



ARYA PATRIKA

आर्य पत्रिका



Priya
Mehra

DIWALI 2025 EDITION

Cover art by Priya Mehra

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 Dharm

From the Editor's Desk

Namaste,

Happy Diwali from the Arya Patrika Editorial Team!

We are delighted to share our special Diwali 2025 Edition with our wonderful contributors, sponsors, and readers.

This edition is a true reflection of our community's vibrant spirit, filled with engaging articles, essays, inspiring poems, and beautiful artwork from our youngest to our most senior members.

A huge thank you to everyone who shared their sponsorships, donations, gifts and made this issue possible.

We hope you find joy and inspiration within its pages.

We can't wait to see what you'll share with us for upcoming editions of Arya Patrika.

Wishing you a truly joyous and enlightening year.

Krupa

The Editorial Team

Rhea Jain, Krupa Goradia, Sonal Dani, Sanjukta Basu

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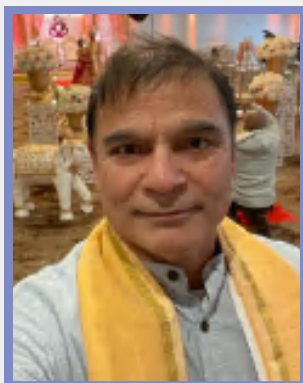


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PANDIT DEV KETU

Message from the Chair of the Board of Trustees

Dear members, youth, children and well wishers of Arya Samaj of New Jersey,

Namaste,

On behalf of the Board of Trustees, Executive Committee and members of the Arya Samaj, I wish you and your family a very happy, healthy and spiritually uplifting Diwali.

Today is our 44th Diwali celebration!! The Arya Samaj of New Jersey, founded in 1982, has withstood the test of time with the support of its members and the Community at large.

In 2022, finally, after more than 35 years, we were able to purchase our own Building. For the past 3 years, we have put in considerable resources and hard work to make the Building comfortable for our members, children and the Community. We are now able to expand our classes and activities for our children and adults. We hope to build more on this in the future. Our Vedic Sanskriti school is in full swing, as are our other classes. We have a robust Youth Group, and have added new classes this year such as Chess, Global Seal of Biliteracy (Hindi), Kids Yoga, to name a few.

The message and work of Maharishi Dayanand Saraswati who reformed society by founding the Arya Samaj, still remains relevant for achieving both worldly and spiritual goals.

By emphasizing the Vedas as the source of true knowledge and virtue and with Arya Samaj's ten principles, individuals are guided towards righteousness, truth and universal welfare. It's ninth principle, "One should not be content with one's own welfare alone but should consider the welfare of all as essential to one's own welfare," embodies the timeless ideal of Vasudhaiva Kutumbakam - the whole world is one family.

Here at Arya Samaj of New Jersey, we try to put this into action, with our outreach activities such as our very successful blood drives, community outreach by our Youth to the homeless shelters, food pantries etc. in Bergen County as well as our Interfaith activities. We hope to expand on these activities as our resources and membership grow.

I would like to thank all our volunteers, members and donors for their hard work and support. Let us work together and take pride in the work of our Arya Samaj in spreading Vedic knowledge, promoting education and serving our local and global communities. May the light of Diwali guide us all towards a more enlightened, inclusive and purposeful path.

Alka Chandra
Chairperson, Board of Trustees
Arya Samaj of New Jersey

Thank You

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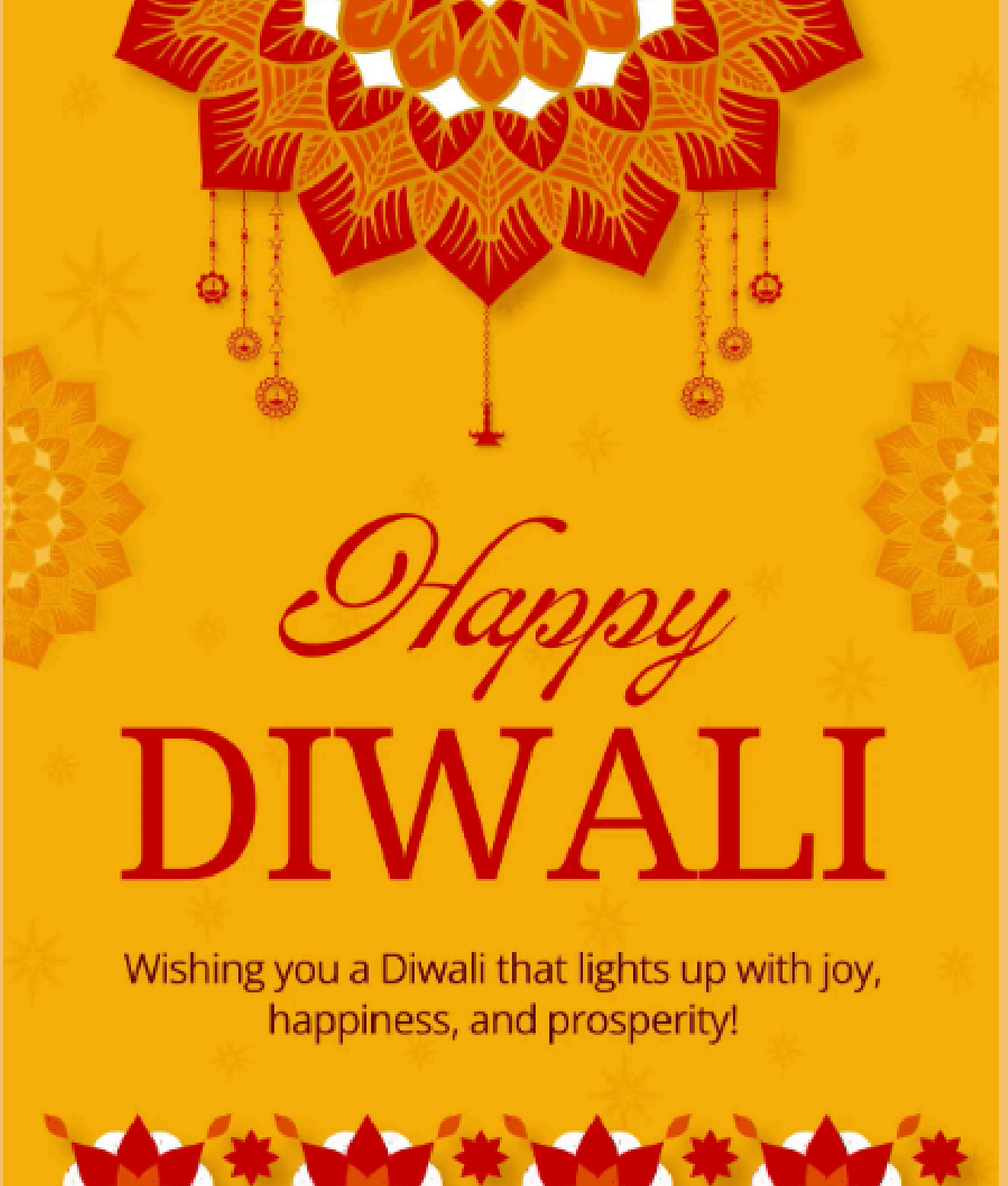
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Message from the President

Namaste all,

As we gather to celebrate Deepawali, I feel grateful and proud of what we have accomplished together this year at Arya Samaj of New Jersey. It has been a year filled with activity, growth, and community spirit.

