds. We spend all the time and energy taking care of the cage and neglect to feed the birds inside it. In the analogy cage is our body and the two birds are the soul and the super soul (permatma) sitting in it.
- B. **Children/parents:** Generally, people leave most of their wealth to their children. However, our duty towards children ends after they get settled in life. We still have duty towards our parents and should perform Shradha ceremony each year. As per social custom, we should leave some money for them. However, for the extra money left we get no credit. On the other hand, if they misuse it, we get the sinful reaction for it. It is like giving money to a person to buy a gun and he shoots someone with it. To some extent we are responsible for it.

3. **Lifestyle:** By life partner we understand our spouse. Our body is the real-life partner. It stays with us till the end. We need to take care of it. Scriptures also say "**Pratham such nirogi kayaa, dujo such maya**". The first pleasure of life is healthy body, and the second pleasure is money. Health is not absence of disease. **The new definition of it is physical, mental, and spiritual health. We must work on all the three aspects.** For physical health proper food, exercise, and sleep are

required. Both of us regularly used to go to gym. Due to Covid the regular gym was closed. Sanjay put a gym in his basement, which I could use.

When single and alone there is temptation to eat TV dinners, order restaurant food such as Pizza etc. In my case she was very particular about food. No canned or frozen food, no sodas, lot of fresh fruits, plenty of fresh vegetables, milk, and yogurt. Vegetarian meals mostly cooked fresh. I am following the same practice. It takes time to cook meals. For mental health we need to do yoga, pranayama, prayer, meditation, regular chanting mantras etc.

4. **Hobbies:** Earlier if you did not have time to pursue your hobbies, now you can pursue them. Learn new things. It will keep you busy and active.

5. **Heritage:** We have a very rich heritage. If earlier due to lack of time we could not learn about it, now we should do it. Teach our grand children about our scriptures and traditions. My experience is that grandchildren listen more to grandparents.

6. **Social Life:** Maintain healthy social life. When we are in a social gathering, oxytocin hormone is released in the body. It makes us feel good. It is why man is called "social animal".

7. **Organizations:** Join organizations like BSNA. They provide a forum to interact with other people.

8. **Seva:** Use your time and talents to serve the community. Do volunteering. Be a math and science tutor to underprivileged students in high schools etc.

9. **Positive Attitude:** Maintain positive attitude and good feelings towards others. We are all born as spirit souls.

Thanks for listening. I ask your forgiveness if I said something which is not correct.



Miracles Happen: By Divine Design

Akkaraju Sarma, MD, FAAFP. akkaraju1@gmail.com

Dear Readers: Please read this article thoroughly. There are many take-home messages for all to practice for the Good of Humanity.

At the outset, I am indebted to Acharya Satchitananda in developing this article. As a Physician and (Medical) Anthropologist, it is anticipated that a match of HLA will crosscut all ethnic boundaries. Here, Acharya Ji example gives such a Great evidence.

Gift of Life Programs in The U.S.A. diaspora. I am sure some fellow members from B.S.N.A. are aware of our long term efforts with the National Marrow Donor (now bethe match) Programs, starting from 1991. The initial work began in 1991 with the Telugu Association of North America in 1991 at the Atlanta Convention, (their 10 Th). This enrolment of the H.L.A. Donors has been carried on at T.A.N.A. conventions for many years. In the beginnings, skepticism prevailed by fellow T.A.N.A.delegates. In due course, many saw the merits of the Gift of Life end result stimulated them to run multiple drives in various American cities in the American Diaspora. Likewise, the first drive for set up at the Second Convention America Telugu Association (A.T.A.) was organized at the West Chester, N.Y. 1992 event. And a few more at A.T.A. conventions were continued. Overall, The Telugu Associations in the American diaspora were the places where the enrolment of Gift of Life givers thru their H.L.A.'s was organized.

Miracles Happen: I have been utilizing the Social Network FaceBook site to promote the HLA-Stem Cell donors-Recipients issues. In this context, noted the outstanding contributions of Sr.Acharya Sachtananda, a Kannadiga and Bengaluru Resident. I will simply quote his lucid write up.

My journey as Gift-of-Life Giver:

Here is my small but brief, yet a significant note, after becoming a "Gift of Life" giver event to a stranger. After reading, all will agree. To start, I had registered for the www.Datri.org/ stem cells

registry in May 2014. I gave two cheek swabs (this step profiles a person's unique Human Leucocyte Antigen by ten characters). I had almost forgotten this past event. In the first week of June 2015, I received a call from Datri saying I am a perfect (10/10) match for someone with blood cancer.

Would I be interested in saving this life by donating my stem cells? I said YES in a flash. Being a lifelong blood and components donor, I know of the difficulties in finding donors. Other challenges remained, the patient was in Chennai while I was residing alone in Yeddumailaram on assignment besides cooking for myself.

However, as planned, after ten days, I traveled to Chennai. The Next step was to complete a physical exam, was accomplished, and cleared for stem cells donation. The next step was I was given filgrastim injections x 5 days (to increase my stem cells in my body). On the fifth day, then the stem cells harvested. The apheresis procedure involves blood drawn thru one armpit to the separator and returned to the other armpit. Except for a bit of ache in my stomach and thigh bones, no other side effects. After the final fifth injection of filgrastim, then admitted to Basava Taraka Hospital in Hyderabad (on June 29, 2015). This Apheresis procedure lasted five hours (average 4-7 hours). The Hospital held a small felicitation for me. I returned to work the next day. While apheresis was new to me, I completed close to 60 plasma donations, 2 WBC donations, and 60 whole blood donations. As of May 31, 2019, I have contributed 138 times in several blood products. Fast forward to May 19, 2019, four years after my stem cells donation, I met the recipient. My joy knew no bounds on seeing the happy face of the just ten-year old kid (a Bora Moslem). Soon after transplantation, was cured of the Acute Myelocytic Leukemia, a blood cancer. I thank God that as I was blessed to be a life-giver. I thank my family, friends, and everyone on this epic journey that has supported me in this divine mission. Unlike blood and components donations, being a match of stem cells is a rare opportunity, one in a million depending on various factors. I am ready to do it again when this need comes up. If you wish to become a gift of life-giver to someone, please register in a nearby HLA Registry. It does not matter which country you are resident in. The HLA Registry information is accessible the world over.

Any queries regarding my personal experiences regarding whole blood, its components, stem cells donation, please reach me at +91-9448872651 or e-mail at kvca65@gmail.com! Dr. Akkaraju Sarma, MD, Ph.D., FAAFP., Philadelphia Resident, contacted me to provide a brief note as the Gift of Life-giver. He and his family, continue getting individuals to sign up (since 1991, work commenced with support from Telugu Association of North America, www.tana.org/ into the HLA registries). HLA info is open (to legitimate inquiries) worldwide and is shared as well. All the readers can become givers of The gift Of life to someone. Please move forward to register with any HLA Oral Swabbing programs, with no delay. Best regards,

Chandrankantha Acharya, K.V.

All readers to kindly use the links below and do sign up with any one of the HLA Swab Centers. Become a Giver of the gift of Life.

Gift of Life Programs in India: To save space, we will provide a brief outline. This realm of recruiting H.L.A. donors, in an organized fashion, is barely a decade old. In India, there are several organizations recruiting donors. For international needs: The premier one is www.datri.org (22,000 + on the registry). The Sanskrit word "datha" is a decade and a half old.

Go Here to Become a Giver of Gift of Life: Some international programs a footprint in India thru 10'000.org In India, Other organizations recruiting stem cell donors are B.M.S.T. India part of D.K.M.S. Registry (21,695 donors plus), Be The Cure Registry- Jeevan Foundation (6449 donors plus), GeneBandhu (7,991 donors plus), and the Marrow Donor Registry India (M.D.R.I.) (35,768 donors plus). You can get ongoing status from the website <https://statistics.wmda.info>). I submit the above to all Brahmana Bandhus and urge you all to do the needful. After you read, please note to whom Acharya Ji matched with. Thus, helping any fellow human being, especially give the gift of a Life, is the work order from our Divinities.

Further Note Added: Dr.Sanjay Misra, MD., Rochester, (son of Sri. Mahendra Misra of BSNA) recently (in 202)1 demonstrated the role of Stem Cells in the healing process of Vascular and GI Tissues to resolution to normalcy.

Dr. Akkaraju Sarma, MD, Ph.D., FAAFP., and Mrs.Akkaraju Kameswari (Devi) are residents of Philadelphia since 1970. They are naturalized US citizens and hold OCI Cards. Their India Roots are in Chennai [Tamilnadu] and Guntur & Nellore [Andhra Pradesh]. He is very closely involved with Hindu Activities (www.btemple.org). He Chaired the Health and Human services Committee 2007-2019. He initiated several great programs of success in US Diaspora, setting up the first Telugu-Tamil Associations in USA (1972), Nascent work on National Telugu Association [TANA], the recruitments of donors to National Marrow Donor Programs (from 1991-2018). And active with www.datri.org/ and www.sahave.org/ Organization of Rare diseases in India. His roots are in Academia and Medicine for many years, rendering probono help to needy and helping many needy individuals. He is a recipient of several prestigious awards, from www.Tana.org, www.Indiacouncil.org, www.tagdv.com, www.ATA.org. The most significant is the Ellis Island Medal of Honor in 2016 (www.eico.org) which is awarded to a person that significantly contributes to not only adopted mother land [USA] but also contributes to natal [India] motherland. Three lifetime achievement awards 2018 (tagdv.com, tfasnj.com, bsna.org). 2019 June. President's P.V.S.A. Gold Award.

Achieve More with Conscious Time Management

Rahul Pandey
San Francisco, California, USA

In the past year, I taught the [Android class](#) at Stanford, published 60 videos on my [YouTube channel](#) with 15K+ subscribers, and most recently, created the [Tech Career Growth](#) community with Alex Chiou, where we run live sessions attended by thousands of people. Oh yeah, and I also have a full-time job as an Android tech lead at Facebook :)

I love everything I do, but doing it in a sustainable way requires a conscious approach to time management. When it comes to productivity, the system is much more important than the effort: willpower changes day-to-day, but the framework doesn't. I've landed on a system to get things done consistently without feeling a huge mental tax. That's what I'd like to share here.

I hope this system is valuable even if you don't adopt it exactly. At the very least, time management is worth thinking about. It's one of the most important questions of our lives -- how do we spend our time?

Here are 3 pillars of my system:

1. The One Thing

Every night before going to bed, I establish exactly one thing which must get done the next day [1]. Having just one item is essential, since we typically overestimate what we can accomplish in a day. Over time, I've been able to calibrate the single item to make sure it's appropriately sized. If in doubt, de-scope your one thing to ensure it's actually feasible.

I physically write the task on a sticky note for two reasons. First, humans are notoriously bad at memorization and conversation recall. In order to reserve my brainpower for creative work, I extensively leverage my calendar and notes to offload anything that I want to track or revisit. Second, I love the physical presence of paper and the satisfaction of throwing away the sticky note when I get the job done.

With just one item, I naturally start thinking about how I'll tackle it. In particular, I plan the next physical action to make progress on completing the item. "Integrate Twitter authentication" is bad. "Go to developer.twitter.com, create a Twitter app, and then pull up the documentation for OAuth 2.0" is better. There should be no ambiguity around what exactly needs to happen and how to get started. Clarity leads to action.

2. Reflection - See More Clearly

I'm pretty good about accomplishing the one big thing I committed to doing, even if that means losing a few hours of sleep. I don't tolerate many excuses here -- I literally made an agreement with myself

the night before, and I even had a plan of attack! When I do screw up, though, learning from the experience is critical. The learning happens through reflection. If I failed the daily objective due to procrastination, was it because I didn't have clarity on the start or end of the task? If I underestimated the difficulty of the task, what information would have led to a better prediction?

Zooming out from the daily level, I schedule a 30 min block with myself every 2 weeks to reflect on how things went. Were there particular meetings or projects that didn't yield results? When did I feel most productive in the last 2 weeks, and how can I replicate that going forward? Most people nod their head in agreement when I talk about the importance of reflection, but very few actually do the deed in any kind of structured way.

3. Focus - A Gift To Yourself

The skill of focusing on something for an extended period of time is the distinguishing characteristic of people who actually get things done. The primary way to help yourself here is to prevent context switching. Read [Deep Work](#) by Cal Newport if you haven't already.

Tactically, this manifests in my system in two ways. First, when I'm in focus mode, I'll move my phone out of arm's reach. This introduces a bit of friction before I mindlessly unlock my phone. Second, I am aggressive about turning off notifications from almost everything: email, LinkedIn, Twitter, etc. If you're part of our Tech Career Growth [Slack](#), you may notice my pattern of batching, where I'm inactive for a whole day, but then reply to many posts at once in the evening. Resisting the short-term, quick dopamine hit from opening your favorite app is the marshmallow test of our time.

The overarching theme is that, in order to create anything of value, you need to operate proactively instead of reactively. The methods above will prevent you from slipping into reactive mode, but what if other people are forcing you into it? In the corporate world, this takes the form of meetings - 1:1s, team syncs, and the dreaded "could have been an email" decision meetings. Paul Graham describes this in his essay "[Maker's Schedule, Manager's Schedule](#)". As a creator, you need to protect the maker's time - you should decline useless meetings, and people should expect delayed responses if you're in focus mode. If you're in a situation where you don't have agency over your schedule as a creator, it's time to find a new role or a new company.

Over the past year, I've been able to use this system to achieve more while still maintaining the work-life balance I'm satisfied with. What time management techniques have been working for you? No matter where you are or what you do, we all get 24 hours in a day. Spend it wisely.

[1] During work days, I cheat a bit by writing down 2 tasks - one for my day job, and one for my own projects.

Pursuing a Computer Science Degree
Nima Chatlani, Software Engineer

It's no secret that within the past decade technology has progressed at an exponential rate and there is no sign of it slowing down anytime soon. I think it's a huge advantage in the workplace to have experience or knowledge of technology in any capacity and that's only going to get more important as time goes on. In particular, I think having coding/programming skills is a huge asset and I believe it should be given the same importance as learning the English language.

