



# **Arya Samaj of New Jersey**

**Welcome to Open House**

**Session: 2024-2025**

# About Us



- **Arya Samaj** founded by Swami Dayanand Saraswati on April 10, 1875 in Mumbai
- Objective to eliminate the ills prevalent within the Hindu society at that time
- Not a new religion or a new sect in Hinduism
- **Arya Samaj of New Jersey** - first public gathering on August 1, 1982 @ 113 Cottage Place, Ridgewood



## Our Mission

- Promote goodwill and harmony by advocating universal Vedic teachings
- Educate about the basic principles of Hinduism and perform the Havan/Yajna ceremony
- Conduct classes on Hindi, Yoga, Indian Arts
- Provide a platform to exchange views about Vedic/Hindu Dharma
- Develop pride in ethnic identity by participation in Indian festivals and cultural programs
- Serve the community at large for humanitarian needs
- Participate in Interfaith activities & educate other Faith Communities about Hindu Dharma



## How we Engage

- Satsang -Havan, Bhajan & Talks
- Vedic Sanskriti School
- Arya Youth Group
- Arya Bal Vihar
- Classes on Yoga, Hindi, Dance & Vocal music
- Celebration of major Indian Festivals including Holi & Deepawali
- Various Social/ cultural events
- Community Service





# Our Objective

We need our Young generation

- To understand and appreciate Sanatan Dharma principles & values, their relevance in today's world and benefits of incorporating it in their daily life
- To be culturally rooted, confident, and equipped with right life skills to be successful in their worldly pursuits and inner happiness
- Eventually be the ambassadors dispelling the misconceptions about our rich cultural heritage and Dharmic traditions.



## Our Strengths

- Smaller groups
- A course structure based on a well developed & validated curriculum
- Customized to students' needs and focussed on building Inclusion
- Broader approach to Dharmic education - not aligned to any sect or sampradaya
- Added focus on Parents' engagement

# Our Core Team



Pt. Dr. Dev Ketuji



Dr Manju Gupta



Mr. Hemant  
Agrawal



Mr. Aditya Singh



Ms. Kanchan Thaokar  
Vedic Sanskriti  
School



Ms. Sanjukta Basu  
Arya Youth Group



Ms. Ekta Gautam  
Arya Bal Vihar



# ASNJ School – An Overview

- Successful Launch at the Arya Samaj of New Jersey session 2022-23
- Total Students enrolled – 52
  - ✓ Bal Vihar - 9
  - ✓ VSS - 24
  - ✓ AYG - 19
- Classes were in Person
- Events
  - ✓ Diwali
  - ✓ Sankranti, Pongal, Holi, India Republic Day
  - ✓ Mother's Day/Father's Day
  - ✓ Graduation Ceremony + Team Building outings
  - ✓ Summer Family Picnic ( September 10th, 2023)

# Schedule



## Assembly in Prayer hall

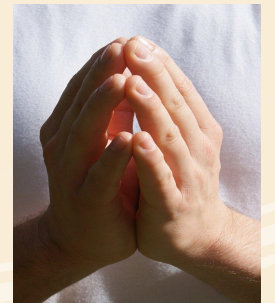
- 10:15 – 10:25 am -Pray together
- 10:30 – 11:15 am -First Session
- 11:20 – 12:10 pm-Second Session

Tumhi Ho Mata, Pita Tumhi Ho  
Tumhi Ho Bandhu, Sakha Tumhi Ho

Tumhi Ho Sathi, Tumhi Sahare  
Koyee Na Apna Siva Tumhare  
Tumhi Ho Naiya Tumhi Khavaiya  
Tumhi Ho Bandhu Sakha Tumhi Ho

Jo Khil Sake Na Woh Phool Ham Hain  
Tumhare Charano Ki Dhool Ham Hain  
Daya Ki Drishti Sada Hi Rakhna  
Tumhi Ho Bandhu Sakha Tumhi Ho