We hosted several successful events, including a joyful Holi celebration, a lively Karaoke Night, along with many short fun filled celebrations during our Sunday satsang, including celebrating Indian Republic Day, Fathers Day, Vedarambh, Hindi Diwas and more. Our membership has grown, class sizes have increased, and member engagement continues to strengthen.

This year, we also introduced new classes giving our members more ways to learn and connect. In addition to our community impact initiatives like the Winter Clothing Drive and Blood Drive, we raised funds for India flood relief, which were sent to help the affected areas—thank you to everyone who contributed with such compassion.

I would like to thank the Board of Trustees, Executive Committee, our teachers, and all our volunteers for their hard work and dedication. My sincere thanks also go to the editorial team for putting together this beautiful Deepawali edition of the Arya Patrika. And to all our members—thank you for your continued participation and support.

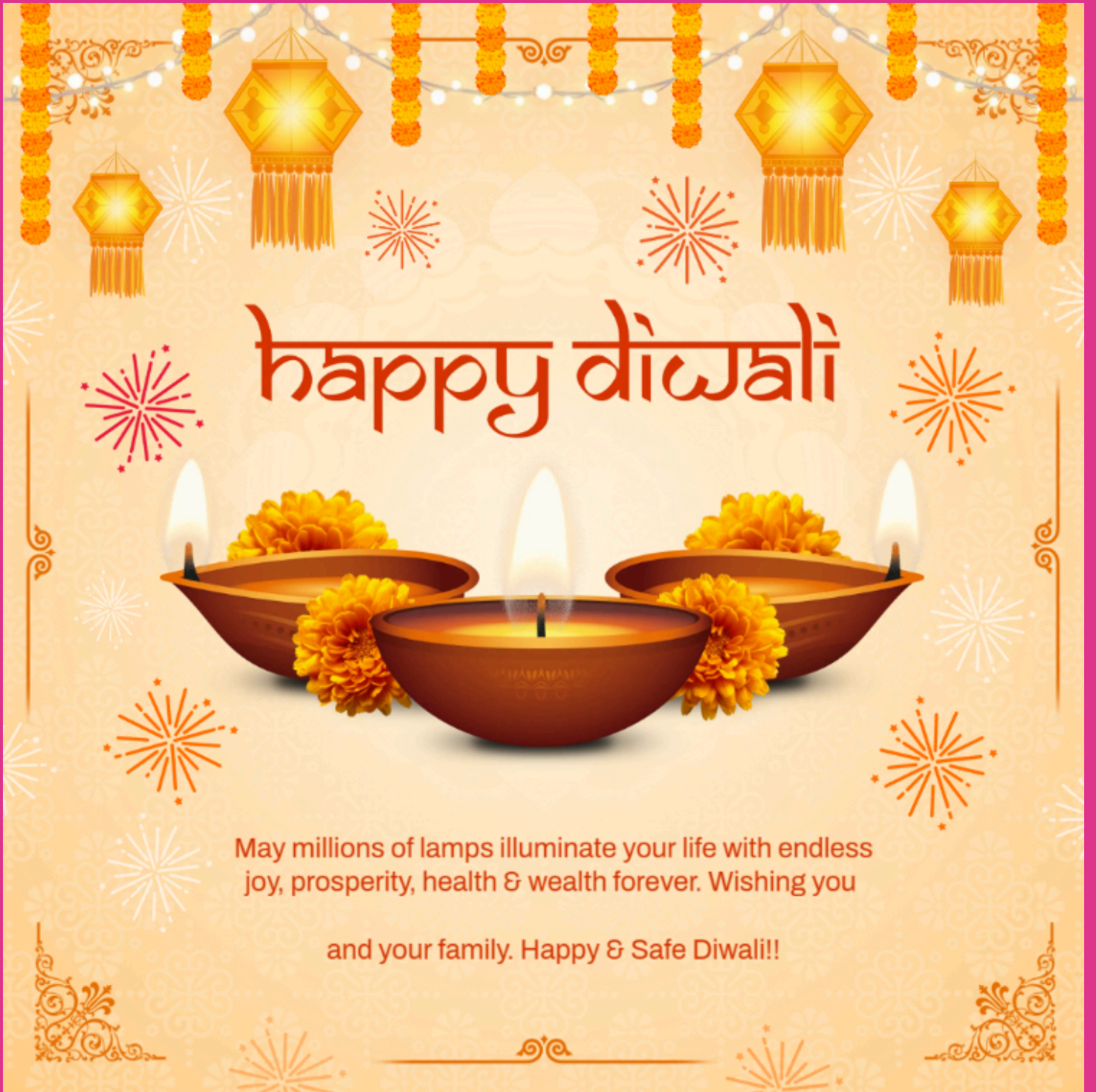
For over four decades, Arya Samaj of New Jersey has served as a place for learning, service, and togetherness. With your continued involvement, I am confident we will carry this legacy forward and keep growing as a strong and caring community.

Wishing you and your families a happy, healthy, and prosperous Deepawali.

Sincerely,

Sonal Chulet Dani

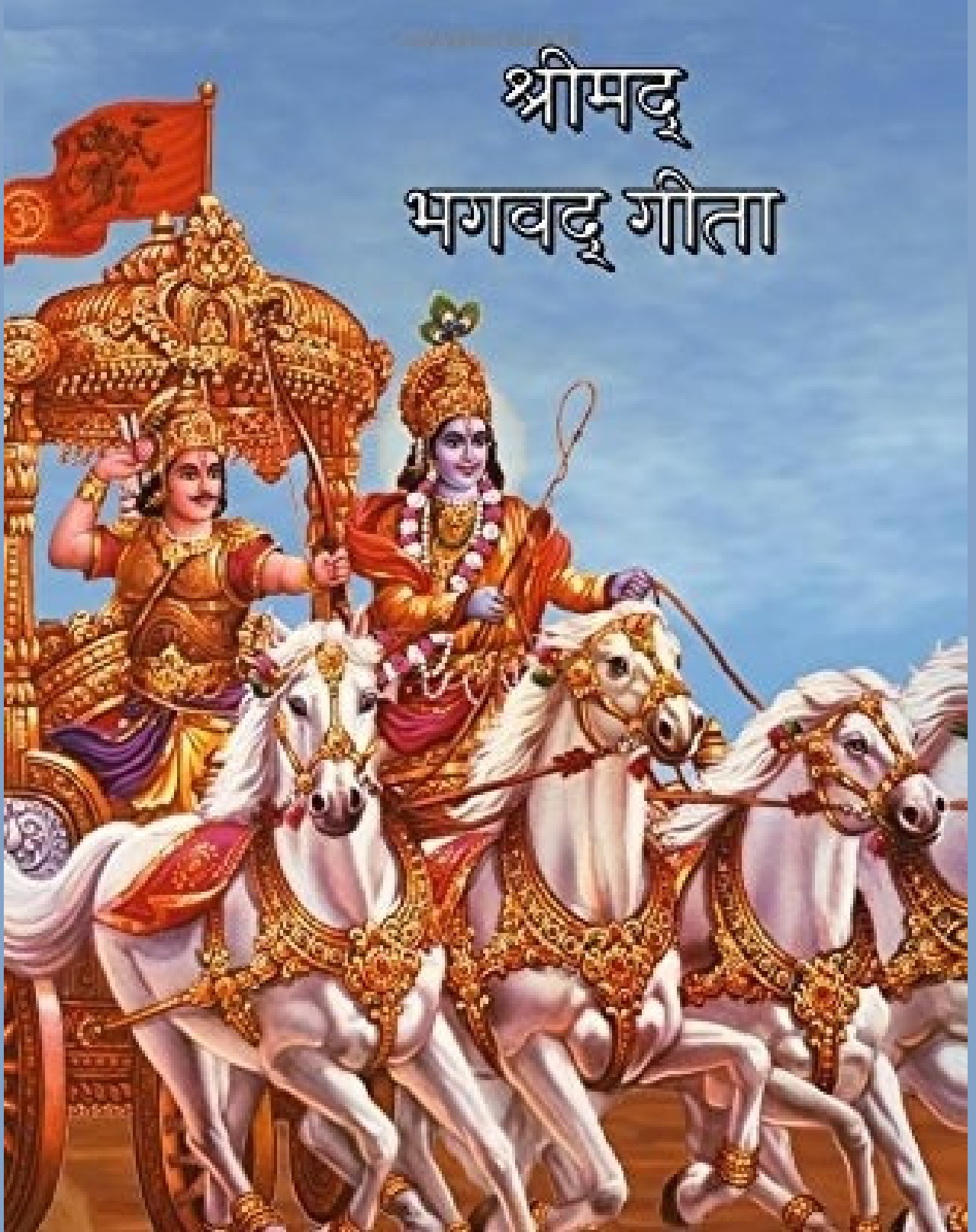
President,
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FROM DRS. ATUL, VANDANA AND KRISHNA CHOKSHI