Oftentimes, I'll talk to friends who are reluctant about pursuing a career in computer science (CS). They worry that there's a lack of creativity involved, however I believe that that's just a stereotype. With programming knowledge, you have the freedom to work in pretty much any industry you choose since every industry relies on software. In addition to that, there are jobs that are adjacent to CS/software engineering that allow individuals to exercise more creative freedom such as user experience design (<https://www.roberthalf.com/blog/salaries-and-skills/hot-job-ux-designer>) or video game design (<https://www.computerscience.org/careers/video-game-designer/>). The thing about tech is that the reach scope is so broad since almost everything touches or mixes with technology in some capacity; so once you have that baseline knowledge you can apply it however you choose with endless possibilities. And this freedom is what drew me to pursue a degree in software engineering. I learned all the computer science fundamentals in school and ultimately decided to specialize in Artificial Intelligence (AI)/ and Machine Learning (ML) during my undergrad. I initially got hired at my current job to work on AI/ML projects but have since pivoted to full stack engineering.

Another great thing about computer science is that it's a lot more accessible than other careers. There are tons of great courses and websites for individuals to learn different programming languages and concepts. In addition to that, there are coding boot camps and user experience boot camps as well that are essentially condensed courses that teach you everything you need to know to work in the respective field. Now -- all that being said-- it is in no way easy. Like everything in life, you get out what you put into it. And getting over the initial learning curve is a challenge, *but* once you have the basics down and are you're prepared to put the work in, there are lots of opportunities!

Here's my quick and brief guide to pursuing a tech related career:

1. The first step is to establish your knowledge base - If you're interested in learning to program, this step would be to take a course or do your own personal research to become proficient in at least one programming language (preferably an object oriented programming language, **Python** is dominant today, this will teach you fundamentals that can be applied to any other language). I cannot stress enough the importance of learning the basics to proficiency. Once you understand the basics of one language, picking up other languages will come much easier. This principle can

apply to other tech jobs as well, if it's not learning the language then it's learning design concepts, or principles, etc.

2. Once a baseline is established, it's time to showcase your knowledge and get some practice by working on projects - If you're in school this can be school projects. If you're self-learning this can be personal projects. This step is key in building confidence in your own abilities as well as demonstrating your expertise. My advice here would be to brainstorm any kind of project that you're interested in and just attempt to complete it, even if it's bare bones, even if it's just a proof of concept; this initial attempt *is* key to testing your limits. This personal project can be anything from a personal website (which can be easily put on a resume to really show recruiters your experience) or a game or an/ app that you've always wanted to build. With the plethora of online resources(stack overflow is your best friend) you'll be able to find simple, informative tutorials that combined with your knowledge base will help you complete this project.
3. Now with the acquired experience and knowledge under your belt, start applying for jobs and internships - School and personal project experience are is great, but work experience will show you a different side to software development that is typically much more structured and will give great experience to optimize your own personal development. My advice for applying is to just apply for anything and everything and see what sticks. Once you have more experience you can be more picky with the opportunities that you pursue, but early on the most important thing is to just build your repertoire of experience and knowledge. Computer science interviews have their own challenge, but books like "cracking the coding interview"(<https://www.crackingthecodinginterview.com/>) and websites like hackerrank(<https://www.hackerrank.com/interview/interview-preparation-kit>) and geeksforgeeks(<https://www.geeksforgeeks.org>) are great resources to help in the preparation.

I definitely recommend a career in software because of all the opportunities that it provides and because technology is ever changing as are the challenges that we are met with will change as well. Adapting to those challenges is what keeps things interesting and fun, it's my personal belief that our own personal learning doesn't and shouldn't end after we finish formal school; and working in an ever-changing field guarantees life-long learning and progression which is.

Resources:

Learning to code: <https://www.codecademy.com/>,

Web development: <https://www.w3schools.com/>, <https://developer.mozilla.org/en-US/>,

Troubleshooting: <https://stackoverflow.com/>,

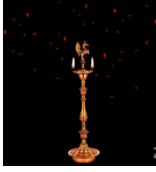
AI/ML: [https://towardsdatascience.com/machine-learning-basics-part-1-](https://towardsdatascience.com/machine-learning-basics-part-1-a36d38c7916?gi=fbf4b50ea31a)

[a36d38c7916?gi=fbf4b50ea31a](https://towardsdatascience.com/machine-learning-basics-part-1-a36d38c7916?gi=fbf4b50ea31a),

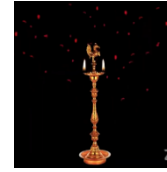
<https://www.tensorflow.org/resources/learn-ml/basics-of-machine-learning>

2021 Convention (Virtual) Committee, USA

Convention Director	Dr. Sanjay Pandey
Core Committee	Dr. Sanjay Pandey, Dr. Keshav Shukla, Dr. Shri Kant Misra, Dr. Ajay Pandey, Dr. Sukrit Mukherjee, Mrs. Archana Pandey,
Advisory Committee	Dr. Sanjay Pandey, Dr. Keshav Shukla, Dr. Ajay Pandey, Dr. Vishwapati Trivedi, Dr. Shrikant Mishra, Mr. Subhash Tiwary,
Fund Raising Committee	Dr. Sanjay Pandey, Dr. Sen Pathak, Dr. Shri Kant Misra, Dr. Keshav Shukla,
Accounting Committee	Dr. Sanjay Pandey, Dr. Keshav Shukla, Mr. Lalan Mishra
Cultural Committee	Mrs. Abha Dwivedi, Dr. Sanjay Pandey, Dr. Sukrit Mukherjee, Dr. Keshav Shukla,
Information Technology and Multimedia Committee	Dr. Sukrit Mukherjee, Ratna Dube, Mr. Rakesh Shukla, Mrs. Natasha Shukla, Aayush Shukla, Nitin Chatlani, John Chatlani
Magazine Committee	Dr. Keshav Shukla, Dr. Sanjay Pandey, Mr. Gyanesh Dadhich
International Invitation Committee	Dr. Keshav Shukla, Dr. Shri Kant Misra, Dr. Sanjay Pandey
Registration Committee	Mrs. Jayesha Mukherjee – Chair, Mrs. Nitasha Shukla, Mrs. Archana Misra, Mr. Shiv Pathak, Mrs. Archana Pandey
Awards (Certificates/Plaques)	Dr. Sanjay Pandey, Dr. Sukrit Mukherjee, Dr. Keshav Shukla, Mr. Dr. Shri Kant Mishra
Matrimonial	Dr. Ajay Pandey, Nitasha Shukla, Vivek Pandey
PVSA	Mr. Shiv Pathak, Dr. Keshav Shukla



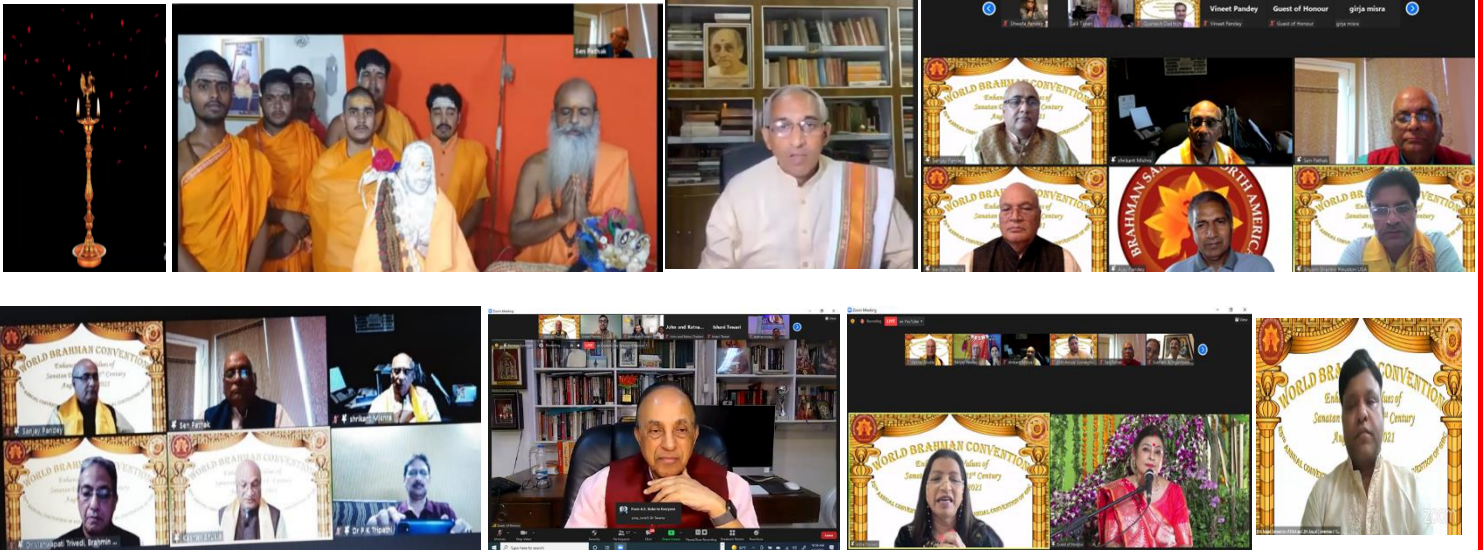
Post 2021 Convention Press Release



25th Annual Convention of Brahman Samaj of North America (BSNA), and 10th Annual Convention of Global Brahman Confederation (GBC) -Virtual

The Twenty Fifth Annual Convention of Brahman Samaj of North America (BSNA) and the 10th Annual Global Brahman Confederation (GBC) was held virtually on August 7-8, 2021. The theme of this convention was “Enhancing the Values of Sanatan Dharma in the 21st Century”. More than 500 multilingual virtual delegates from all over North America, Canada, Trinidad, Australia, UK and India participated along with eminent panel of speakers consisting of spiritual leaders, social workers, entrepreneurs, medical professionals, scientists, engineers and youth leaders and many more. The goal of BSNA is to preserve, protect and promote Brahmanic Values, Vedic Culture and Heritage by imparting knowledge to our youth and uplifting different sections of the community by strengthening our family bonds, values, attitudes, and beliefs.

The convention session began on August 7th with virtual lamp lighting ceremony followed by Vedic prayers and mantras by Prof. Dr. Sadashiv Dwivedi and Pt. Shubhesh Sharman, India. The delegates were welcomed whole heartedly by the BSNA President & Convention Director Dr. Sanjay Pandey, GBC President Dr. Keshav Shukla, BSNA BOT Chairman Dr. Sen Pathak, and GBC BOT Chairman Dr. Shrikant Mishra. In addition, BSI president Dr. Vishwapati Trivedi, GBC EVP, Shri Subhash Tiwary and Brahman Professions Group Dr. Prasun Tripathi also welcomed them.



Lamp Lighting, Prayer and Inauguration Ceremony

The morning of the convention started with Keynote speech delivered by Dr. Subramanian Swamy on the Convention Theme, and everyone was impressed by his enlightening speech and presence throughout the convention. This was followed by several excellent presentations and discussions on various topics such as Brahmanic values, Vedic culture and religion, science, humanity, medicine, environment, entrepreneurship, finance planning, insurance and financial portfolio products, youth issues, networking, social issues, etc. The noted speakers were world-famous social workers and distinguished professionals such as Dr. Sen Pathak, Dr. Shive Chaturvedi, Swami Gyananand Saraswati ji, Dr. Rajesh Mishra, Dr. Sandeep Dube, Dr. Salil Tiwari, Dr. Shrikant Mishra, Dr. Minu Sharma, Dr. Swapan Dube, Dr. Sarvajna Dwivedi, Dr. MC Misra, Mr. Lalan Mishra, Dr. L.S. Dube, Shiv Pathak and many more. The leading speakers among the Indian delegates were Dr. Vishwapati Trivedi, Mr. Shubhesh Sharman, Mr. Shubhash Tiwari, and many more.

The youth addressed some important topics such as “Relevance of Hinduism in 21st century by Aman Sharma; “Getting more Done” by Rahul Pandey; “Anxiety: The Super Power You Never Knew You Had” by Vineet Pandey and several other topics. We are also grateful for our diverse group of yoga presenters like Rohan & Prana Sharma, Aseem Trivedi, Neha Sharma, Jayshree Vyas, and Ira Trivedi. We are very proud of all our youth participants and congratulate them.

Our cultural program MC extraordinaire was Mrs Abha Dwivedi who flawlessly coordinated the evening. We had renowned Indian folk singer and Padma Shri awardee, Mrs. Malini Awasthi, who kept us spellbound with her lovely voice. Her unique folksongs and bhajans along with the accompanying explanations of each song kept us all entertained. In addition, there were numerous other programs like classical and folk dances, singing, instrumentals, drama and kavita recitals. We are truly grateful to our participants including Alka Sharma, Vijay Mishra, Sukrit and Jayesha Mukherjee along with their two children (Shreya and Sujash), Mahesh and Jayshree Vyas, Archana and Ratna Dube, Natasha and Divya/Vivek Pandey, Radhi and Rishi Mishra, Dr. Lakshmi Dube, Raj & Rashmi Bajpai, Vilas & Subhra Tiwari, Vineet and Shalini Pandey, Mamta Tiwari, Shiv Pathak, Esha Tiwari, Archana and Rajeev Tiwari, Ravij Tiwari, Viraj Mishra, Yash Tayal, Shirish Tiwari, Kusum Sharma, Adwita Mishra, Rudransh Pathak, Chetna Upadhyay, John Chatlani, Varun Chaturvedi, Abhay Dube, Rahul Pandey and Nitin, Nishant and Nima Chatlani, Kamlesh Mishra, and Mahesh Vyas. Our Indian participants included some of the best talent such as Jayesh Sherman, Surbhya Narain Tripathi, Shaily Tewari, Priyambada Tiwari, Anjali Dube, Alok Dwivedi and Jyoti Shree.

The Convention concluded on August 8th with recognition by BSNA and several Brahman organizations from India, a general body meeting of EC/BOT and a vote of thanks by Convention Director Dr. Sanjay Pandey, BSNA President to all the people involved.

