



ARYA PATRIKA आर्य पत्रिका

SEPTEMBER 2024



SUMMER EDITION!

Editorial Team: Dr. Manju Gupta, Sonal Dani, Sanjukta Basu, Nandita Dani

आर्य पत्रिका , SEPTEMBER 2024, ARYA SAMAJ OF NEW JERSEY

Festivals, Holidays, Celebrations & Commemorations in Summer 2024



July 21 Guru Purnima

Guru Purnima is a festival dedicated to offering respect to all the spiritual and academic gurus. It is observed on the full moon day (Purnima) in the month of Ashadha (June–July) according to the Hindu Calendar.



August 15 India's Independence Day

This year, India celebrated 78th Independence day on August 15th.

August 19 Raksha Bandhan

Raksha Bandhan means "the bond of protection" ; a festival celebrating the relationship between brothers and sisters. It involves tying of a Rakhi, traditionally, by a sister on her brother's wrist. Raksha Bandhan is observed on the last day of the Hindu lunar calendar month of Shrawana, which typically falls in August.



26 August - Krishna Janmashtami

Krishna Janmashtami, also known as Janmashtami, is a major Hindu festival that commemorates the birth of Lord Krishna.

27 August - 2nd anniversary of Vedic Temple's 1st Havan

Donors and volunteers expressed gratitude for the untiring efforts of everyone involved that made it possible to buy a home for Arya Samaj of NJ, the Vedic temple, in Park Ridge, NJ, in 2022.



Youth Group Graduation Havan & Fundraising Bake Sale



Every year Graduation Havan marks the end of School Year. This year too, on May 19, we celebrated our children for completing another year and also to the families ensuring that kids show up to classes every Sunday. Pandit Dev Ketu ji performed the Havan with all the children gathered around the sacred fire.



After the Havan, Youth Group had a Bake Sale Fundraiser for Arya Samaj. The Youth brought in baked goods which were sold to the members. All the surplus cookies were donated to the local Police at Parkridge. We are deeply grateful to all who were a part of it!



From ASNJ Senior Members

An Interview with Mrs. Shashi & Mr. Ram Sani



We are proud to bring first of many interviews with the senior members of our Samaj around their involvement in advancing the Arya Samaj of New Jersey and their vision around the future.



Let's read Shashi and Ram Saini ji's thoughts.

Could you each please introduce yourselves briefly, sharing a bit about yourself?

I, Ram K. Saini, is a Professional Engineer (P.E.) by Profession. My wife, Shashi B. Saini, worked as a Recreation Therapist in a Hospital. We, both are retired and enjoying our lives with great company our family and friends.

When did you first arrive in the United States, and how long have you called this country home?

I, Ram Saini, came to United States of America (USA) in September, 1970 on an Immigrant VISA. My wife, Shashi Saini came to USA with our 3 years old son, Sharad, in December 1971.

In India, I worked for Bharat Heavy Electricals Limited, Bhopal, where I was a Senior Electrical Engineer.

A little about our background:

- In India, I attended BITS Pilani and got BS in Electrical Engineering.
- In USA, I attended NJIT and got MSEE degree in Electrical Power System in 1975.
- I got my P.E (Professional Engineering) Licenses from the State of New York and New Jersey in 1980.

- In New Jersey, USA, I got the opportunity to work in an International Power Engineering Consulting Company, till my recent retirement. The Company provided me the opportunities in supervising the engineering, design and construction of Nuclear, Coal, Natural Gas, Compressed Air, Ocean Thermal Energy, Hydro, Solar, and Wind Power Generating Stations and High Voltage Power Transmission Systems, in more than 20 Countries, worldwide.
- We adopted this country as our home and Motherland and became Citizens in 1980

How long have you been involved with Arya Samaj, and specifically, the Arya Samaj of New Jersey?

We joined the Arya Samaj Organization in New Jersey in August, 1983, after our return from the Philippines, where I worked on a 2-years assignment (1981–1983) to provide engineering support for a 600 MW PWR Nuclear Power Plant. This power plant was engineered and designed by my company for a USA Company, Westinghouse Corporation. I went there with the family, including my wife and 3 children, ranging from 6 years to 14 years of age. The children attended a local English media school in the Philippines.