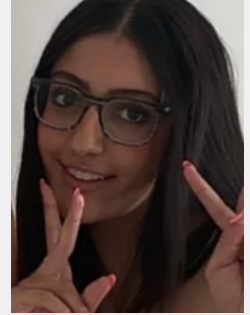
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YOUTH GROUP IN ACTION





HAPPY DIWALI!!
FROM DR. BINA KAPILA & FAMILY

*Happy
Diwali*



FROM DR. VEENA CHADDA & FAMILY

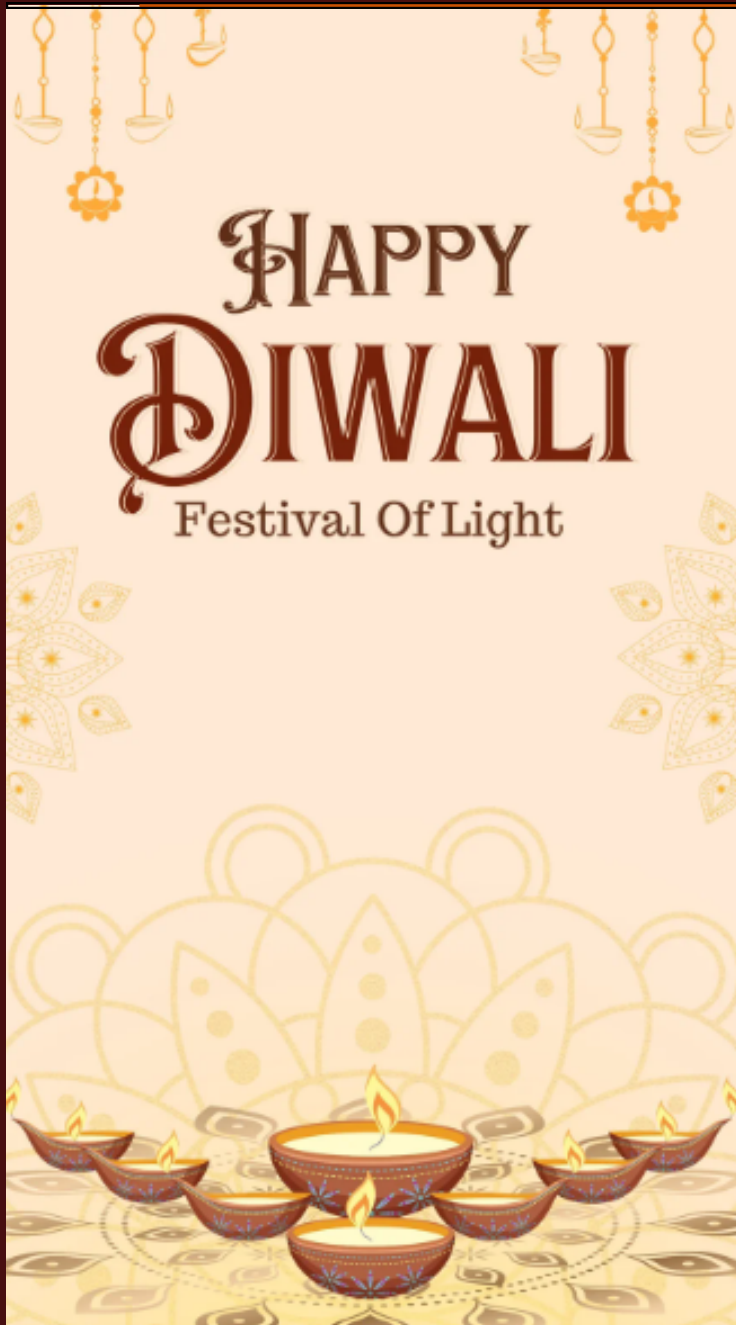


The President's Volunteer Service Awards



This summer, eight of our youth and young ASNJ members were honored with the prestigious Presidential Volunteer Service Awards, earning Silver and Gold levels. These dedicated members contributed through numerous community service activities—both within and beyond our Samaj—embodying the spirit of giving back. At ASNJ, we organize initiatives such as sandwich drives, food drives, and blood drives to inspire our young volunteers to collaborate, lead, and make a positive impact together.

Congratulations



WISHING ALL OF YOU A DIWALI FILLED WITH LIGHT,
HAPPINESS, AND PROSPERITY. MAY THE COMING
YEAR BRING PEACE, JOY, AND SUCCESS IN
ABUNDANCE.

GREETINGS FROM SETH FAMILY.
VIDUR, NEETA, BHAVNA, HIMANSHU.

Hindu Spiritual Care

Written by: Rajinder Gandhi, MD

To be "spiritual but not religious" means to engage in personal, interior spiritual practices and a belief in a higher power, a personal connection to the divine, without subscribing to the doctrines, rituals, and communal structures of organized religion.

What is spiritual care?

- Holistic support: Spiritual care integrates a person's spiritual or religious needs with their overall health, encompassing their physical, mental, and social aspects.
- Meaning and purpose: It helps individuals find meaning, self-worth, and spiritual well-being, especially during challenging life experiences like illness or grief.
- Person-centered: It is provided on a one-to-one, person-centered basis, making no assumptions about a person's beliefs or life orientation.

How is spiritual care provided?

- Compassionate presence: Offering a compassionate and authentic presence to listen to and acknowledge the individual's experience.
- Active listening and dialogue: Engaging in active, non-judgmental listening to understand a person's thoughts, feelings.
- Connecting with resources: Facilitating access to prayer, meditation, supportive communities, or religious leaders.
- Respecting beliefs and values: Honoring a person's unique spiritual or religious beliefs and values, which may guide their coping and healing process.
- Rituals and practices: Assisting individuals in engaging with religious rituals, prayers, or ceremonies relevant to their faith.