BSNA would like to thank all of the sponsors, donors, contributors, advertisers and friends who came forward to support the convention through manasa, vacha and karmana (tan, man and dhan). We thank the editorial board of Brahma Vani for their hard work in publishing our souvenir magazine on time. We are also grateful to those who could not attend the convention but sent their congratulatory messages and blessings for the great success of the convention. Our special thanks to IT team members, Dr. Sukrit Mukherjee, Ratna Dube, John and Nitin Chatlani, Nitasha and Rakesh Shukla and their son Aayush Shukla.

Finally, we would like to congratulate and thank all our volunteers (a long list of our committed volunteers) for their excellent team work and phenomenal job to make this convention a grand success, Also, we extend our appreciation and best wishes to the youth group who put together an excellent plan for youth activities and helped us in a variety of ways, such as video and picture editing and future planning. Also, we are grateful to BSNA EC/BOT members and Chapter Presidents for their continued support and providing BSNA an opportunity to organize its FIRST VIRTUAL convention during these unprecedented times.

- The convention report will be available soon on the website www.bsna.org and Brahma Bharati magazine.

With Best Wishes

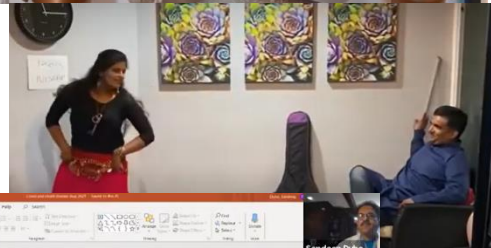
Dr. Sanjay Pandey, Convention Director & President of BSNA

Dr. Keshav Shukla, President of GBC and senior advisor to BSNA

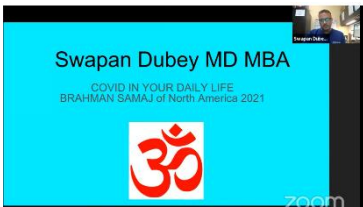
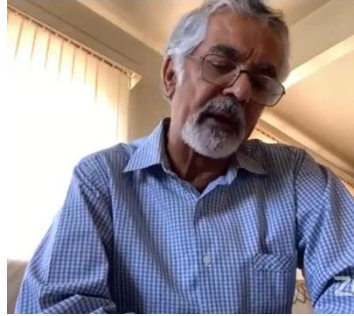
Dr. Sen Pathak, Chairman of BOT BSNA

Dr. Shrikant Mishra, Chairman of BOT GBC

Some Highlights of the 2021 Virtual Convention



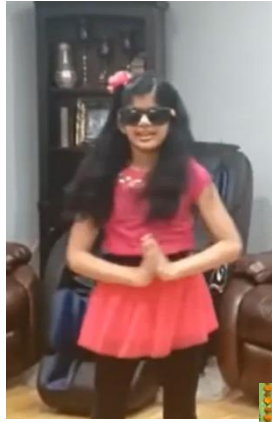
BRAHMA VANI (Volume XXV) and BRAHMA JYOTI (Volume VII) August 2021



Manifestations of Loneliness

- Decreased in Quality of sleep
- Heightened HPA axis is turned up
- Increased in Sympathetic tone
- **Altered Transcriptome Dynamics**
 - DNA-RNA-Proteins
 - There is a set number and type of RNA active at one time
 - Loneliness changes the leukocyte transcriptome dynamics
 - Upregulation in genes for Inflammation
 - Downregulation in genes that underlie defense against viral attack





22nd Annual Convention of ISSNA and 10th Annual Convention of GBC
 Enhancing the Values of Sanatan
 Dharma in the 21st Century
 Virtual Convention: August 7th-8th, 2021

**Sanatan Elements Helping the
 World's Patients**

Sarvajna Dwivedi, Ph.D.
 CEO, AngioSafe Inc

08 Aug 2021



**National Marrow Donor
 Program & Importance
 for all.**

Beginnings in 1991 at Telugu Association of North America
 Convention in Atlanta 1991 and continued for decades. Started by
 Dr.Akkaraju Sarma, MD, PhD. FAAFP. & family.



BSNA San Diego Chapter Activities: Deepavali Milan 2021



BSNA Texas Chapter Activities



Kalpesh and Shilpa Rana celebrate their daughter's wedding on July 17, 2021



BSNA Holi Picnic April 25, 2021

BSNA Michigan Chapter Activities

Diwali & Dusshera get together: Oct 30, 2021 Held at Sri Hanuman Mandir in Farmington Hills, MI. There were about 60 Brahmin families in attendance and it was a fun filled celebration with dances, songs and food.





**LEND A HAND, GIVE A CAN
FOOD DRIVE**

Michigan Indian American Community Service (MICS) Youth Board
will be holding a food collection drive on
April 1, 2022 – April 30, 2022

ALL DONATIONS will go to local food banks in Michigan.

WHAT WE NEED: Canned vegetables, canned meat, pasta, rice, sauce, peanut butter and jelly, corned beef, gravies, canned fruit, etc.

DONATION GUIDELINES:

- Check Expiry Date, and pack all items neatly in a bag/box
- Add a label outside with item type
- Drop the packet on the porch at any of the locations below with your contact info (name, email, phone)

DROP-OFF LOCATIONS:

CANTON 50388 Winter Garden Ct North Canton, MI 48318 734-239-4467	BARRINGTON HILLS 27934 Copper Creek Lane Barrington Hills, MI 48313 248-943-2025	LIVONIA 18592 Renwick St Livonia, MI 48152 313-476-4479	NORTHVILLE 48260 Binghamton Dr Northville, MI 48168 248-238-1770
NOVI 22147 Antler Dr Novi, MI 48375 313-464-3339	STERLING HEIGHTS 11263 Sun Elm Dr Sterling Heights, MI 48312 248-912-9052	TROY 880 Creation Dr Troy, MI 48065 386-672-5133	WEST BLOOMFIELD 6879 Apple Blossom Tr. West Bloomfield, MI 48322 248-955-4026

Accepting Monetary Donations link: <https://www.micsgroup.org/donation>
(Select Donation Cause - MICS Food Drive) – All donations will be used to purchase canned foods

Partner Organizations:



[@MICS](#)
[@MICS_2022](#)
[@MICS2019](#)
www.micsgroup.org

All the Youth and parents are invited at the Troy community center today May 1st - 12:30 to 2:30 pm for packaging the cans that has been collected from food drive. We have reserved room 402. This room is the first room on the left when you enter from the north doors on facing the Troy Center apartments. The address is- 3179 Livernois Rd. Troy, MI 48083.

Food Drive



Michigan Health Fair: BSNA Michigan was one of the sponsors of the health fair, as shown below in the flyer.



NATIONAL INDIA HUB & HINDUS FOR AMERICA PRESENTS



VIRTUAL HEALTH FAIR 2022

📅 April 20 - May 20, 2022

AT ANY **LABCORP** PATIENT SERVICE FACILITY

➔ **Find Location:** www.labcorp.com/labs-and-appointments

A safe and convenient way of a blood test:

At any LabCorp facility at your chosen location, date, and time.

NOMINAL FEE: \$25

The blood test panel consists of:

- ✦ Complete Blood Count,
- ✦ Comprehensive Metabolic Panel,
- ✦ Cholesterol Panel,
- ✦ Hemoglobin A1C
- ✦ Thyroid Stimulating Hormone

& FREE ONE TIME PHONE CONSULTATION WITH VOLUNTEER PHYSICIAN



REGISTER NOW

Registration is open to all irrespective of Race, Religion or Nationality.

www.indiahub.org/health

www.hindusforamerica.com



SCAN QR CODE TO REGISTER

Other Activities:

Michigan Chapter Election: Election was held on 30 October, 2021 and Shri Vijay Mishra was elected president and Shri Somnath Sharma was elected vice-president of the chapter.

BSNA Los Angeles Chapter Activities

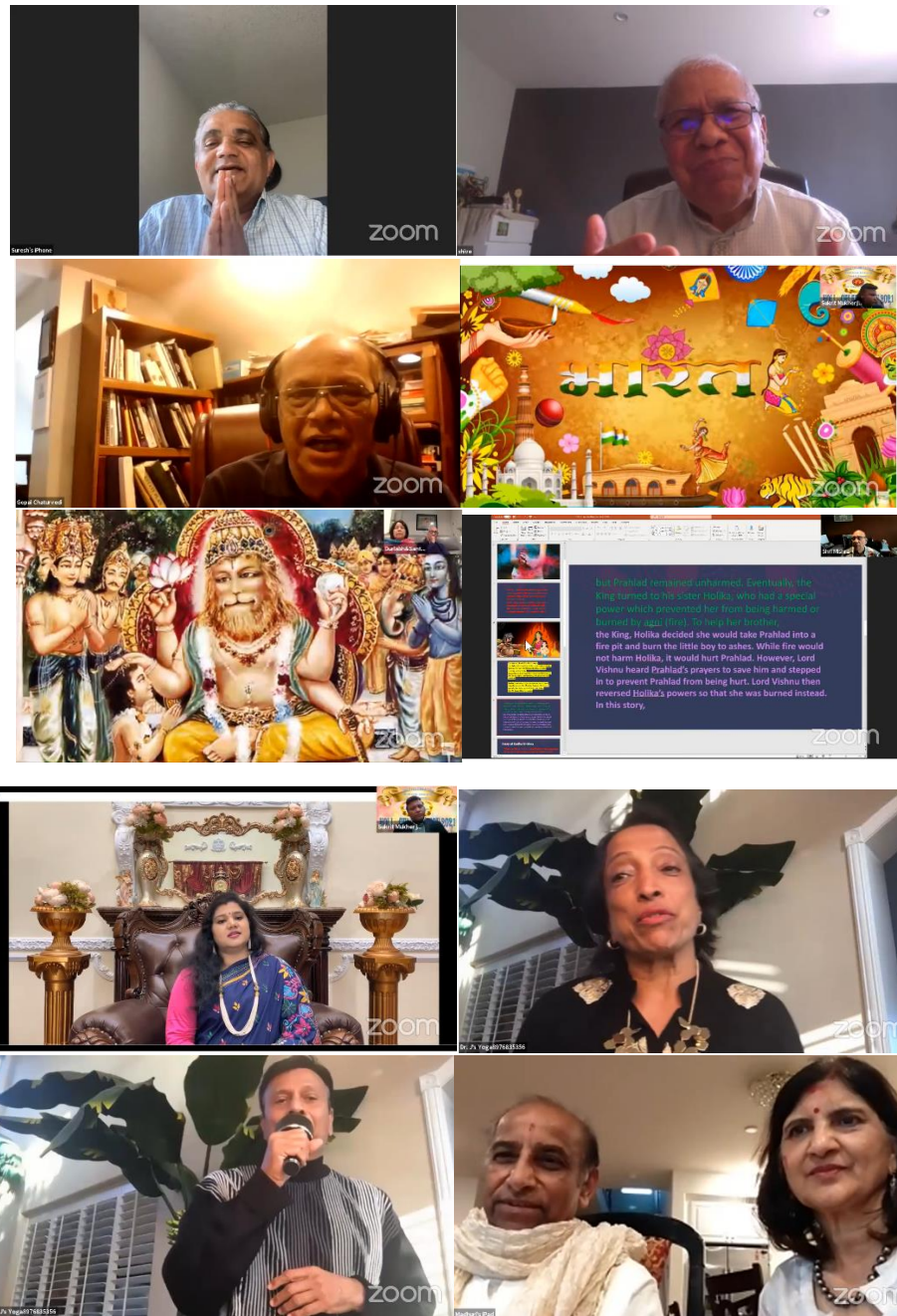
Diwali Celebration - Nov 15, 2020



Holi Celebration – Mar 21, 2021



BRAHMA VANI (Volume XXV) and BRAHMA JYOTI (Volume VII) August 2021



BSNA Los Angeles Chapter continued its activities during 2021 by maintaining virtual programs. During Holi of 2021, the chapter Celebrated Holi program with its full grandeur by meeting over Zoom. Poetry, virtual Holi, Singing, talk show were all part of our Holi program over zoom.

BSNA Los Angeles Chapter Holi Celebration – Mar 20, 2022

The Chapter started in-person events beginning March 2022. Holi Celebration for 2022 took place in the city of Orange, CA with renewed grandeur and excitement.



Announcements:

Announcement of Joint BSNA and GBC Annual Virtual Convention 2022

Dear BSNA and GBC Families and Friends,

We are pleased to announce that the joint 26th Annual Convention of Brahman Samaj of North America (BSNA) and 11th Annual Convention of Global Brahman Confederation (GBC) will be **held virtually** on August 12-14 (Friday–Sunday), 2022. Please save the dates. Details will be coming soon.

The Convention will provide an excellent opportunity for both adults and youth to meet, interact, network and share their knowledge and experience on Vedic Culture, Brahmanic values and Heritage. During the convention, the youth group will have their separate meetings, explore connections and networking. The program includes various topics such as education, religious, scriptures, cultural, healthcare, entrepreneurship, social, finance planning, business, and many more for every age group. There are going to be various social, cultural, educational and matrimonial networking programs.

More details including the online registration will be sent you all soon. The detail program will be sent to you as soon as finalized including keynote speaker and other participants. Please share this information with your local community members and other active organizations.

We greatly appreciate your support through your sponsorship/contribution/donation, not only to differ the cost of the convention but also to support several social and cultural activities undertaken by the organization. **Please note that this virtual convention is free of charge.**

We look forward to seeing you all at the virtual convention.

With Best Regards,

Dr. Sanjay K. Pandey

President of BSNA and EC Members

Dr. Keshav Shukla

President of GBC and EC Members

Dr. Sen Pathak

Chairman of BSNA BOT

Dr. Shri Kant Mishra

Chairman of GBC BOT

Web: www.bsna.org

"BSNA is an independent, not-for-profit, tax exempt 501 C (3) and volunteer based charitable organization registered in New York, North America, serving the needs of Brahman community and Hindu Community at large in North America".