You've invested significant personal resources into the preservation and advancement of Arya Samaj in New Jersey. Can you share your vision for the institution's future over few decades? What do you hope it will achieve in the next 30 to 40 years?

- During 1970's and 1980's, most families who immigrated from India had some Vedic Sanatan Dharma Hindu Religion background. During this time period, there were almost no venues that could provide basic Hindu Vedic Dharma education to the children in a methodic way. Some of the children had hard time in school and other places because of their religious faith. There were no counsellors on religion matters for these children or even for their parents.

- It was in 1982, that Dr. Rajinder Gandhi and Mrs. Jyoti Gandhi took the initiative and a bold step to form the first Arya Samaj organization in New Jersey. They negotiated and signed a contract with the Unitarian Society of Ridgewood for use of their Prayer Hall, on Cottage Place street in Ridgewood. Our programs were held on Sunday afternoons because of unavailability of prayer Hall in the mornings. We joined the Organization in 1983 after our return from Philippines.
- Dr. Rajinder Gandhi, came to USA from Burma, now called Myanmar, where Hindu Religion was not the main religion. In Myanmar, he learnt about the Mission and Main Principles of Arya Samaj Organization in Vedic Hindu Dharma, which were included as part of our New Jersey Arya Samaj Organization's guidelines.
- Our Arya Samaj Sunday programs included Havan/Satsang, talks on religious topics, and classes for children. We also started Yoga classes for adults. The children participated and enjoyed the Holi and Diwali cultural programs.
- The Organization was initially named as "Arya Samaj of Bergen County", and later on renamed it as "Arya Samaj of New Jersey" to welcome a number members who lived in other New Jersey counties.
- Arya Samaj membership increased to over 200 in 1995-1996 time frame.
- We started search effort to find and buy a building for ASNJ Temple since early 1990's. The search accelerated after receiving substantial donations and future commitment from a good number of our members. Th effort succeeded in the acquisition and purchase of a building for ASNJ Temple, without any mortgage loans in 2022, in the town of Park Ridge, New Jersey. During last two years, we upgraded the building to the latest Building Codes.
- We are very Happy to see that the new generation has taken keen interest and initiatives in the successful operation and management of Arya Samaj religious practices and programs and our temple facilities.

Migration of the Monarchs

Written by: Sanjukta Basu

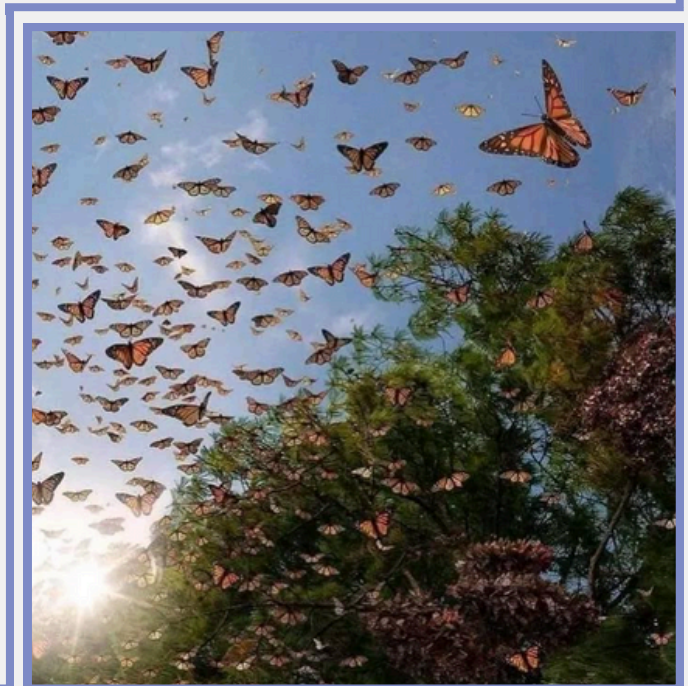


In the deep forests of Central Highlands in Mexico one of the nature's most remarkable event happens every year and is known as the Migration of Monarch Butterflies.