Hindu spirituality is about discovering the divine within each of us and finding ways to lift ourselves and others up. Rooted in Sanatana Dharma, Hindu spiritual

care encourages us to be there for others like a trusted friend, listening without judgment, offering, empathy, compassion, respect, providing ethical guidance and confidentiality.

It addresses an individual's need for meaning, purpose and connection during times of illness, loss or distress. Based on the principle of dharma (righteous living), and law of karma, it is a holistic approach to well-being that addresses the physical, mental and spiritual aspects of a person. Regular self-reflection keeps the care genuine, respectful, and open-hearted.

In patient care setting, asking about a patient's spirituality can and should be part of patient-centered, value-sensitive care. This can guide further medical decision-making, including but not limited to notifying a spiritual care specialist. "Integrating spirituality into care can help each person have a better chance of reaching complete well-being and their highest attainable standard of health."

According to researchers at Harvard University, spirituality is "the way individuals seek ultimate meaning, purpose, connection, value, or transcendence." This could include practicing organized religion traditions, connecting to family, community, or nature.

There is a dire need for Hindu chaplains and spiritual care counselors in USA, especially in hospitals, palliative care and hospice care. While most religious denominations have chaplains, there are very few Hindu spiritual care providers.

My interest in learning about and providing spiritual care counseling increased after retiring from 50 years of medical practice, 40 years of which was as Pediatric Surgeon in New York, New Jersey area. While I had been volunteering as a chaplain in Bergen County Prosecutor's Office for some years, I realized that additional training was required to provide spiritual care in a hospital.

The search for a formal training program led me to Hindu Spiritual Care Institute (HSCI), founded in 2018 in the San Francisco Bay Area. It is a US-based 501(c)(3) nonprofit organization, managed by a team of volunteer faculty and professional administrators.

Having completed the intense one-year course, I now volunteer as Spiritual Care Counselor at The Valley Hospital in Paramus, New Jersey.



ॐ भूर्भुवः स्वः तत्सवितुर्वरेण्यं
भर्गो देवस्य धीमहि
धियो यो नः प्रचोदयात् ॥

शुभ दीपावली

MRS. JYOTI AND
DR. RAJINDER GANDHI
& FAMILY

त्रिविधं नरकस्येदं द्वारं नाशनमात्मनः। कामक्रोधस्तथा लोभस्तस्मादेतत्तर्यं
त्यजेत्॥

TIRVIDHAM NARKAS YEDAM DWAARAM NAASHAN MAATMANAAHA.
KAAM KRODHASTATHAA LOBHAS TASMAADET TATTTRAYAM.

LUST, ANGER AND GREED ARE THE PRIMARY CAUSES FOR PAIN AND
MISERY. THEREFORE, WE SHOULD STAY AWAY FROM THEM.

REF BHAGWAT GITA 16.21

BEST WISHES FOR THE SUCCESS OF ARYA SAMAJ OF NEW JERSEY
AND THE ARYA SAMAJ MOVEMENT AS A WHOLE. WE ALSO WISH THE
BEST OF HEALTH AND HAPPINESS FOR THE GLOBAL ARYA SAMAJ
PARIWAR.

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Medical Science in the Vedas

Ramesh Gupta

MD,FACP,FACG, Past President APSA

The word for medical sciences in Vedas is Ayurveda. The word Ayurveda comes from Sanskrit words Ayuh (life) and Veda (knowledge), which means the knowledge or science of life. Based on Vedas and subsequent Vedic scriptures, most original texts of medicine are those written by Charak and Sushrut and are known as the Charak and Sushrut Samhitas. A happy person is the one who is devoid of mind and body imbalances, whose senses are perfectly functioning, whose body is full of Ojas (strong immunity), Tejas (shine) and Prana (energy), well respected, hardworking, brave, intellectual, scholar, prosperous and can perform all duties without obstacles.

Sage Sushruta defines Health as follows:

समदोषः समाग्निश्च समधातुमल-क्रियः। प्रसन्नात्मेन्द्रियमनाः स्वस्थ इत्यभिधीयते। सुश्रुत सूत्रस्थानः 16/48

sama dosha sama agnischa sama dhatu mala kriyaaha|

Prasanna atma indriya manaha swastha iti abhidheeyate || Sushruta Samhita

“Person, whose all three humors or Doshas: Vata (air), Pitta (fire) and Kapha (water) are in balance, whose appetite and digestion are in balance; whose seven body tissues (Seven dhatus: rasa, rakta, mansa, meda, majja, asthi and shukra) are functioning normally; whose malas (urine, feces and sweat) are eliminated properly and whose spirit, senses and mind (satva, rajat, tamas), remain full of bliss is considered healthy” . This verse is explained further as follows:

Three Doshas: Vata, Pitta and Kapha are three functionalities that regulate all physiological, psychological and spiritual facets of a person. Dosha can also be referred to as the biological type or the physical constitution. Therefore, imbalance of these elemental combinations is the direct cause of an illness. The Vata or the air element governs inhalation, exhalation, movements, discharges, impulses and human senses. The Pitta or the fire element deals with hunger, thirst, digestion, excretion, body warmth and circulation. It also relates to body strength, energy, youth intelligence and executive abilities. The Kapha or the water element controls stability, lubrication, movements, body luster, digestive tract, glands and fluids of the body. Digestive fire: Referred to as Agni, is a term representative of body metabolism, and comprises of apatite, digestion, absorption and assimilation.

In conclusion, the Ayurveda is a science which has a holistic approach to promote mental and physical health (prevention and treatment both) and happiness, improved quality of life and longevity. The goal in Ayurveda is to secure and maintain equilibrium of primary humors. These are: Digestion of food and desire for eating, having good sleep without nightmares with timely discharge of bodily waste and proper coordinated function of mind and intellect.

Following are the examples of reference of Ayurveda in Vedic literature:

Soul is the master in body and is called Purusha and empowering the soul by meditation can heal illnesses. 107 vital parts have been described. Heart: the word Hridaya is composed of 3 letters, Hri, da and ya. This means the one which takes blood from the body for purification, then gives it to the body and circulates as well. It sits in the chest like upside down lotus. Brain/Head: Atharvaveda describes 3 words for head. These are Murdha, Mastiska and Shirsha. This could possibly mean cerebrum, cerebellum and brain stem. Stomach has been called Jathram, means the organ which receives the ingested food and stores it as well. Body parts/organs have been described in Atharvaveda. Body has been mentioned to have Astachakra or 8 plexuses and 9 doors, which are openings of both ears, eyes, nostrils, mouth anal area and genitalia. Other subjects mentioned in Vedic literature are: Repair and healing of arteries, vein and nerves, Surgery, herb Viryavati was mentioned to join cut parts of body.

The 3 doshas: Vata, Pitta and Kapha (Atharvaveda 6.44.3, 8.7.10, 18.3.5), The 7 dhatus (Atharvaveda 18.4.29, Rigveda 10.107.4), Different fevers, Cough and Fever, Infectious organisms and method of cure, Yajna therapy for fevers, Mantra therapy for fever, Water therapy, Sun ray therapy and its use in skin diseases, parasites, jaundice, brain ailments and body pains etc. Vegetarian food and its superiority Treatment of arthritis by herbal medicine. Different types of herbal plants, Snakes, snake bites and remedies etc.

Qualities of the physician (Rigveda 10.97.6, yajurveda 19.80) The treating physician should have good knowledge of medications, including its qualities, limitations and uses in a particular ailment.