"GBC is an independent, not-for-profit, tax exempt 501 C (3) and volunteer based charitable organization registered in Texas, North America, serving the needs of Brahman community and Hindu Community at large Globally (an Umbrella Organization)".

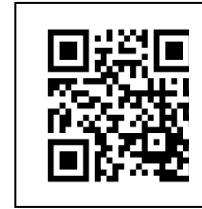
BSNA Activities:

To enhance the local and global representations of BSNA, several steps were taken by its Executive Committee and Advisors to accomplish the Prime Goals to: **PRESERVE, PROMOTE, PROTECT and ADVANCE/ENHANCE** Brahmanic Hindu Values, Vedic Culture and Heritage to Benefit Brahmans Youth and Adults, and the entire Community in North America/Canada, and globally

- **New Logos of BSNA-2017**
 - **(Abhay Shanker Dube)**



- **Development of BSNA App (Rahul Pandey)**
- **New Outlook of the ww.bsna.org Website-**
(Dr. Sukrit Mukherjee)
 - **With more professional format and easy access for posting information**
- **BSNA PROFESSIONAL NETWORKING (Dr. Sanjay Pandey)**
 - **With focus to interconnect individuals especially whose children are in jobs/college and can help others looking for an opportunity/advice/mentoring**
- **Successful Recent Conventions during the Presidency of Dr. Shri Kant Mishra (2013-2015), Dr. Keshav Shukla (2016-2018), Mr. Gopal Chaturvedi (2019), and Dr. Sanjay Pandey (2020-2022):**
 - **Houston, TX (2013) (Dr. Keshav Shukla as Convention Director)**
 - **Washington D.C. (2014) (Mrs. Mamta Tiwari as Convention Director)**
 - **Los Angeles, CA (2015) (Mr. KV Kumar as Convention Director)**
 - **San Diego, CA (2016) (Dr. Sanjay Pandey as Convention Director)**
 - **Pontiac, MI (2017) (Dr. Ajay Pandey as Convention Director)**
 - **Houston, TX (2018) (Mrs. Abha Dwivedi as Convention Director)**
 - **Los Angeles, CA (2019) (Dr. Sukrit Mukherjee as Convention Director)**
 - **No National Convention in 2020 due to COVID-19 Pandemic**
 - **Virtual (2021) (Dr. Sanjay Pandey as Convention Director)**
 - **Virtual (2022) (TBD)**
- **Amendment in Bylaws (2016) following the then existing bylaws guidelines (Executive Vice President aka President Elect) (unanimously Amended/Approved by General Body during the Convention held in San Diego (2016))**
- **Regular Publications**



- *Brahma Bharati*
- *Brahma Vani-Brahma Jyoti*
- *Membership- More life members and annual members added*
- *Chapter Presidents- Continued progress to add new chapter presidents*
- *Participations/Outreach- Increased family participation*
- *Scholarship Program Initiative (Funding) – High School*
- *Chapter Activities- Increased activities adding more members*
- *Memorandum of Understanding (MOU) was signed in 2018 between BSNA & BSI*
- *Monthly Gita Satsang*
- *Financial support for needy young girls' education*
- *Sanatan/Dharmic Roots Contest for youth*

- *Matrimonial Initiative*

BSNA provides the opportunity to Brahman Families through BSNA and GBC for introducing the potential matrimonial matches. One can start the matrimonial process by filling up the matrimonial form by clicking on the following link: Matrimonial Form on www.bsna.org. For the frequently asked questions one can visit the page: Frequently Asked Questions. After filling up the above form with required and optional information, one will get access to the spreadsheet within a day and notified by email. Our objective is to make the process easier and user friendly, while addressing privacy and security concerns. For additional question about "BSNA Matrimonial Initiative", please contact: **Dr. Ajay Pandey, Director Matrimonial Initiative, (248) 509 508.** ajaykp@yahoo.com.

- *Presidential Volunteer Service Award (PVSA)*

BSNA is the Certifying Organization for the "Presidential Volunteer Service Awards (PVSA)".

The PVSA in public life is the most prestigious award for volunteers in USA and comes with a medal and certificate signed by the President of USA. "The PVSA is the premier volunteer awards program, encouraging citizens to live a life of service through presidential gratitude and national recognition. encouraging to take a look around, be inspired and take positive action that changes the world." (<https://www.presidentialserviceawards.gov/>). All US Citizens and lawfully admitted Permanent Residents are eligible.

How it Works: Volunteers need to register on PVSA website using BSNA Certification key (JEF-9484) which will send the information for certification to BSNA official approver, Shiv Pathak. The cumulative approved hours for a period of 12 months are counted for recognition. The cut-off is currently set for 30-June so that awards can be conferred before the regular BSN Convention. BSNA endeavors to recognize at least 25 individuals annually and encourages all BSNA members to volunteer and register under this program to get recognized. The plan is to present these awards to eligible volunteers every year during the BSNA convention. For any question of guidance or more details, please contact Shiv Pathak (shiv.pathak@fluor.com) or Dr. Keshav Shukla (drshuklak@gmail.com). PVSA is a great means of getting rewarded for something we all like to do - helping others. It has three award levels -

Bronze, Silver and Gold, depending on number of hours volunteered during the year. The criterion varies for kids, teens and adults. Kids award levels range (bronze-gold) between 25-75 hrs while teens 50-100 hrs and adults 100-500 hrs. Families can also register for group award.

Membership of BSNA:

Form and details are available at www.bsna.org, also reproduced in this magazine.

Please send your fee donation payable to BSNA to Dr. Sanjay Pandey, President (\$35 Annual, \$350 Life, \$1000 Benefactor, \$5000 Patron).

Membership of GBC:

Payable to GBC and send check to Dr. Keshav Shukla (\$100 Life Member and \$25 Annual Member): drshuklak@gmail.com

No individual membership, only organization membership

BSNA and GBC are not-for-profit charitable, cultural, education and religious organizations registered under US IRS Code 501 (c) (3) and their donations are tax deductible in USA.

BSNA Account Activities (as per tax filed):

As of December 31st, 2020:

- 1. Checking balance: \$20,180.02
- 2. Savings balance: 83,509.32
- Total = \$103, 689.34

As of December 31st, 2021:

- 1. Checking balance: \$25,562.77
- 2. Savings balance: \$83,917.71
- Total = \$109,480.48

Note: As a reminder we are up to date in our tax filing for both New York State and IRS.

BSNA and GBC acknowledges the sponsors and supporters

Dr Sen Pathak, Dr Salil Tiwari, Mr Mahendra Misra, Dr Shrikant Mishra, Dr Ishita Sharma, Mr Manish Mishra, Dr Keshav Shukla, Mr Vipin Sharma, Mr Brij Kumar Pathak, Mrs. Vibha Goswami, Mrs. Poonam Goswami, Mrs. Ratna Dube, Mr Lalan Mishra, Dr Vikas Dembla, Dr Akkaraju Sharma, Mr Bipin Bihari

GENERAL OBITUARY

We are deeply saddened for the loss of our following BSNA family members. May Bhagavan Shivji grant them Moksha and a place in Shivlok. Om Shantih, Shantih, Shantih.

San Diego Chapter:

- Dr. Rewa Prasad Dwivedi (father of Dr. Sarvajna Dwivedi)
- Shri Suresh Dixit (father Divya Pandey)
- Shri Chaubey ji (father of Shri Nishith Chaubey)
- Shri Shiv Kishor Pandey (father of Vivek Pandey)
- Shri Madan Lal and Smt. Chandra Mohini Sharma (parents of Dr Minu Sharma)

Los Angeles Chapter:

- Shri Suresh Mahajan
- Shri Debabrata Banerjee (father of Jayesha Mukherjee)
- Smt. Archana Chaturvedi (wife of Gopal Chaturvedi)
- Shri Ghanashyam Chejara (father of Sandeep Chejara)
- Shri Arbind Kumar Rai (brother of Vinod Roy)

Houston Chapter:

- Smt. Varsha Shukla (wife of Ajay Shukla)
- Smt. Premlata Sharma (mother of Nita Bhardwaj)
- Shri Jyotindra Kumar Purohit (brother of Nilesh Purohit)
- Shri Anil Upadhyay (brother of Sunil Upadhyay)
- Dr. Hari Mohan Pandey (father of Anjana Pandey)
- (Uncle of Shiv Pathak)

Michigan Chapter:

- Smt. Shanti Devi (Dr. Ajay Pandey's mother)
- Shri Vijay Kumar Pandey (brother of Dr. Ajay Pandey)
- Shri Radhey Shyam Mishra

India:

- Shobhit Tiwari (son of Uttam Tiwari)

Condolences to all those families who are affected by the loss of their loved ones. Har Om.

GLOBAL NETWORK OF BRAHMAN ORGANIZATIONS

AUSTRALIA

Brahman Samaj of Australia

CANADA

World Brahman Fedration of Canada

INDIA

Akhil Bhartiya Brahman Mahasangh

Akhil Bhraratvarshiya Brahman Mahasabha

All India Kanyakubja Board

Brahman Chetna Munch

Brahman International

Brahman Samaj of India

Dharwad Hubli Bahman Ksemabhiwrudhi Sangh

Gujarat North Indian Brahman Samaj

Kanyakubj Brahman Mahasabha of Madhya Pradesh

Sarayuparin Brahman Sabha of Bhopal

Sarva Brahman Mahasabha

Sarva Brahman Mahasabha UP

Shri Samast Brahman Samaj, Navi Mumbai

Vishwa Brahman Sangh

World Brahman Federation of India

MALAYSIA

Brahman Association of Malaysia

MAURITIUS

Shri Sanatan Dharmiya Brahman Mahasabha

Akhil Sanatan Dharmic Brahman Mandal

NORTH AMERICA (USA and CANADA)

Brahman Samaj of North America

Global Brahman Confederation

NEPAL

Brahman Samaj of Nepal

THE NETHERLANDS

Brahman Samaj of Holland

Brahman Mahasabha of Holland

NEW ZEALAND

Shree Sanatan Dharm Purohit Brahman Mahasabha New Zealand

Trinidada

Brahman Samaj of Trinidad

UNITED ARAB EMIRATES

Brahman Samaj of United Arab Emirates

UNITED KINGDOM

Brahman Samaj of United Kingdom

Life and Annual Members of BSNA

Balbir C. Sharma, AZ	Gopal Chaturvedi, CA	Raghav Sharma, CA
Mini Pandit, AZ	Hari Dutt Sharma, CA	Raj Bhanot, CA
Munnu Bajpai, AZ	Hiralal Birla, CA	Rajash Joshi, CA
Ram Dwivedi, AZ	Inderjit Tejpal, CA	Rajinder K. Sharma, CA
Ram Tripathi, AZ	Inderjit Joshi, CA	Rajneesh Salwan, CA
Ramesh C Sharma, AZ	Indu Pathak, CA	Rakesh Pandey, LA, CA
Maharaj Wanchoo, CA	Jai Kant Sharma, CA	Ramesh Birla, CA
Maharaj Wanchoo, CA	Jaikaran Shukla, CA	Ramesh Goswami, CA
Neeru Birly, CA	Janak Raj Sidhra, CA	Ramesh Pandey, CA (AM)
Raj & Rashmi Bajpai, CA	Jeetendra Sharma, CA	Ravi Sanwal, CA
Sukrit & Jayesha Mukherjee, CA	Joginder Modi, CA	Ravinder Sharma, CA
Vidhya Murthy, CA	John and Ratna Chatlani, CA	Sadhu Bhardwaj, CA
Abhay Nand Maharaj, CA	Kailash C. Sharma, CA	Sadhu Ram Sharma, CA
Aditya Narayan Shukla, CA	Kamal K. Ratti, CA	Sandeep Salwan, CA
Ajoy Kumar Dube, CA	Kamlakar S. Rambhatla, CA	Sandeep & Akanksha, CA
Amit Goswamy, CA	Kapil Sharma, CA	Sanjay & Archana Pandey, CA
Amit Sharma, CA	Kolar N. Murthy, CA	Sanjay Sharma, CA
Anil R. Pandya, CA	Kuldeep Sharma, CA	Sarvajna Dwivedi, CA
Anu Shukla, CA	Lakshmi Shanker Shukla, CA	Sarvamitra Awasthi, CA
Arvinda Haranahalli, CA	Lalan & Daisy Mishra, CA	Sat Pal Kewal Khidri, CA
Aseem Sharma, CA	Lekh Raj Sharma, CA	Savitri Sharma, CA
Ashok K. Bhatt, CA	Madan Lal Sharma, CA	Sham Sidher, CA
Ashok Vats, CA	Mahendra Dutt Sharma, CA	Shiva Bajpai, CA
Ashwani Kumar Bhakhri, CA	Manohar Ratti, CA	Shri Kant & Archana Mishra, CA
Ashwani Vats, CA	Manorama K Joshi, CA	Shrigopal P. Sharma, CA
Baldev Sharma, CA	Mohan Roy, CA	Shyam Narayan Shukla, CA
Balwant Birla, CA	Mohinder P. Sharma, CA	Subash Sharma, CA
Banshi Malviya, CA	Murli Tiwari, CA	Subhash Chander, CA
Bharat B. Mohla, CA	N. K. Sidhra, CA	Sudhakar Dixit, CA
Bharat Bhargava, CA	Naras Bhat, CA	Sunil Pathak, CA
Bhaskar Goswami, CA	Narendra N. Trivedi, CA	Surendra D. Sharma, CA
Bhupinder Sharma, CA	Naresh Chand Sharma, CA	Surendra/Indra Pandey, CA
Devender Sharma, CA	Natali Paz, CA	Susheta Kapuria, CA
Devendra Mishra, CA	Nitish Chaubey, CA	Tej Pandey, CA
Dharam Salwan, CA	Om Parkash Kalra, CA	Uday Gadgil, CA
Dhirendra Chaturvedi, CA	Om Prakash Sharma, CA	Umeshwar Dutt Mishra, CA
Dinesh Sharma, CA	Pardeep Sharma, CA	Upendra Shukla, CA
Gajendra Mohan Mishra, CA	Pradeep Kumar, CA	Ved Prakash Pathak, CA
Ghanashyam Chejara, CA	Praveen K. Sharma, CA	Venkatesh Narayan Shukla, CA