Tumhi Ho Mata, Pita Tumhi Ho  
Tumhi Ho Bandhu, Sakha Tumhi Ho



# VSS/Bal Vihar at ASNJ



**Fees: \$200/ year (September – May) + Membership ( Annual or Life )**



## Prarthana / Sandhya

Achamanam (आचमनम्) -  
Sipping Water for Self  
Purification

Pranayama (प्राणायाम) -  
Purification of the Life Force

## Hindi

Reading  
Listening  
Speaking  
Writing

## Naitik Shiksha

Intro to Hinduism  
Vedas  
Yugas  
Dharma  
Scriptures  
Moral Stories





# ARYA BAL VIHAR

Cultivating Knowledge and Character through Vedic Teachings







# What We Teach: Arya Bal Vihar (ABV)

- ★ God
- ★ Hindi
- ★ Learn Haven
- ★ The Crow
- ★ Count your blessing
- ★ Water is precious
- ★ Punctuality
- ★ The magic words
- ★ Good deed for the day
- ★ Helping hands at home
- ★ My India
- ★ God is everything
- ★ Rani Lakshmi Bai
- ★ Brave Mamata Dalai
- ★ The Baby Monkey!
- ★ Follow Rules
- ★ Arjuna- The great archer
- ★ Yudhishtira and Duryodhana
- ★ It is all in heart
- ★ Cleanliness
- ★ Tortoise and the bird
- ★ Love your country





# VEDIC SANSKRITI SCHOOL

# What We Teach: VSS



Learn Havan
Gayatri Mantra
Swami Dayanand Saraswati
Upnaayanam (Yajnopaveetam)
On country, One Nation
Human - Three Categories
Vedas
Prayers
Melghat- Satav Family
Ayurveda
National Anthem
Rani Gaidinliu
Vande Mataram
Arya Samaj
Ayurveda
Krishna Janmashtami
Animal Cruelty
Vedas- A Secular Path!
Karma
Swami Dayanand Saraswati
Beliefs
Hindi

क्या शिव और शंकर एक ही हैं ? क्या शंकर अमर हैं ?



शिव निराकार ईश्वर ओ३म् का ही गुणवाचक नाम है ।  
शंकर तपस्वी योगी राजा थे । इनका राज्य अफगानिस्तान  
के शुरुवाती छोर से लेकर हिमालय होते हुए नेपाल, भूटान  
और चीन के भीतर तक था । इनका जंगली जानवरो पर भी  
नियंत्रण था । यह नशा आदि भी नहीं करते थे । हमेशा ईश  
ओ३म् की भक्ति में ध्यान मार्ग से लीन रहते थे ।







# Arya Youth Group



# Arya Youth Group



## Learn

- Stuti/ Sandhya
- Sanatan Dharma
- Values
- Cultural Traditions
- History
- Indian Knowledge Systems

## Serve

- Volunteer service
  - at ASNJ
  - In community
- Opportunity to
  - Earn Presidential Service Award
  - Conduct other Service projects

## Grow

- Leadership- Through Youth Council roles
- Life Skills
- Presentation skills
  - Public Speaking
  - Time mgmt
  - Stress mgmt
  - Decision making
  - Financial Literacy
- College Preparedness

**Sunday 2 Hours – 10:30 a.m. – 12:30 p.m.**

**Fees: \$ 200/ year (September – May) + Membership**



# What We Teach: Arya Youth Group

Law of Action  
Learn Havan  
Four Stages in Life (Ashram Vyavastha)  
Four Purusharthas (Objectives)  
Yoga: Raja Yoga: Yogas of Meditation  
Karma Yoga: Jnana Yoga: Bhakti Yoga  
Yajna: Five Maha Yajna  
Our Scriptures: Dharma Shastras  
Our Festivals  
Revival of Hinduism  
Saints and Sages  
Arya vs. Hindu  
Story of Ramayana  
Story of Mahabharata  
Patanjali Yoga