Subsequent literature is somewhat scratchy until the time of Aitareya Punarvasu. One of his students was Agnivesa who wrote Agnivesa Samhita. It is on the basis of this scripture that Sage Charak wrote his book Charak Samhita. The last 17 chapters of Charak Samhita are additions by Dridhabala.

This book deals with medicine. Similarly, the name of Dhanvantari is prominent in the field of surgery or Shalya Chikitsa. This may have been the basis of the Sushrut Samhita, the main scripture in the field of Shalya Chikitsa in Ayurveda. Both Charak and Sushrut seem to have existed around the 6th century BC. The word Nidan mainly means the main cause of a particular illness (epidemiology). Means to arrive at a diagnosis and treatment are also called Nidan.

In summary, on one hand Ayurvedic concepts, even though they have existed for thousands of years, seem very modern when we talk about basic principles of living and lifestyle modification as the main stay of management of illnesses. There is absolutely no question that the benefits of Yogic practice with emphasis on Pranayama and meditation exceed any comparative item that modern medicine has to offer. On the other hand, modern medicine has gone ahead with leaps and bounds in management of specific diseases and is and will remain the main stay of treatment for most illnesses. However, research in Ayurvedic medications may produce some gems and should be perused.

ASNJ Community

celebrated many events, a fun Karaoke night and a bake sale event among many others.....



ASNJ Community

yearly blood donation drive, birthdays and assembling bookshelves....





BEST WISHES,
MRS. SANTOSH &
DR. SURESH GUPTA AND FAMILY

ASNJ GALA 2025

We are deeply grateful to our supporters and donors and the Community at large for their generosity which helped turn this Gala into an outstanding success!!

THANK YOU.



देखो प्रीतम घर आएंगे

दिवाली के शुभ अवसर पर
देखो प्रीतम घर आएंगे

घर के अंदर और बाहर
रंगबिरंगे फूलों के संग
एक माला की लड़ियों सा
जोड़के बंदनवार बनायेंगे

घर के प्रवेश द्वार पर
दीपक ज्योति सजायेंगे
देखो प्रीतम घर आएंगे

बिन्दिया रोली चूड़ी से सज
दिखा श्रृंगार की झलक
पहन के पाऊँ पाँव में पायल
अविरल ध्वनि बजाएंगे

दीपों की श्रृंखला श्रृंखला में
दिल का चित्र बनाएंगे
देखो प्रीतम घर आएंगे

अपने मन मंदिर में मैंने
स्नेह दीप जलाया कबसे
उसकी लौ के संग दोनों
मिल सुंदरता बिखराएंगे

अमावस्या है तो क्या
तारों को ज़मीन पर लाएंगे
देखो प्रीतम घर आएंगे

-सुषमा मल्होत्रा

(सेवानिवृत्त सहायक प्राचार्य
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LEAD ME FROM DARKNESS TO LIGHT.

DRS. SUSHMA & OM GANDHI



Holi Milan 2025 at the Vedic Temple



Thanksgiving, Gratitude and Vedic Perspective

Written by: Medhavini Garg, New Jersey, USA

Thanksgiving, observed mainly in the United States and Canada, began as a harvest festival where people gathered to express gratitude for nature's bounty and the spirit of community.

Though rooted in Western tradition, its essence—gratitude, sharing, and togetherness—deeply aligns with the timeless wisdom of the Vedas. When seen through the Vedic lens, Thanksgiving reflects the spiritual ideals of gratitude (kritajna), sacrifice (yajna), charity (dana), harmony with nature (prakriti), community (sangha), and inner contentment (santosh).

Gratitude (Kritajna) holds a central place in Vedic life. The Sanskrit term comes from krita (what is done) and jna (to know), meaning awareness and appreciation for what we receive.

Gratitude in the Vedic sense extends beyond emotion—it is a conscious attitude of reverence toward the Divine, nature, ancestors, teachers, and all beings. Just as Thanksgiving encourages reflection on life's blessings, the Vedic tradition promotes daily gratitude through prayers and mindful living. By nurturing this awareness, individuals develop humility, inner peace, and a sense of interconnectedness with the universe.

Sacrifice (Yajnya) is another key Vedic concept symbolizing selfless giving and reciprocity with cosmic forces. Ancient yajnas involved offerings to Agni (the fire deity) as acts of devotion and balance with nature. Thanksgiving's act of sharing the harvest parallels this principle, as families gather to honor abundance and express thanks for sustenance. Both traditions celebrate giving back to the sources of life and maintaining harmony between humans, nature, and the divine.

Charity (Dana), or selfless generosity, is considered a sacred duty in Vedic philosophy. It encourages detachment from materialism and cultivates compassion. Thanksgiving traditions—feeding the poor, volunteering, and sharing food—embody the same ideal. The Vedas teach that giving purifies the heart and reduces ego, creating a sense of fulfillment and balance. Through dana, one contributes to collective well-being while nurturing one's own spiritual growth.

Harmony with Nature (Prakriti) is integral to the Vedic worldview. The Vedas revere the five elements—earth, water, fire, air, and space—as divine manifestations, urging respect and protection for nature. Thanksgiving, with its origins in harvest celebration, honors the same relationship with the earth and its abundance. Recognizing this interdependence fulfills one's dharma, or moral duty, to live sustainably and gratefully.

Community and Family (Sangha) are equally essential. The Vedas encourage unity and cooperation through the verse Sanghachadwam Samvadhahdwam—"Move together, speak together, let your minds be one." Thanksgiving gatherings reflect this spirit of togetherness, love, and mutual appreciation, strengthening familial and social harmony.

Finally, Inner Contentment (Santosh) embodies the reflective essence of Thanksgiving. It teaches peace through gratitude for what one has, rather than constant desire for more. Like Thanksgiving reflection, santosh leads to joy, simplicity, and spiritual abundance. Thus, Thanksgiving, through the Vedic lens, becomes a universal festival celebrating gratitude, generosity, ecological reverence, unity, and inner peace—mirroring the Arya Samaj's sixth principle of promoting the well-being of all through noble deeds and humility.



BEST WISHES FROM
DRS. MINAKSHI & SATISH DHALLA
AND FAMILY

Diya

Written by: Sneha



Row of diyas light up the night,
a warm, soft glow that feels so right.
Different colors and unique shapes,
each shining bright to pave our life's
way.
Each flame steady, each corner
clear,
scaring away darkness,
transforming fear.
But one diya flickers,
casting a dim glow,
seeming as if it might break
the light's flow.
A breeze of wind, and its flame
falters.
Adding more ghee helps very little.
Shielding from wind does only so
much —
this diya is such that the wick refuses
to sustain
The flame, too fragile.
A breath too sharp, and it goes dark
again,
leaving a hollow shadow in the chain.

“The diya is faulty,” they say.
“Let us replace it,
for it darkens our way.
We deserve diyas flawless —
this crooked spout,
this uneven shape —
is unfit for the festival of light.”
But a wise hand pauses the cowardly
sight, and works with heart to set it
right, cupping the wavering glow
cupping the wavering glow
like a mother's gentle prayer.
It works with love to bless, not mend
a touch of clay, like a father's strength
Softens the corner once called wrong
Supports and enhances the spout,
letting the flaw find its beauty.
The shape deepens, the glow steadies,
and suddenly, it shines the brightest
of all.
The flame no longer fears the wind —
it dances with it.
For the light that once flickered
now leads the way,
its glow fuller, warmer and stronger
as if the universe itself leaned close.
The Diya once doubted now shines the
brightest.