BRAHMA VANI (Volume XXV) and BRAHMA JYOTI (Volume VII) August 2021

Vijay Bhargava, CA	Raga Misra, CA	Vilas Tiwari, CA
Vinod K Sharma, CA	Viresh Sharma, CT	Hans Upadhyay, IL
Vinod K. Roy, CA	Amar Nath Sharma, DC	Kanwal Darshan Prashar, IL
Vinod Mishra, CA	Chandra M. Dwivedi	Manoranjan Mishra, IL
Vishwanath Tiwari, CA	Dipak Kumar Upadhyaya, FL	Mithlesh Sharma, IL
Vivek & Anu Shukla, CA	Jayant Joshi, FL	Rajesh Tiwari, IL
Yogesh Kumar Paliwal, CA	Uday Shukla, FL	Sohan and Sushila Joshi, IL
Yograj & Minu Razdan, CA	Vinay Sharma, FL	Sanath Kumar, IL
Anil Kumar Pandey, CAN	Alok Bhardwaj, GA	Saryu Narayan Dixit, IL
Anupam K. Sharma, CAN	Chandra Mani Tiwari, GA	Satish Chandra Tripathi, IL
Balwant Rai Prasher, CAN	Kaushal K. Tripathi, GA	Subhash C. Pandey, IL
Bhawani Prasad Pathak, CAN	Niranjan Dave, GA	Subhash Chander Sharma, IL
Brajesh Chandra Pandey, CAN	Rama Rao, GA	Gupteshwar Pathak, IN
Davender Kumar Pathak, CAN	Ramesh Bhatt, GA	Kuldeep Raj Pandit, IN
Hari Krishna Panday, CAN	Shailendra Tripathi, GA	Mahesh D. Jha, IN
Hira B. Joshi, CAN	Surendra N. Pandey, GA	Ram Bhargava, IN
Lakshmi Shanker Dube, CAN	Vishwambhar Nath Pandey, GA	Raghav R. Sundaram, KY
Lila Dhar Mishra, CAN	Krishna K. Dubey, HI	Bhagirath Joshi, LA
Narendra Kumar Misra, CAN	Ramanath, Sharma, HI	Madhurendu B. Kumar, LA
Prem Chand Sharma, CAN	Nirmalendu K. Pandeya, IA	Rakesh Kumar Bajpai, LA
Prem Kumar Sharma, CAN	Bhudev Sharma, India	Surendra Nath Dwivedi, LA
Rama Mohan Sharda, CAN	Jaywantt Dhadhal, Pune, India	Ajay Mishra, CA (AM)
Ramesh Chander Kalia, CAN	Subhash Tiwary, Delhi, India	John & Ratna Chatlani, CA (AM)
Sanjay Kumar Tiwari, CAN	Shashikiran Vaze, MA, India	Manu Tripathi, India (AM)
Shankar P. Dwivedi, CAN	Shubhesh Sharman, Delhi, India	Murli Tiwari, CA (AM)
Sitaram Sharma, CAN	Sonal Tewary, Del, India	Ashok Sharma, CA (AM)
Sunil Kumar Shukla, CAN	Umakant Shukla, Delhi, India	Hetal Joshi, GA
Tryambkeshwar Dwivedi, CAN	Uttam Tiwari, Delhi, India	Alok Tripathi, MA
Vikas Sharma, CAN	Vishwapati Trivedi, Delhi, India	Awadh Kishore Pandey, MA
Vinod Kumar Sharma, CAN	Yogi Arun Tiwari, Delhi, India	Gangadhar P. Shukla, MA
Vipin Mohan, CAN	Mahesh Tiwari, Delhi, India	Kailash Shukla, MA
Vishva Sharma, CAN	Manu Tripathi, Uttaranchal, India	Neeraj Choubey, MA
Yogendra P Chaubey, CAN	Ajai Gaur, IL	Suresh Chandra Sharma, MA
Yogesh Acharya, CAN	Ajit Pant, IL	Akash D. Kaushik, MD
C. P. Mishra, CO	Amar Upadhyay, IL	Amitabh Mishra, MD
Kamalesh Dutta Dwivedi, CO	Ayodhia N. Salwan, IL	Anil Kumar. Dubey, MD
Mohan Misra, CO	Bhanwar L. Joshi, IL	Ashok Kumar Shukla, MD
Sachchit Kumar Pandey, CO	Deepak Mishra, IL	Awdhesh Kumar Sharma, MD
Vibha and Sanjay Tripathi, CO	Dev Prakash Rao, IL	Chandra Mouli Tiwary, MD
Vinod Tiwari, CO	Ghanshyam N. Pandey, IL	Gopal Chandra Sharma, MD
Rajindar Parshad Kaushik, CT	Gokula Mishra, IL	Jitendra Prakash Dubey, MD

BRAHMA VANI (Volume XXV) and BRAHMA JYOTI (Volume VII) August 2021

Kedar Sharma, MD	Subhash Chandra Upadhyay, MI	Kamla Jiwan Sharma, NJ
Lakshmi Chandra Mishra, MD	Tilak Raj Sharma, MI	Kanhiya Lal Shukla, NJ
Maunish and Ila Shukla, MD (AM)	Varun Trivedi, MI	Manju Misra, NJ
Madan Pathak, MD	Vijay Sahore, MI	Marehalli G. Prasad, NJ
Mamta Tiwari, MD	Vinod Mohey, MI	Mohan Pai, NJ
Om P. Sharma, MD	Vinod Sharma, MI	Naresh Sharma, NJ
Parmesh Hari Dwivedi, MD	Vishi Vyas (AM), MI	Nirmalendu Choubey, NJ
Prabhakar Misra, MD	Yogendra Kumar Pande, MI	Om Sharma, NJ
Prabhas Sharma, MD	Satyendra Kumar Chaturvedi, MN	Paritosh Bajpay, NJ
Rajiv Dixit, MD	Kamendra Narayan Mishra, MO	Parveen Sharma, NJ
Rikhi R. Sharma, MD	Rakesh Kumar Bajpai, MO	Prabha Sharma, NJ
Satish Chandra Misra, MD	Shivendra Shukla, MO	Prasad R. Bhargava, NJ
Shashi Kumar Pande, MD	Chandra Mani Pathak, MS	Raj Pratap Misra, NJ
Krishna Mohan Bhatta, ME	Korcherlakota Ram Rao, MS	Rajash Joshi, NJ
Ajay Kumar Pandey, MI	Rabindra Kumar Dubey, MS	Rajendra Sharma, NJ
Balaram Murty, MI	Salil Chandra Tiwari, MS	Rajesh B. Shukla, NJ
Basant Lal Tiwari, MI	Suresh Chandra Tiwari, MS	Rajinder Sharma, NJ
Bharat Bhatt, MI	Venkata S. Ganti, MS	Ram Behari Misra, NJ
Bina Parashar (AM), MI	Kanti Chaturvedi Ojha, NC	Ram Pratap Tewari, NJ
Brij Pal Giri, MI	Ram Lal Pandey, NC	Ram T. Tiwari, NJ
Chakra Dhar Sharma, MI	Prakash C. Navni	Ramendra N. Pandey, NJ
Jitendra Mishra, MI	Alka Sharma (AM), NJ	Ramesh C. Paliwal, NJ
Kamal Dev Sharma, MI	Anand Kulkarni, NJ	Ramesh C. Pandey, NJ
Kamalendu Choubey, MI	Anil Jani, NJ	Rishi Sharma Raj, NJ
Kewal K. Tewari, MI	Anoop, Bhargava, NJ	S. Mani Yegnasubmanian, NJ
Krishen Kalia, MI	Anupam K. Choubey, NJ	Sanjeev Bagaria, NJ
Narendra Tyagi, MI	Arvind Sharma, NJ	Sharad Trivedi, NJ
Nitin D. Purohit, MI	Ashok K. Choubey, NJ	Shri Niwas Sharma, NJ
Pranjal and Preeti Tiwari (AM), MI	Balbir Trikha, NJ	Surendra Chaturvedi, NJ
Purushottam Sharma, MI	Bhairab Dutt Pandey, NJ	Trayambak Nath Bajpay, NJ
Rai Bhargava, MI	Bhudev, Sharma, NJ	Umesh Shukla, NJ
Ram S. Goswami, MI	Bhuwan C. Pandey, NJ	Upendra Chivukula, NJ
Ramarao Cherukuri, MI	Brahm Om Sharma, NJ	Virendra Nath Ojha, NJ
Rao (Bob) N. Aysola, MI	Brajesh Chandra Mishra, NJ	Virendra Nath Pandey, NJ
Ravindra Pandey, MI	Deoki Nandan Sharma, NJ	Yogesh, Sharma, NJ
Rohan Joshi (AM), MI	Dharam Batish, NJ	Ashok Saraswat, NV
Sanjay and Mamta Tiwari, MI	Girish J. Shelat, NJ	Aseem Trivedi, NY
Santosh Tiwari, MI	Hari S. Sharma, NJ	Ajay Sharma, NY
Shivendra Bajpayee, MI	Himanshu (Om) Pathak, NJ	Amar L. Purohit, NY
Subhash C Sharma, MI	Hitendra Upadhyaya, NJ	Anil K. Dubey, NY

BRAHMA VANI (Volume XXV) and BRAHMA JYOTI (Volume VII) August 2021

Aseem Trivedi, NY	Vasudev Bhatt, OH	Anup Pandey, TX
Ashok Kumar Awasthi, NY	Vivek Kumar Trivedi, OH	Arun Banker (AM), TX
Bhaw Dutt Shukla, NY	Shambhu Nath Tripathi, OK	Arun Kant Dwivedi, TX
Bimal Malaviya, NY	Arun Kumar Bajpai, OR	Ashok Tripathi, TX
Brij Mishra, NY	Akhil Kumar Mishra, PA	Bhamar Trivedi, TX
Chandra Shekhar Kaushik, NY	Akkaraju V. N. Sharma, PA	Bhoopendra Nath Tripathi, TX
Devendra Mohan Sharma, NY	Amarendra Mishra, PA	Binay Anand and Dolly Pathak, TX
Dharam Batish, NY	Anil. Sharma, PA	Chandra Shekhar Tripathi, TX
Jagannath P. Dwivedi, NY	Arvind Sharma, PA	Devesh Pathak, TX
Jagar Sharma, NY	Ashok Trivedi, PA	Dilip & Vandana Dadhich, TX
Kailash C. Sharma, NY	Baldev Raj Sharma, PA	Gyan & Sonal Shukla, TX
Paresh Trivedi, NY	Brij Sharma, PA	Gyanesh & Nayana Dadhich, TX
Prabhakar Dixit, NY	Dushant K. Sharma, PA	Haren & Harsha Upadhyay (AM), TX
Prabudh Misra, NY	Girdhari Lal Hanjura, PA	Jagdish & Kamla Sharma, TX
Prakash Dutt Upadhyay, NY	H. R. Rao Ramamurthy, PA	James Michael Tiwari, TX
Rakesh Kumar Bhargava, NY	Hans Raj Sharma, PA	Jaydeep & Shraddha Trivedi (AM), TX
Ram B. Pathak, NY	Jaswant Sharma, PA	Keshav & Shanti Shukla, TX
Ram B.P. Dubey, NY	Jitendra Sharma, PA	Kuldip & Santosh Sharma, TX
Ram Das Chaudhari, NY	Kamla Kant Mishra, PA	Kumud Shankar Tripathy, TX
Ram Narayanan, NY	Kautilya Sharma, PA	Kusum & Vipin Sharma (AM), TX
Ramesh Sharma, NY	Kusum Sharma, PA	Madhulica & Pradeep Mishra (AM), TX
Satchidanand Mishra, NY	Mahendra Pal Misra, PA	Mahesh Dhagat, TX
Satish Chandra Tripathi, NY	Om Prakash. Sharma, PA	Manish Mishra, TX
Satish K. Tripathi, NY	Ram Shanker Sharma, PA	Maunish & Ila Shukla (AM), TX
Satya Prakash Sharma, NY	Ramesh Pandey, PA	Nikunj Pathak (AM), TX
Sharad Rajguru, NY	Sandeep Dube, PA	Nirakar & Mita Bhatt (AM), TX
Sheela Chandrasekhara, NY	Satish Rattan, PA	Nilesh & Mina Purohit, TX
Shivaji Pathak, NY	Shailesh K. Chaturvedi, PA	Pankaj & Janaki Sharma (AM), TX
Sonal Tewary, NY	Shiv Sharma, PA	Poonam & Navneet Goswami, TX
T.S. Radhakrishnan, NY	Sukh Dev Sharma, PA	Pooran Chandra Tripathi, TX
Vishnu K. Awasthi, NY	Ved D. Kaushik, PA	Prafulla & Neena Tripathi, TX
Amarnath Pandey, OH	Anand Bihari Chudhary, TN	Prakash & Vibha Goswami, TX
Bishun Pandey, OH	Mahendra Kumar Sharma, TN	Pranjal & Preeti Tiwari (AM), TX
Laxmi Narayan Chaturvedi, OH	Pradeep Agnihotri, TN	Prayess Majumdar (AM), TX
Radheshyam Tiwari, OH	Ramesh. Sharma, TN	Praveen Chaparala (AM), TX
Raj Kishore Tripathi, OH	Rudra Prakash, TN	Pushan Jani, TX
Ramesh K. Sharma, OH	Ramsumasar Tiwari, Trinidad	Pushpak Pandya (AM), TX
Sudhir Oza, OH	Girja and Malti Misra, Trinidad	Rajiv Bhardwaj, TX
Suman Mishra, OH	Alka & Rajneesh Moudgil (AM), TX	Ram Sunder Ramamurthy, TX