# Leadership , Learning , Team Building









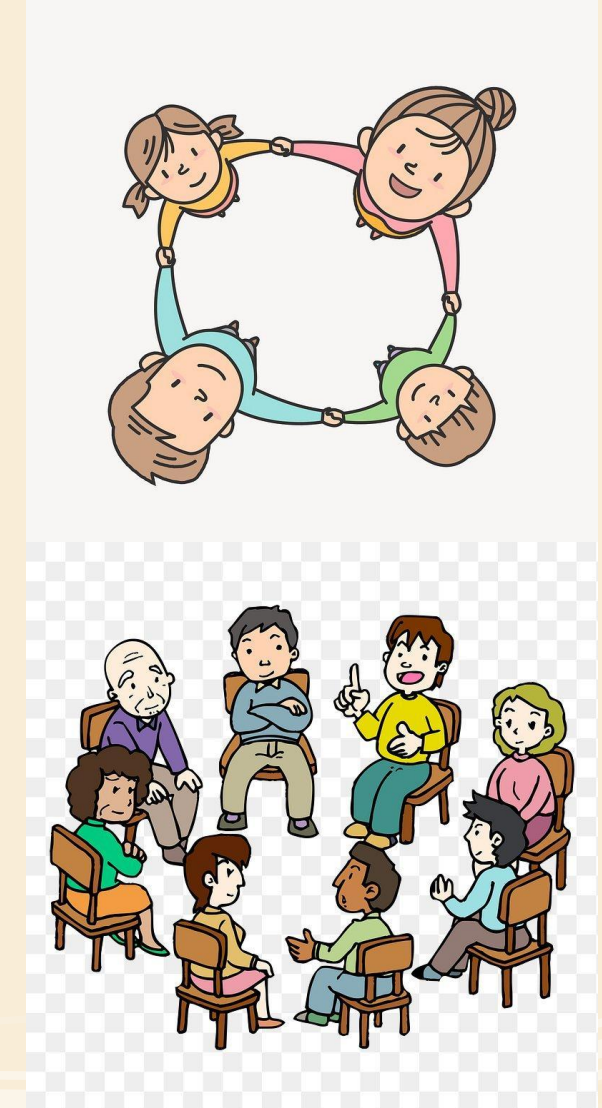


- ASNJ offers various volunteer opportunities to our kids and youths through various ways.
- We track all their hours through electronic sign ups which at the end of year is consolidated to calculate their hours.
- ASNJ students can use these volunteers hours for their presidential volunteer award.
- Presidential volunteer award eligibility criteria as follows:
  - <https://presidentialserviceawards.gov/eligibility>
- ASNJ students can bring their volunteer hours from other eligible organizations and combine them with their volunteer hours from ASNJ and ASNJ will submit them for presidential award
- At the beginning of the year we will work with all teachers and define the volunteer activities for next few months



# Parental Engagement - One Big Family

- Volunteering at VSS, AYG & ABV
- Regular Parent/ Teacher meetings
- Platform for parents' interaction
- Parenting workshops
- Participation in ASNJ celebrations





# How to enroll for a Class?

## Step 1: ASNJ Membership Student discount

- Submit the membership form & pay annual/ life member fee.

**Annual membership:** \$50 (January 2024- December 2024).

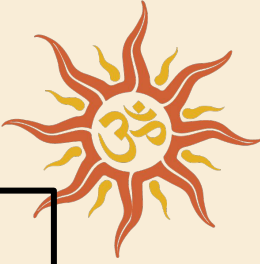
**Life Membership:** \$500

- If already a member, ensure you have submitted the membership form

## Step 2: Class Registration

- Submit the class registration form & pay the indicated fee

# Yoga, Hindi & Performing Arts Classes



## Yoga by Pandit Dev Ketu

Every Saturday 10:00 am – 11:15 am

Fees: \$320/ 16 classes  
(Additional Family member - \$280)

Starting: September 2024

## Hindi for High School Bi-Literacy Program

Instructor/Fees: TBD  
Starting: Saturdays from September 2024

## Vocal Music by Sunita Kapoor

Every Sunday, 1:30 – 3:30 PM (Children/ Adults)

Fees: TBD/ 6 months

Starting: September 2024

## Kathak by Reeta Chatterjee

Every Sunday: 2:00 – 3:00 PM

Fees: TBD with the instructor

New Enrollments Starting: TBD, 2024.



**Thank You**