दीपावली का ये त्यौहार आपके लिए और
आपके अपनों के लिए मंगलमय हो ।

सुरभि , संजीव, शुभम, श्लोक



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HAPPY DIWALI

WITH BEST WISHES

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NARANG & FAMILY**

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*May your hearts be filled
with love, peace and happiness
as you spread the light of
kindness this Diwali.*

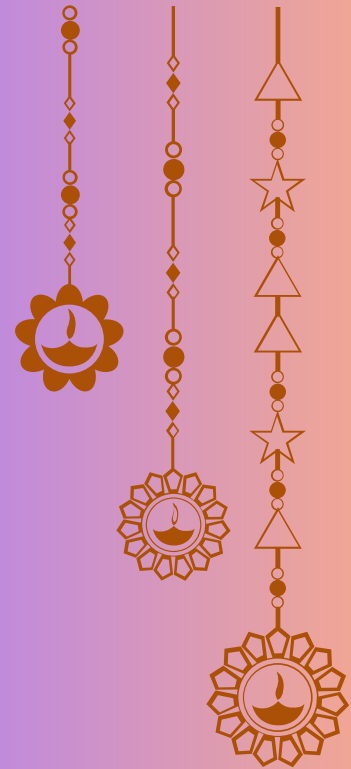
Best wishes from

*Naresh, Sonali, Sanjna,
Sania and Rhea
Sadarangani.*



DEEPAWALI WISHES FROM THE
RASTOGI FAMILY

SRI FATEH SHYAM RASTOGI
SMT. JAMUNA DEVI
SRI AVINASH KUMAR RASTOGI
SMT. POONAM RASTOGI
ITISHA, SHANTANU & SACHI





Wish You A Happy & Prosperous
New Year!

DIWALI GREETINGS FROM:
SULEKHA & NARENDER KALYAN



Hindi Diwas Celebration

14th Sept 2025



ASNJ Food Drive 2025



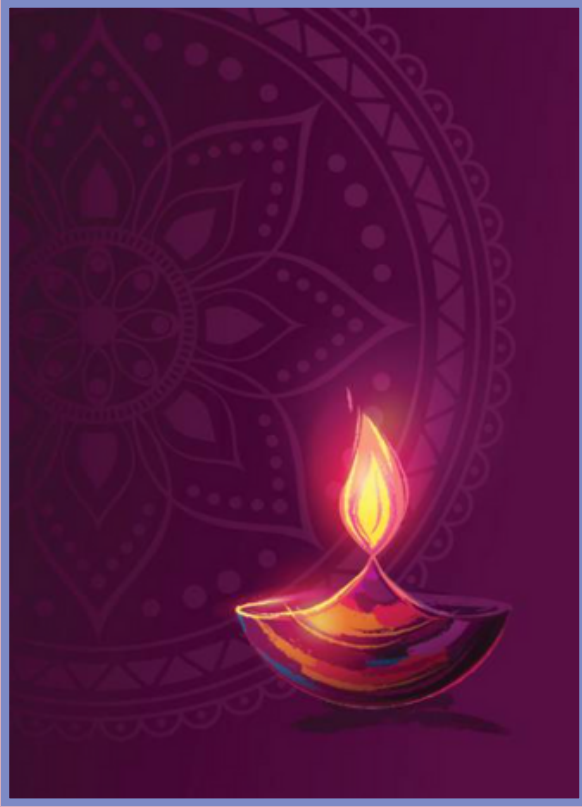
ARYA SAMAJ CELEBRATED HINDI DIWAS AND IMPORTANCE OF HINDI ON SEPTEMBER 14TH. ADDITIONALLY, ARYA SAMAJ ALSO STARTED TO OFFER CLASSES FOR THE SEAL OF BILITERACY.

Graduation Havan 2025



शुभ दिपावली

RANBIR, SANGEETA,
ANISHA, HARSH, ASHISH, ALIYA
- KUMARS



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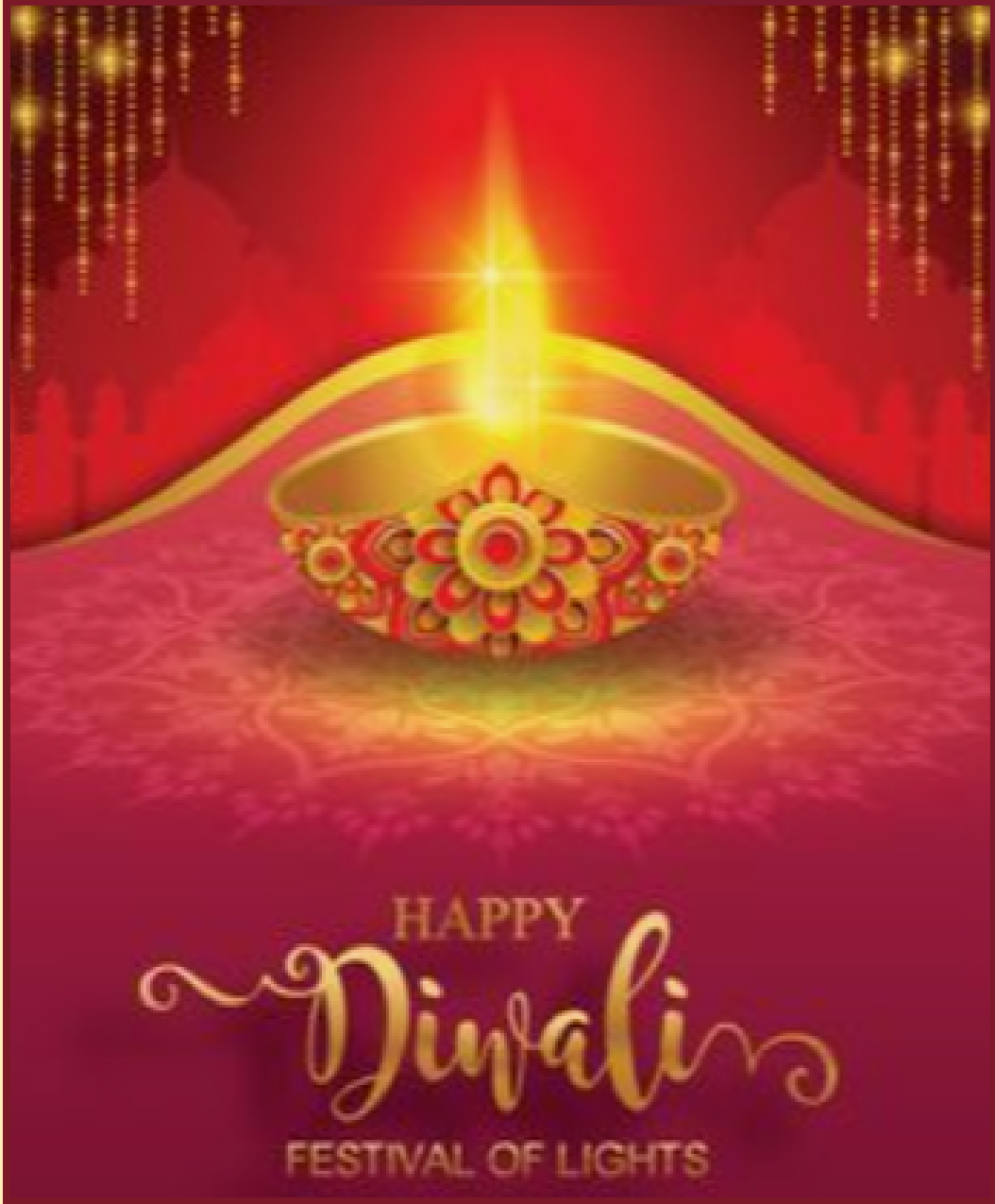
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ओ३म् ।अग्ने नय सुपथा राये अस्मान्निश्वानि देव वयुनानि विद्वान् ।
युयोध्यस्मज्जुहुराणमेनो भूयिष्ठां ते नम उक्तिं विधेम ॥