BRAHMA VANI (Volume XXV) and BRAHMA JYOTI (Volume VII) August 2021

Ramesh Sharma, TX	Swapan Dubey, TX	Dr. Janeshwar Upadhyay, VA
Ravi Chandrasekhara, TX	Varsha & Ajay Shukla (AM), TX	Gopal Saraswat, VA
Sanjay & Anjana Pandey (AM), TX	Varun K & Abha Dwivedi, TX	Gopesh Sharma, VA
Sanjay & Suchi Dwivedi (AM), TX	Vishnudeo Pandey, TX	Hari P. Sharma, VA
Sanjay Pathak, TX	Vashisht & Indira Sharma, TX	Lok Shandilya, VA
Santosh Mukerji, TX	Virat Bhai Mehta, TX	Mrinal Sharma, VA
Saroj Kumar & Jaslin Mishra, TX	Vishavbandhu & Vandana Sharma (AM), TX	Rajendra Ram Dubey, VA
Satish & Anara Dubey, TX	Anjana Shukla, VA	Ram K Tripathi, VA
Satish Jhingan, TX	Arvind Kumar Pathak, VA	Sanjay Shukla, VA
Sen Pathak, TX	Asho K. Goswami, VA	Sudhendu Choubey, VA
Shailen & Sonia Shukla, TX	Ashok Misra, VA	Upendra N. Pandey, VA
Shailesh & Veena Jani (AM), TX	Ashok Sarswat, MA	Vijay Shankar Tripathi, VA
Shiv & Suman Pathak, TX	Ashok Siddhanti, VA	Vinay K. Shukla, VA
Shyam & Alka Shukla (AM), TX	Ashutosh Vats, VA	Dr. Muneesh Tewari, WA
Sunil & Chetna Upadhyay, TX	Chandra Shekhar Pande, VA	Ghanshyam Akella, WA
Suniti & Anil Pandey, TX	Dhananjaya Kumar, VA	Suresh Kumar Choubey, WI
Sushil Mohan Sharma (AM), TX	Dhirendra Kumar Pandey, VA	Triveni Prasad Shukla, WI
Sanjay Dixit (AM), MI	Suresh Narayanamoorthy (AM), CA	Laxmikant Mishra (LM), OH
Krishna Venkataswamy (AM), IL	Sumeet Misra (LM), TX	Vikas Dembla (LM), NY
Nagesh Swami (AM), MS	Aditi Tiwari (AM), NY	Sumit Joshi (AM)
Balmukund Mishra (AM), TX	Brij Kumar Pathak (AM), TX	Ashok Tripathi (AM), AZ
Paresh and Parul Trivedi (LM), NJ	Nageswar Allagadda (LM), MA	Bhavni Dubey (AM), LA
Chainlu Vanka/Sita Ram Vanka (AM), TX	Somanath & Neha Sharma (AM), TX	Kumar & Usha Bhatt (AM), MI
Ruchira Mukherjee (AM), LA	Girish Desai (AM), GA	Parna Pande (LM), LA
Bipin Bihari (AM), TX	Sankalp Dwivedi (AM), TX	Nilay Bhatt (AM), CA
Naga Ravi K Appanabhotla (AM), NJ	Rakesh/Pratibha Bhardwaj (LM), NY	Vivek/Divya Pandey (LM), CA

Note: AM: Annual Member, all others Life Member (LM)



ORGANIZATIONAL CHART of BSNA (2020)

**Officers of Brahma Samaj of North America (BSNA)
Executive Committee (2021)**

President of BSNA and Editor-in-Chief BB	Dr. Sanjay Pandey	(760) 583-3284	rsvpandey@gmail.com sanjaypan@msn.com
Executive Vice President-aka President Elect, Director-Matrimonial	Dr. Ajay Pandey	(248) 255-7772	ajaykp@yahoo.com
Vice President	Mr. Praveen Sharma	(408) 221-8406	ps9258@gmail.com
Vice President (Canada)	Dr. Lakshmi S. Dube	(514) 683-1720	dube_ls@yahoo.com
General Secretary & PVSA Director	Mr. Shiv Pathak	(281) 903-4262	vishisu@hotmail.com
Treasurer	Mr. Lalan Mishra		
Assistant Treasurer	Mrs. Alka Sharma	(908) 720-0803	sharmalka12@gmail.com
Director-Web/IT	Dr. Sukrit Mukherjee	(714) 504-3493	Sukrit_mukherjee@yahoo.com
Associate Director, Web/IT	Ratna Dube	(760) 846-4213	ratnadube@gmail.com
Associate Director, Web/IT	Nitasha Shukla	(661) 295-9884	nitashashukla@yahoo.com
Senior Advisor & Editor– BV-BJ	Dr. Keshav Shukla	(832) 265-1549	drshuklak@gmail.com
Associate Editor-VB-BJ	Mr. Gyanesh Dadhich	(713) 584-0539	dadhichgyanesh@gmail.com
Regional Director, Northeastern region	Dr Ashok Sarswat	(909) 437-3647	ashok_saraswat@hotmail.com
Regional Director, Northern California	Mrs. Neeru Birly	(408) 667-6461	neeru_birly@yahoo.com
Regional Director, South Central Region	Mrs. Vibha Goswami	(713) 416-3665	iwebinc@yahoo.com

Board of Trustees of Brahman Samaj of North America (2021)

Title	Name	State	Telephone	Email
Chairman	Dr. Sen Pathak	TX	(281) 859-3234	sepathak@gmail.com
Member	Mrs. Urvashi Pathak	CA	(858) 275 3011	urvashipathak24@gmail.com
Member	Dr. Shrikant Mishra	CA	(310) 717-5601	shrimishra@msn.com
Member	Mr. Gopal Chaturvedi	CA	(951) 217-8170	Chatur909@aol.com
Member	Dr. Keshav Shukla	TX	(832) 265-1549	drshuklak@gmail.com
Member	Dr. Vinod Mishra	CA	(951) 780-3099	vmish@aol.com
Member	Dr. Akkaraju Sarma	PA	(215) 530-7438	akkaraju1@gmail.com
Member	Dr. Sarvajna Dwivedi	CA	(650) 339-2628	sarvajnadwivedi@gmail.com
Member	Dr. Salil Tiwari	MS	(601) 259 0710	N258ST@yahoo.com
Member	Mr. Chakradhar Sharma	MI	(248) 879-2979	csharma49@gmail.com
Member	Dr. GNR Tripathi	IN	(305) 318-8692	gnrtripathi@gmail.com

Youth Group of BSNA (2021)

President	Mr. Abhay Dube	(416) 893-6504	Abhay.dube@gmail.com
Vice President	Ms. Aditi Mishra	408-218-6166	
General Secretary	Mr. Vineet Pandey	760-846-2563	vineet90@gmail.com
Vice President	Mr. Siddhant Tripathi	720-757-5136	
Vice President	Mr. Shailendra Shukla	281-989-8668	
Vice President	Ms. Aradhana Sharma	530-792-7191	
Vice President	Mr. Shailendra Tiwari	408-775-3784	Shailee.2807@gmail.com
Vice President	<i>Ms. Sonal Tiwary</i>	718-664-7093	Sonal.tiwary@gmail.com
Vice President	<i>Mr. Vishreshtha Pathak</i>	340-242-5488	Vishpathak28@gmail.com
Vice President	<i>Mr. Aseem Trivedi</i>	315-806-2920	aseemctrivedi@gmail.com
Vice President	<i>Mr. Rahul Pandey</i>	248-953-3500	rpandey1234@gmail.com

Chapter Presidents of Brahman Samaj of North America (2021)

Chapter	Chapter President	Telephone#	Email
California (Bay Area)	Mr. Shailendra Tiwari	408-775-3784	shailee.2807@gmail.com
California (San Diego)	Mr. Rajeev Mishra	858-717-2121	Mishra_raj@hotmail.com
California (Sacramento)	Mr. Vinod Sharma	916-769-7392	vk3sharma@aol.com
California (Los Angeles)	Dr. Sukrit Mukherjee	714-504-3493	sukrit_mukherjee@yahoo.com
Colorado (Denver/Arora)	Ms. Vibha Tripathi	303-400-9570	vibha.sharma@ucdenver.edu
Illinois (Chicago)	Mr. Sohan Joshi	773-805-4357	sohanjoshi6357@gmail.com
Indiana (Indianapolis)	Dr. Mahesh Jha	317-578-1561	drsja@earthlink.net
Massachusetts	Dr. Ashok Saraswat	909-437-3647	ashok_saraswat@hotmail.com
Maryland	Mr. Nalin Mishra	240-498-8892	nsmishra@gmail.com
Minnesota (Minneapolis)	Mr. Satyendra Chaturvedi	763-566-3103	essenco@yahoo.com
Michigan	Mr. Vijay Mishra	586-872-5133	viramish@yahoo.com
Mississippi (Jackson)	Dr. Manoj Shukla	601-291-0678	mshukla@icnanotox.org
Missouri (Columbia)	Dr. Shivendra Shukla	573-449-5608	shuklasd@missouri.edu
New Jersey	Mrs. Alka Sharma	908-720-0803	sharmalka12@gmail.com
New York (City)	Mr. Aseem Trivedi	315-806-2920	aseemctrivedi@gmail.com
Ohio (Cambridge)	Dr. Raj K. Tripathi	614-432-2746	rajtripathi@yahoo.com
Ontario (Southern) (Toronto)	Mr. Anil Sharma	905-487-2645	anily2k@hotmail.com
Pennsylvania (Eastern)			
Quebec	Dr. Uma Nath Tiwari	514-683-4954	untiwari@yahoo.com
Texas (Houston)	Mr. Shyam Sharma	713-269-6204	samcompugenius@gmail.com
Texas (Dallas)	Mr. Shri Niwas Gaur	214-727-7200	shrig.sewa@gmail.com
Washington D.C.	Mr. Ashok Sharma	301-809-6948	sumansharma@gmail.com
Washington (Seattle)	Mr. Om Dwivedi	206-498-8520	omk6720@hotmail.com
Regional Director (TX Region)	Mrs. Vibha Goswami	281-782-7345	iwebinc@yahoo.co



OFFICERS OF GLOBAL BRAHMAN CONFEDERATION (GBC) (2020-2023)

EXECUTIVE COMMITTEE

President:

Dr. Keshav Shukla (USA) (drshuklak@gmail.com)

Executive Vice President

Mr. Subhash Tiwary (India) (gbcsubhashtiwary@gmail.com)

Senior Vice President

Mr. Uttam P. Tiwari (India) (uttamprakashitiwari@gmail.com)

Dr. Ashok Saraswat (USA) (ashok_saraswat@hotmail.com)

Senior Vice President (Organizations Heads)

Dr. Vishwapati Trivedi, BSI (India) (drvtrivedi@gmail.com)

Vice President (Organizations Heads)

Dr. Sanjay Pandey, BSNA (USA) (rsvpandey@gmail.com)

General Secretary

Mr. Girja Misra (Trinidad) (miscomail@yahoo.com)

Treasurer

Mr. Satish Dubey (USA) (dubeysatish@hotmail.com)

Editor-in-Chief, Vishva Brahma Bharati

Dr. Sanjay Pandey (USA) (rsvpandey@gmail.com)

Editor-in-Chief, Vishva Brahma Jyoti

Dr. Keshav Shukla (USA) (drshuklak@gmail.com)

Associate Editors, VBJ/VBB

Mr. Gyanesh Dadhich (USA) (VBJ/VBB)

Web Page Manager/Advisor

Mr. Shailen Shukla (USA)

Mr. Shiv Pathak (USA)-Coordinator (shiv-pathak@fluor.com)

Dr. Sukrit Mukherjee (USA)-Advisor (sukrit_mukherjee@yahoo.com)

Youth Wing

Ms. Sonal Tiwari (BSI, India)

Mr. Shailendra Tiwari (BSNA, USA)

Mr. Aseem Trivedi (BSNA, USA)

Mr. Vineet Pandey (USA)

BOARD OF TRUSTEES/ADVISORS

Chairman

Dr. Shrikant Mishra (USA)

Co-Chairman

Mrs. Mamta Tiwari (USA)

Members

Dr. Sen Pathak (BSNA, USA)

Mr. Mahendra Misra (BSNA, USA)

Mr. Gopal Chaturvedi (BSNA, USA)

Dr. GNR Tripathi (BSNA, USA)

Dr. Lakshmi Shankar Dube (BSNA, Canada)

Mr. Umakant Shukla (BSNA, India)

Mr. J.P. Shukla (BSNA, India)

Mr. R.D. Dixit (BSI, India)

Mr. Govind Kulkarni (BSM, India)

Dr. Srimanta Mukherjee (BSWB, India)

Mr. Shubhesh Sharman (BSI, India)

Mr. Jaywantt Dhadhal (BSNA, India)

Mr. Shriniwas Sharma (BSI, India)

Dr. Mukesh Dadhich (BSI, India)

Dr. Prasun K Tripathi (BPG, India)

Dr. Devi Sahai Mishra (BPG, India)

Mr. Rajesh Pandey (BSI, India)

Dr. Rajesh K. Mishra (RSM, India)

Dr. Rajesh Mishra (SPR, India)

Patrons:

HH Shri Shri Puthige Swami Ji (India)

Justice Giridhar Malaviya (India)

Professor Satish Tripathi (USA)

Note: More Advisors will be added in near future

Organization Members (Life Member)

Brahman Samaj of North America (BSNA), Akhil Bhartiya Brahman Mahasangh of India (ABBMI)
Brahman Samaj of India (BSI), Sarva Brahman Mahasabha of India (SBMI), Brahman Samaj of
Trinidad (BST)



ब्रह्म वन्दना

ब्राह्मण समाज आफ नार्थ अमेरिका

देव ब्रह्मा हे पितामह, विश्व स्रष्टा देव जय जय ।
मंगलं भगवान विष्णु, विश्व पालक देव जय जय ।
देव शंकर प्रलयकारी, शंभु शिव नटराज जय जय ।
शारदा संगीत रूपा, देवि वीणा वादिनी जय ।
देवि लक्ष्मी लोक माता, सर्व मंगल कारिणी जय ।
देवि दुर्गा शक्ति रूपा, सर्व संकट हारिणी जय ।
सत्य पर विश्वास की जय, जय धरा आकाश की जय ।
ब्रह्म की संतान हैं हम, धर्म का वरदान हैं हम ।
हम अहिंसा के पुजारी, ज्ञान विद्या के उपासक ।
हे परम कल्याण कारी, हो अमर संस्कृति हमारी ।
देव ब्रह्मा हे पितामह, विश्व स्रष्टा देव जय जय ।
मंगलं भगवान विष्णु, विश्व पालक देव जय जय ।
ओम शान्तिः शान्तिः शान्तिः ॥