BEST WISHES

DRS. POOJA, MANJU & ASHOK GUPTA



शुभ दीपावली

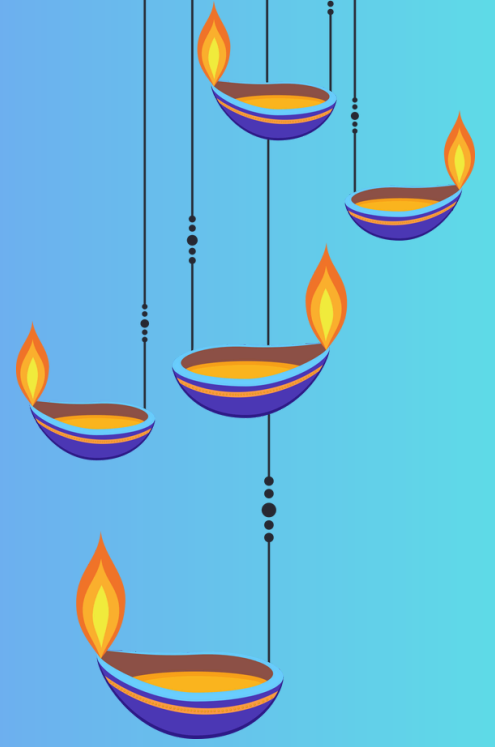


नन्दिता, श्रीया, सौरभ, सोनल

Shubh Diwali

The Festival of Lights

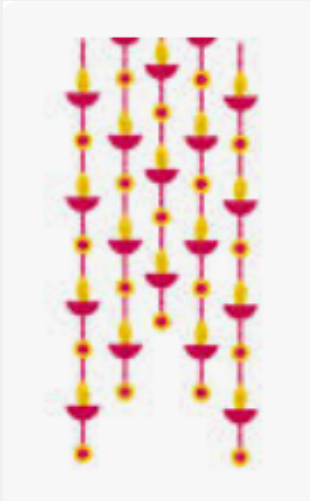
May the celebration of Diwali be
blessed with good health for you
and your family.



ॐ असतो मा सद्गमय ।
तमसो मा ज्योतिर्गमय ।
मृत्योर्मा अमृतं गमय ।
ॐ शान्तिः शान्तिः शान्तिः ॥

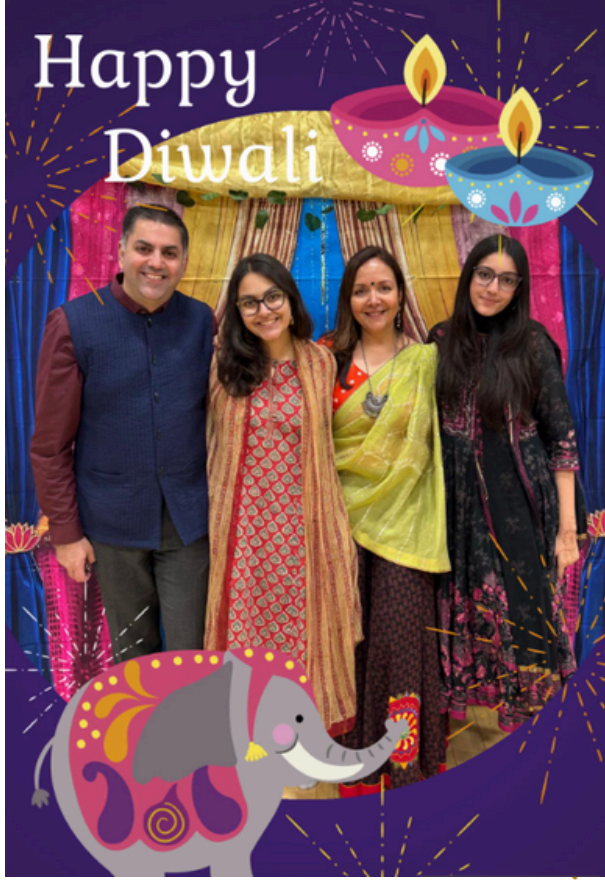
BEST WISHES
DR. MANOJ,
DR. GURMEET
DHRUVA & DEV
CHHABRA

Karwa Chauth 2025





WITH BEST WISHES FROM
THE WAGH FAMILY:
DR. ANJU, MANOJ,
SIDDHARTH & SONALI



BEST WISHES

SINGH SEHGAL FAMILY

“ज्ञानं दीपेन भास्वता।” —

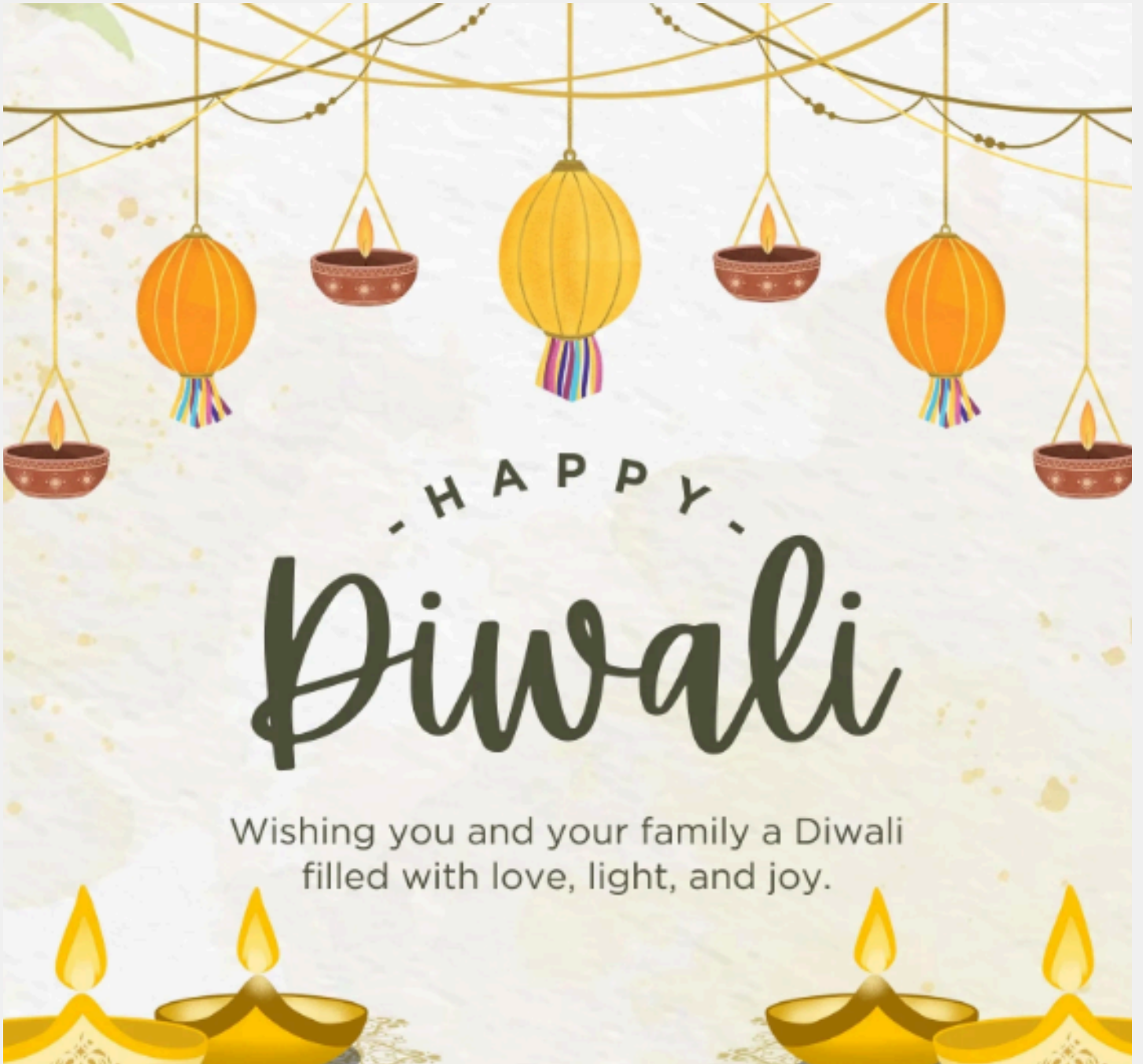
BHAGAVAD GITA 10:11

JÑĀNAṂ DĪPENA BHĀSVATĀ

“THE LORD DISPELS THE DARKNESS OF IGNORANCE
WITH THE SHINING LAMP OF WISDOM.”

MAY THE DIVINE LIGHT OF DIWALI ILLUMINATE
OUR HEARTS WITH WISDOM AND COMPASSION, DISPELLING
THE DARKNESS WITHIN AND AROUND US.

BEST WISHES FROM -
DR AJAY & SUNITA GUPTA AND FAMILY



DRS. PUSHPA & DEVRAJ GUPTA



HAPPY DIWALI TO ALL from BERGERCPAFIRST TEAM



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SHASHI BALA, RAM SAINI AND FAMILY



Be Kind

Be Healthy

Be Vegan

Promoting the good of all: The primary goal of Arya Samaj is to promote the physical, spiritual, and social well-being of every sentient being

Watch Maa Ka Doodh on YouTube

Elimination of dairy products from our lives is the most important step we can take to promote the good for all sentient beings. Dairy industry is extremely cruel to the animals and highly detrimental to the environment

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YOU TO WEALTH &
PROSPERITY!



SUSHMA & JAYANT
VIR



WISHING ALL OF YOU A VERY
HAPPY DIWALI

FROM: VARMA , KLOKINIS,
MELLEM AND MESA FAMILIES.

RENU, DEV KETU
& FAMILY



This Diwali, let's dive into “Volunteering”

By Shilpa Vaidya Mehta

We pray for prosperity. I am thinking, what are we really asking for? Real wealth has been a wider concept that goes beyond financial assets. It includes time, health, meaningful relationships, and personal fulfillment, the very things that make Diwali meaningful. And when we have things in abundance, happiness isn't something we'd chase; it simply comes along.

I was looking for ways to be content & happy, and National Alliance on Mental Health(NAMI) articles led me to acts of 'volunteering'. I found, volunteering reduces stress, builds confidence, and helps people discover purpose. Bingo!

The word "volunteer" comes from the French *volontaire*, meaning "voluntary," someone who acts willingly, without force or payment. Simple enough, right? A real 'aha moment' came when I dug into the comprehensive works from my alma mater. To summarize, the Hindu research school says, volunteering is beautifully diverse. It evolves with age, adapts to life situations, and offers different rewards depending on how we engage. Main types are:

- **Physical Volunteering(Tan-Se)** involves hands-on work, aka spending time and energy on specific tasks that create tangible results.
- **Mental Volunteering(Man-Se)** goes deeper. We become so invested in the cause that we help guide the growth of both people and the organization.
- **Financial Volunteering(Dhan-Se)** means supporting causes as a sponsor or donor, enabling work that wouldn't otherwise be possible

An organization is recognized by the quality of its volunteers even before its stated mission. In a sea of willing helpers, my alma mater recognises key factors that create mutual excellence.

- **Being Responsive** - Great volunteers understand that responsiveness isn't about speed, it's about communication. Even when you can't act immediately due to unclear requests, acknowledgment matters. A simple response like 'I see this, and I'll get back to you by [date]' shows respect, builds trust.
- **Being Creative** - Yes, organizations need people who can handle the mundane tasks that keep the lights on. Exceptional volunteers are innovators who experiment with new, retire outdated ones, and repeatedly ask: 'Is there a better way?' And with alignment, abandon methods that no longer serve.
- **Being Responsible** -Taking Ownership! Great volunteers own their tasks completely. You're not just 'helping out'. You're accountable for results. Running a kids' event? Parents count on you. Leading a project? The team depends on you.
- **Being Co-operative** - Great volunteers do not see others as pawns; they see thinkers, each with unique value. While an organization has core values, volunteer leaders bring those values to life, creating a culture of cooperation, respect, and genuine care. A tough part? Setting aside natural biases and viewing each member fairly. When people feel valued without prejudice, they organically collaborate and drive collective growth.
- **Being Regenerative** - Senior leaders know their job: making themselves replaceable. They deliberately identify and nurture the next generation, patiently transferring years of wisdom, processes, values, and strategic thinking. By mentoring both mid veterans and newcomers, they create something contagious; an energy that doesn't fade when they leave but propels the organization forward for decades.

This festival of lights, let's continue to pray for this kind of prosperity. For ourselves, for our community, and for all the lives waiting to be touched by what we can offer.

Happy Diwali. May your light shine bright, and may we share it generously. Thank you.

Message from the Youth group President

My name is Anaya Rajput, and I'm incredibly honored to serve as this year's Arya Samaj Youth Group President. Being part of this community has been one of the most meaningful experiences of my life, and I'm excited to take on a leadership role where I can help it grow even more.

I've been involved in Arya Samaj for over 12 years, and it's truly become a second home to me. From a young age, I've participated in countless events, performances, and service projects that have shaped who I am today. Over the years, I've had the privilege of serving on the Youth Council as Secretary, Vice President, and now President — each role teaching me something new about teamwork, responsibility, and the importance of community.

Arya Samaj has always felt like a family — a place filled with warmth, learning, and laughter. Each Sunday reminds me how special it is to be surrounded by people who share the same values, curiosity, and love for our culture. My goal this year is to strengthen that sense of belonging and connection, especially among the younger members who will carry on our traditions in the future.

I hope to introduce new activities that bring all age groups together, encourage teamwork, and highlight the creativity within our community. Whether it's through cultural events, volunteer projects, or simply spending time together, I want everyone to feel proud of being part of Arya Samaj.

I'm truly looking forward to this year — to growing, learning, and celebrating our culture together. I can't wait to see what we'll accomplish as one family.

Anaya Rajput
Youth group President
Arya Samaj New Jersey



COVER ART BY RAYVA BAXI

ARYA SAMAJ OF NEW JERSEY

Diwali Milan 2025