Brahma Vandana

Brahman Samaj of North America

Dev Brahma Hey Pitaamah
Vishva Shrashta Dev Jay Jay.
Mangalam Bhagvaan Vishnu
Vishva Palak Dev Jay Jay.
Dev Shankar Pralayaakaari
Shambhu Shiv Nataraaj Jay Jay.
Sharada Sangeet Roopa
Devi Veena Vadini Jay.
Devi Lakshmi Lok Mata
Sarva Mangal Kaarini Jay.
Devi Durga Shakti Roopa
Sarva Sankat Harini Jay.
Satya par Vishvaas ki Jay
Jay Dhara Aakash ki Jay.
Brahm Ki Santan Hain Hum
Dharm Ka Vardaan Hain Hum.
Ham Ahinsa Ke Pujari
Gyan Vidya Ke Upaasak.
Hey Param Kalyaan Kaari
Ho Amar Sanskriti Hamaari.
Dev Brahma Hey Pitaamah
Vishva Shrashta Dev Jay Jay.
Mangalam Bhagvaan Vishnu
Vishva Palak Dev Jay Jay.
Aum Shantih Shantih Shantih



BRAHMA VANI (Volume XXV) and BRAHMA JYOTI (Volume VII) August 2021

Brahman Samaj of North America (BSNA) Membership Form

Please Mail the Check Payable to BSNA with the Duly Filled Form to: [Dr. Sanjay Pandey, 2023 Countryhaven Court, Encinitas, CA 92024](mailto:Dr.Sanjay.Pandey,2023@CountryhavenCourt,Encinitas,CA92024) Email: rsvpandey@gmail.com

Name: _____

Spouse Name: _____

Address: _____

Telephone: _____

Email: _____

Children Information

Name of Son / Daughter	Single / Married	Education (Degree/Year)	Profession	Employer	Date of Birth (Month/Year)	

Please Enclose a Check in US Dollars Payable to BSNA (Please Check One):

Annual Member (\$35):

Life Member (\$350):

Benefactor (\$1000):

Patron (\$5000):

I understand that the database will be used for the benefit of the member of BSNA and its affiliate organizations. I absolve BSNA or anyone connected with this effort from any wrongdoing. I have the authority to sign the waiver. Additionally, I declare that I have respect for the Brahman culture and values, believe in and have faith in Vedic Hindu Philosophy of Life or Sanatan Dharma, subscribe to and willing to contribute to the achievement of the objectives of BSNA.

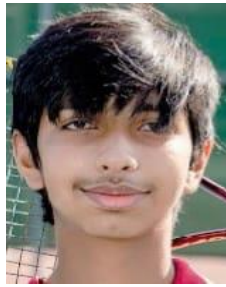
Signature: _____

Date: _____

To furnish more information please add a page with your name written at the top.

"Brahman Samaj of North America (BSNA), founded in 1994 and incorporated in the state of New York, is an independent, not-for-profit, tax exempt 501 C (3) charitable organization serving the needs of Brahman community and Hindu Community at large in North America". Donations to BSNA are Tax Deductible in USA under the IRS Code of USA.

You can also pay the membership fee online (via PayPal) and send the completed form to the above emails or mail to Dr. Sanjay K. Pandey, 2023 Countryhaven Court, Encinitas, CA, 92024. Thank you for your support to BSNA (www.bsna.org)



Water

By: Pratyush Shukla
Los Angeles

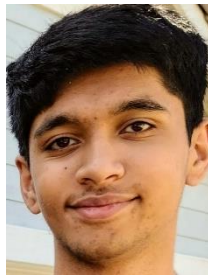
Have you ever wondered how much water there is in the world? 97 percent of the earth is water, but only 3 percent is available to us. Sadly, of all the water on the earth there is only 1 percent available to us. You're probably wondering where the other 2 percent is, it's all glaciers. The other 94 percent of the water is salt water. Water is essential to human life for survival, transportation, and energy.

Hindus believe in five elements in nature - Earth, Water, Fire, Air, Space. Water is important for human survival and is a limited resource. We need to save clean water for future to grow food. By growing crops, us humans can have more food for the growing population. Another reason why the hydrosphere is helping us survive is that if you drink water then you won't be dehydrated and it helps us cook. In the article "Beyond Thirst: The Global Water Crisis" it states, "When poor sanitation and other practices pollute water, less is available for basic needs." With bad sanitation in our water or anyone's water we or they can die. In the same passage it states "Water is a precious, vital resource, stresses Meana." In that quote it says that if we waste water then we won't have much more water in the future and then we can't raise our children to be healthy. "Each person needs at least 20 liters (a little more than 5 gallons) per day." That quote is saying that each person needs 20 liters to live, which includes flushing the toilet, drinking water, taking a shower, and brushing your teeth. That is all the reasons why water is important to human survival.

In addition, water is important to humans for transportation. In the story "Engineering Water", it states "They helped speed up the movement of military troops and supplies." That was saying that water was a faster way to transport supplies to where they needed to be. "That helped expand trade." The way to ship supplies to places quicker made it easier than to carry the stuff a long distance. That is how transportation is important to us humans.

Lastly, water is valuable as an energy source too. First, in the video it said that waves can move turbines that are in the water to make electricity. Also, one big thing is that water is reusable. That means that water is a solution for non-reusable energy sources. In the water there is something called a blue and when it's in water the waves make it go up, down, left, and right. One also big thing is that most of the Earth is water so if scientists keep on making more blue's and water turbines then we will have a whole lot of energy. One thing is that most of the people live on the coast and that's where most of the energy is big. So, most of the energy will be coming from the ocean.

In conclusion, since most of the Earth and human body is water, we have to conserve and learn how to save for our future and also explore different uses for water like generating energy. We will have a better world if we continue to save water and preserve our environment.



Exploring Space

By: Ayush Shukla
Los Angeles

Hindu cosmology believes all matter in the universe and nature is made up of five elements: Earth, Water, Fire, Air and Space. These elements were first described in the Rig Veda. Space is the most complex and least familiar of the five elements. Exploring space helps humans understand their place in the universe and how it was created. Space is endless and has limitless possibilities. Humans are taking large steps in moving towards living on another planet.

After the momentous landing of the Perseverance rover on Mars, space advancements have taken headlines. During the beginning of this decade, several key events in human space explorations have taken place. SpaceX, NASA, the China National Space Administration and many more agencies are taking large steps on the way to getting humans in space. With so many agencies and ambitious projects, this generation is likely to get a chance to live on another planet.

First off, NASA recently completed many goals it had set out on its way to getting humans on Mars. Most notably was the landing of the Perseverance rover which had launched last year on July 30th and landed just recently on the 18th of February. Perseverance is a significant update to NASA's previous rover, Curiosity which landed in 2012 and was meant to last only two years but still continues to send data back to earth today although immobile. With the update Perseverance has microphones, a helicopter, and new instruments with the capability to take detailed samples of Martian rocks on the rover. After descending from a sky crane, the Perseverance rover has successfully sent loads of valuable data back to earth and the helicopter, Ingenuity, has successfully flown eight times. With the innovative rover teaching scientist much which was previously unknown about Mars, NASA is almost ready to fly the first humans to Mars as they prepare the Orion capsule. The Orion capsule has been in development for more than a decade and is ready to go as they wait for the preparation of the Space Launch System (SLS) rocket to send them to Mars. After years of cancellations, delays and other issues, Orion is planned to make a flight in 2021 after its last test flight in 2014. Orion and perseverance are part of NASA's Artemis program which, like Apollo, will send humans to another planet. NASA's success was not without the help of the many private companies it had contracted to progress American spaceflight.

Elon Musk is best known for his success with Tesla but his other company, SpaceX, is making advancements at lightning pace. For the last 5 years SpaceX has been launching the Falcon 9, a completely reusable rocket for carrying large payloads into low earth orbit. This rocket is commonly used for launching private satellites for companies that pay for the service or for SpaceX's satellite internet service Starlink. In May 2020, the rocket launched the new SpaceX Dragon 2 with two

astronauts to the International Space Station. The launch marked the first time a private company flew humans into space. The last humans launched off of American soil was 2011, when the Space Shuttle was retired. NASA has contracted space to send and return humans and cargo from and to the International Space Station previously done by Russia since the retirement of the Space Shuttle. Along with the Falcon 9, SpaceX has successfully landed the Starship, a single stage rocket which is planned to land on Mars, after a test 10-kilometer test flight. After 15 starships have been destroyed due to various failures the 16th, SN15, successfully passed all test up to the 10km test flight. Now SpaceX look to take the SN15 into space with a sub-orbital flight planned in July (as of writing). Soon the Starship will be used in taking humans to Mars (along with the Orion and SLS). Other companies are also looking to put their technologies in space with the most notable being Boeing. The main developer of SLS is Boeing, contracted by NASA. The program is significantly behind schedule but is looking bright as the SLS completed many key tests in the journey sending the Orion capsule to Mars. With NASA's new approach of contracting companies for certain projects, various companies such as Lockheed Martin have been able to work on components of large projects such as Orion.

With the success of American spaceflight, other countries have also sought to send their spaceships into space. Zhurong, a Chinese rover made touchdown on Mars on the 14th of May and is commencing various checks before it proceeds to explore. After a failed attempt in sending a rover in 2011 with Russia due to a launch system failure this is the first Mars rover landing by China. China also successfully put the first modules of the Tiangong Space Station into orbit on April 29th, 2021. This station looks to be an alternative to the International Space Station as China starts talks with Russia and even the European Space Agency for future projects. Political relations currently prevent US involvement. Russia and China have also started working to create a civilization on Mars like NASA. India, another prominent country in advancing spaceflight had successfully developed the Chandrayaan-2 lunar rover which was able to successfully reach lunar orbit but due to loss of control of some systems, the lander eventually crashed on the lunar surface in 2019. A year later (2020) it was announced by the Indian Space Research Organization that Chandrayaan-3 was under development.

Through these accomplishments, the future of spaceflight looks bright as many of the programs started a decade ago are starting to come together. SpaceX and other private companies making unbelievable progress in spaceflight technology such as reusability is causing many to reconsider how quickly humans can be on Mars. With the entire Earth working at full momentum to create a new life for humans there is a good chance many of us will live that new life very soon.



Terminal Human Speciation in Vedic Dharma: A Scientific Reality?

Sen Pathak, Department of Genetics, The University of Texas M.D. Anderson Cancer Center, Houston, Texas 77030, USA, Email: spathak@mdanderson.org

According to Vedic scriptures, there are approximately 84 lakh (8.4 million) different Yonis thriving in the world. Of these 2.0 million are Immovable as plants and tree, 0.9 million Aquatic as water based, 1.1 million Krimaayo as reptiles, 1.0 million Pakshinaam as birds, 3.0 million Paashavah as terrestrial animals, and 0.4 million Maanavah as human-like animals, including human species according to Shri Padma Purana (*Jalaja nava lakshani, sthavara laksha-vimshati, krimayo rudra-sankhyakah, pakshinam dasha-lakshanam, trinshal-lakshani pashavah, chatur lakshani manavah*). Modern Taxonomists and Biologists have been able to identify and name only approximately 1.3 million species on the planet Earth and consider to be an underestimated number. Human yoni represents both male and female genders and is the rarest to achieve the ultimate species status of all living kingdoms (*Bare Bhagya manus tan pawa, Sur durlabh sadgranthan gawa*). (Although according to the Webster's New Collegiate Dictionary the word yoni is described as a stylized representation of the female genitalia symbolizing the feminine principle in Hindu cosmology, I have taken the liberty of synonymizing it with the word - species). Both male and female human body (*manus tan*), a self-repairing living machine, has three basic divine characteristics - (a) **Brahma**, the creator in the form of our reproductive system; (b) **Vishnu**, the sustainer in the form of vital energy distributed to every part of the body and (c) **Mahesh**, the destroyer is present in the form of body's immune system to destroy the foreign invaders. Hindus also believe in the concept of reincarnation or rebirth. To prove this point, one can listen and watch the video of an Indian 10-year-old boy who has narrated his previous accidental death and three years after his rebirth, verified the story of previous family including his wife and five children (<https://you.be/JGrclYIC20c>). Hindus also believe in what determines the yoni or species of an individual for the next life or rebirth is called - his/her **Karmas**, undertaken by his mind, speech and the action (*Mansa, Vatcha and Karmana*). For good karma, it is essential to lead a life according to the principles of Sanatan or Vedic Dharma, means what is right to do in human life. The word dharma is derived from the root word *dhryan*, meaning the actions and spiritual practices leading to good karmas. Dharma also affects future rebirths into a particular yoni or species according to karmas accumulated in previous lives. Hindus, therefore, believe in: *Rebirth, Karma* and the *Atman*. It is said that to be born in human yoni is a very rare achievement in life. Each

person has to go through numerous births, deaths and rebirths in order to achieve – **salvation** (moksha), the ultimate goal of human life. Vedic sages have emphasized the development of the inner personality of a man through higher knowledge (*Para Vidya*) which is eternal, unchangeable and transcendental. Their goal was to raise the standard of human life (*Jeevan*). On the other hand, Western scientists of today research to make the world a better place to live in, based on their lower knowledge (*Apara Vidya*), which is ever changing and based on empirical knowledge (Pathak, 2021a, in press). Their attempt, therefore, is directed towards raising the standard of human living (*Jeevika*). In the true sense, Vedic (Sanatan) sages were true scientists or scientists of Vedic ages were real saints.

There are four Pillars of human life: (1) **Dharma**, (2) **Aartha**, (3) **Kaama** and (4) **Moksha**. This sequence of Hindu doctrines cannot be altered and must be followed strictly in order to achieve the ultimate goal of human life – **Moksha**. These divine principles of human life are not offered and provided to any other animal species (Yoni). The sole purpose of animal life is to graze/eat, reproduce and die. The animal instinct is – **Survival of the fittest**. On the other hand, human Yoni (*Homo sapiens sapiens*) is provided with additional virtues that include above mentioned four aspects of life and, therefore, the human instinct is – **live and let live**. The ultimate question which every human being must ask is: What is the purpose of life? There could be a myriad of replies to this question by different people depending on the state of their understanding of spiritual knowledge. For me, the reply is very simple: every person on this earth is **unique**. Even amongst monozygotic twins, one may become a marathon runner and the other, could be sitting on a wheel-chair with muscular dystrophy. One must recognize his/her uniqueness in life and therefore never ever compare yourself with others. By doing so, you will never be depressed in life which is the root cause of all kinds of human ailments including **cancer** (Pathak, 2013 and 2018).

The famous British evolutionist, Charles Darwin, wrote his first book, *On the Origin of Species*, in 1859, where he emphasized primarily on the evolution of animals and plants species. In his subsequent two books, *The Descent of Man, and Selection in Relation to Sex* (1871) and *The Expression of the Emotions in Man and Animals* (1872), Darwin emphasized on the evolution of humans from primates based on natural selection, artificial selection and sexual selection. His conclusions were mostly based on – brain size, complex societal cultural codes and individual beauty defining humans. A new species is largely the by-product of evolutionary genetics which is one aspect of evolution. It is also believed that a new species arises only from an existing or from mating between two preexisting species. Some investigators believe, once upon a time there were many human species of the genus - *Homo*; for examples, *H. habilis* (Handy man), *H. heidelbergensis* (Heidelberg man), *H. erectus* (upright man), *H. neanderthalensis* (Neanderthals), *H. floresiensis* (Flores man), and finally *H. sapiens* (Smart man). However, it is not clearly established if these species existed simultaneously or at different timings.

According to the chromosome theory of evolution, every species (Yoni) should have its own characteristic chromosome number and morphology (Pathak, 1990). For example, human (*Homo sapiens sapiens*) has a diploid number of $2n=46$ chromosomes in each somatic cell with three different morphologies including metacentric, submetacentric and acrocentric. However, there is a

species of Chinese deer, (*Muntiacus reevesi*) with the same diploid number of $2n=46$, but all chromosomes are of acrocentric morphology. There are myriad of examples to show that chromosomal rearrangements have played a significant role in the origin of new species with/without reproductive isolation (Dobzhansky, 1937; Muller, 1940; Mayr, 1969; White, 1973; Coyne and Orr, 2018). These chromosomal modifications could be Robertsonian translocation (Robertson, 1916; Wurster and Benirschke, 1968), addition/deletion of heterochromatin (Pathak et al., 1973), peri or paracentric inversions (Arrighi et al., 1976), and many more described in the literature. Each species is identified based on its unique characteristic chromosomes (Pathak, 1990; O'Brien et al., 2006). In a book chapter, I have vividly described genetic similarities and parallelisms between the speciation (formation of a new species) and the neoplastic transformation including the development and metastasis of cancer (Pathak, 1990). Human and animal cancer cell lines are identified based on their unique characteristic marker chromosomes (Pathak and Hsu, 1985). The marker chromosomes are altered genetic elements that are causative for the development and metastasis of various cancers. Today, these cancer-specific characteristic marker chromosomes are very useful in the identification of contamination or misidentification of human and other animal cell lines (Nelson-Rees, 1978; Pathak and Hsu, 1985; Pathak and Multani, 2006). The specific marker (rearranged and not normal) chromosomes of several human cancers including melanoma, breast, prostate, lung, kidney (both child and adult hood), leukemia and lymphoma can be easily recognized (Heim and Mitelman, 1995), and constitute part of the normal karyotype of many lower and higher Primates. How was this phenomenon discovered and the idea developed is narrated in the following paragraph:

One day in the year 2006, during the genetic characterization of a newly-established human breast cancer cell line at The University of Texas M. D. Anderson Cancer Center in Houston, I noticed presence of some characteristic marker chromosomes in each and every metaphase spread. Two or three of these large bi-armed marker chromosomes were found to have identical Giemsa (G-) banding patterns with that of the characteristic makers of a previously established long-term human embryonic kidney cell line, named- 293 HEK. Based on these marker chromosomes and some other similarities, it was determined that the so-called newly-established breast cancer cell line is not a new cell line but a contaminant of the long-term established 293 HEK human cell line (Pathak, 2021b, in press). Some additional so-called newly-established breast cancer cell lines from the same laboratory were found to have all those 293 HEK marker chromosomes. In other words, all those so-called new breast cancer cell lines were the contaminants of human embryonic kidney cell line. Therefore, the huge amount of grant money, years of hard labor of the student(s) and paper published in name of newly-established human breast cancer cell lines were wasted. Even today, approximately, 25% to 30 % papers published in USA are on the wrong, contaminated or misidentified cancer cell lines (Pathak, 2019).

In human body sometimes chromosomes do undergo alterations resulting into abnormal morphology. It is more prevalent when body cells accumulate such aberrations due to exposure to chemicals (external and internal), physical agents such as, X-rays, too much Sun exposure and living micro-organisms including virus, bacteria and nematodes. These three groups of agents: chemical, physical and biological, capable of inducing alterations in chromosome morphology are collectively

called- clastogens. There is myriad of examples to show that majority of cancer development are the result of such exposures. According to the chromosome theory of evolution, new species should be formed when chromosomes are rearranged in a particular manner and passed on to the next generation. But it does not happen in the case of rearranged chromosomes in human somatic and/or reproductive cells. Why because, human cells with such acquired chromosome alterations invariably become cancerous and the individual host is eliminated due to his/her death. However, if such cancer cells are grown in a petri dish with complete culture medium (*in vitro*) and incubated at 37 C, the human body temperature, they survive for several hundred passages. Such cancer cells can even be frozen for a number of years and revived for experimentation. The best example is the HeLa cell line which was established in 1952 by George Otto Gey and associates at Johns Hopkins Hospital in Baltimore, USA (Gey et al., 1952). The African-American woman named, Henrietta Lacks, who was only 31- year- old, died within eight months of diagnosis but her cancer cell line designated as - HeLa after her name, became the first immortal human cancer cell line ever grown in culture. HeLa cells are still surviving and being distributed all over the world for cancer research (Skloot, 2010). Although, contemporary cancer researchers use the term – immortal for cancer cell lines, I personally call them – long-lived as compared to the normal cells (Pathak, 2021b, in press). The cell lines derived from the normal human tissues may divide up to 50 doubling times and then undergo senescence and stop dividing (Hayflick’s limit). On the other hand, cancer cells may divide up to 500 doubling times and ultimately undergo senescence and die. This proves the principle of the Hindu holy scripture **Gita**, where Shree Krishna has said **“Those who are born death is certain for them.”** As Hindus believe, only the Almighty is immortal in this world.

The principles of Sanatan Dharma are based on absolute scientific knowledge which explain nothing but Vedic democracy (*Satyam, Shivam and Sunderam*). Unlike other religions of the world, Hinduism does not have a prophet. Shree Rama, Shree Krishna and many other Godly-personalities appeared on Indian soil to save and protect the Vedic Dharma (righteousness) and the true followers (virtuous) from the wicked and evil-doers (demons):

Yada yada hi dharmasya glanir bhavati bharata

यदा यदा हि धर्मस्य ग्लानिर्भवति भारत ।
अभ्युत्थानमधर्मस्य तदात्मानं सृजाम्यहम् ॥७॥

abhyutthanam adharmasya tadatmanam srjamy aham

परित्राणाय साधूनां विनाशाय च दुष्कृताम् ।
धर्मसंस्थापनार्थाय सम्भवामि युगे युगे ॥८॥

paritranaya sadhunam vinisaya ca duskrtam

dharma-samsthapanarthaya sambhavami yuge yuge

(From Bhagavad-Gita)

In conclusion, it appears that human yoni, *Homo sapiens sapiens*, is truly the ultimate terminal species in animal evolution. Although human chromosomes do rearrange according to the clastogenic

induction of accumulated mutations, such changes may induce neoplastic transformation and the development of cancer which, indeed, is one of the superficial reasons of cell and organismic death. Later on, such acquired or inherited pathogenic genetic traits may cause elimination of the individual by death. The marker or rearranged specific chromosomes observed in various human cancer cells are almost identical in the banding patterns of certain normal chromosomes present in the somatic cells of some lower and/or higher primates. This observation may be taken as a genetic-based scientific example to support the phrase – ultimate speciation of human as provided in scriptures of Vedic Dharma.

Acknowledgements:

I am grateful to my dear friend Sarvaishvarya Krishna Das Ji (Professor Satya Narayan, Ph. D.) for providing me the information about different species as described in a Vedic Epic Shri Padma Purana.

References:

- Arrighi, F. E., Stock, A. D. and Pathak, S., Chromosomes of *Peromyscus* (Rodentia, Cricetidae) V. Evidence of pericentric inversions. *Chromosomes Today* pp. 335 – 341, 1976.
- Coyne, J. A. and Orr, H. A., *Speciation*. Sinauer Associates, Inc. Publishers Sunderland, Massachusetts, USA, Oxford University Press, 2018.
- Darwin, C. *On the Origin of Species by Means of Natural Selection or the Preservation of Favored Races in the Struggle for Life*. John Murray, London, 1859.
- Darwin, C. *The Descent of Man, and Selection in Relation to Sex*. John Murray, London, 1871.
- Darwin, C. *The Expression of the Emotions in Man and Animals*. John Murray, London, 1872.
- Dobzhansky, T., *Genetics and the Origin of Species*, Columbia University Press, 1937.
- Gey, G.O., Coffman, W.D. and Kubicek, M.T., Tissue culture studies of the proliferative capacity of cervical carcinoma and normal epithelium. *Cancer Research* **12**: 264 – 265, 1952.
- Heim, S. and Mitelman, F., *Cancer Cytogenetics*, Second Edition, Wiley-Liss Publication, New York, Singapore, 1995.
- Mayr, E., Species, Speciation, and Chromosomes. In: *Comparative Mammalian Cytogenetics*, K. Benirschke (ed.), Springer-Verlag, New York, pp. 1 – 7, 1969.
- Muller, H. J., in *Bearing of the Drosophila Work on Systematics*, Oxford University Press, pp. 185- 268, 1940.
- Nelson-Rees, W. A., The Identification and Monitoring of Cell Line Specificity. In: *Origin and Natural History of Cell Lines*. Alan R. Liss, Inc., New York, N. Y., pp. 25 – 79, 1978.
- O'Brien, S. J., Menninger, J. C., Nash, W. G. (eds.), *Atlas of Mammalian Chromosomes*. John Wiley & Sons, Inc. Hoboken, NJ. 2006.

Pathak, S., Chromosome Alterations in Speciation and Neoplastic Transformation: A Parallelism. In: *Trends in Chromosome Research*, Sharma, T. (ed.), Springer-Verlag, Narosa Publishing House, New Delhi, India, pp. 204 – 220, 1990.

Pathak, S., Vedic Dharma and Human Health: with special reference to Cancer. *Brahma Vani* **18**: 59 – 61, 2013.

Pathak, S., From Karma to Cancer. *Brahma Jyoti* **23**: 27 – 30, 2018.

Pathak, S., Healthy Ageing and Cancer in Humans. In: *Models, Molecules and Mechanisms in Biogerontology*, P. C. Rath (ed.), Springer Nature Singapore Pte Ltd., pp. 395 – 410, 2019.

Pathak, S., Vedic Dharma and Science: Is India teaching pseudoscience? *Journal of Rashtriya Sanskrit Manch*, (2021a, in press).

Pathak, S., Cancer Cell Lines: Its Implication for Therapeutic Use. In: *Cancer Diagnostics and Therapeutics – Current trends, challenges and future*, S. K. Basu, C. K. Panda and S. Goswami (eds.), Springer Nature Singapore Pte Ltd., (2021b, in press).

Pathak, S. and Hsu, T. C., Cytogenetic identification of interspecific cell line contamination: Procedures for non-cytogeneticist. *Cytobios* **43**: 101 – 114, 1985.

Pathak, S., Hsu, T. C. and Arrighi, F. E., Chromosomes of *Peromyscus* (Rodentia, Cricetidae) IV. The role of heterochromatin in karyotypic evolution. *Cytogenet Cell Genet* **12**: 315 – 326, 1973.

Pathak, S. and Multani, A. S., Aneuploidy, Stem Cells and Cancer. In: *Cancer: Cell Structures, Carcinogens and Genomic Instability*, Bignold, L. P. (ed.), Birkhauser Verlag Basel, Boston, Berlin, pp. 49 – 64, 2006.

Robertson, W. R. B., Chromosome studies. I. Taxonomic relationships shown in the chromosomes of Tettigidae and Acrididae. V-shaped chromosomes and their significance in Acrididae, Locustidae and Gryllidae: chromosomes and variation. *J. Morphology* **27**: 179 – 331, 1916.

Skloot, R., *Immortal Life of Henrietta Lacks*, Book, Crown Publishing Group, division of Random House, Inc., New York, 2010.

White, M. J. D., *Animal Cytology and Evolution*, Cambridge University Press, Third Edition, 1973.

Wurster, D. H. and Benirschke, K., Chromosome studies in the super-family Bovoidea. *Chromosoma (Berl.)* **25**: 152 – 186, 1968.

WITH BEST COMPLIMENTS OF BSNA & GBC

BRAHMA VANI & BRAHMA JYOTI

ENHANCING THE VALUES OF SANATAN
DHARMA IN THE 21ST CENTURY



25TH ANNUAL CONVENTION OF BSNA
10TH ANNUAL CONVENTION OF GBC



ZOOM CONVENTION
AUGUST 7TH & 8TH, 2021