During summer of every year millions of these butterflies migrate to Mexico for the warmer climes to escape the winter months in US and Canada. This journey is of almost 6000 miles which the delicate butterflies have to cover. It takes five to six generations of them to reach their desired destination. What is amazing is that each butterfly across generations knows exactly which tree to go to every time. There are certain kinds of trees like fir, pine and cedar that serve as hosts to the butterflies. They rest here and many even die and produce the next generation. The next gen then makes the trip across the continent. Each new generation born, continues along the path that previous generation had charted. It is a fascinating phenomenon.

However, due to deforestation, Monarchs have become endangered species and their population has declined significantly over the recent years.

There are many life lessons we can find from these magical creatures. Life is short but valuable. We must learn to live with purpose, goal, and have a direction. The monarch butterfly reminds us of God's tremendous faithfulness as He provides, guides, and enables us to fulfill His good purposes.



A Summer In India

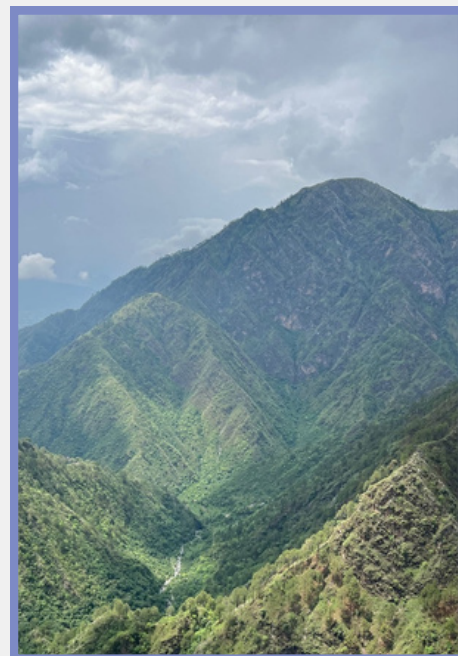
Written by: Nandita Dani



This summer, my family and I went to India and had the amazing experience of visiting 5 different states over the span of 4 weeks. We first landed in Delhi and took a quick trip to visit the Parliament House, Rashtrapati Bhavan, and the India Gate.

The next day we took the Vande Bharat train going straight to Jammu Kashmir. We trekked up approximately 14 kilometers (over 8 miles) to Vaishno Devi Temple, choosing the quieter new route for a peaceful experience as it remained quite empty except for an occasional battery car driving up.

When we reached the halfway point (Ardhkuwari Temple), the old road and new road merged into one, and we spent the rest of our trek surrounded by bustling activity including horses, monkeys, food stalls, palkis, etc. We finally reached the top after almost 7 hours and later in the night we attended aarti for Mata Vaishno Devi. We stayed there overnight on top of the beautiful mountains amidst the clouds, and the following morning, we took the ropeway to Bhairav Baba Temple, enjoying stunning views. We then chose to descend on the old path in hopes of experiencing the liveliness and energy from all the people and shops that would be surrounding us. Instead we got the bottom of our shoes covered in horse poop, broken knees, and half our money spent on food and drinks, but the trip was worth it.



Our next exciting destination was Ayodhya and right away we went to Guptaar Ghat, where Shri Ram took jal samadhi, following up with darshan at the new Ram Mandir. We then went to the Hanuman Garhi Temple and my sister and I were amazed to see such a large crowd so eager and passionate to enter such a small space, despite the extensive heat. Later that night, we witnessed Saryu Aarti and then got on a train to go to Kashi.

The evening that we arrived in Kashi there was a huge thunderstorm, yet instead of waiting inside, we zipped our raincoats up and attended Ganga aarti as the rain created a breathtaking atmosphere. The next day we attended a 2am aarti at Kashi Vishwanath and then went on a 4 am sunrise boat ride in Ganga River, learning about each of the ghats and their significance. We then visited Sarnath, where Buddha gave his first sermon, explored Banaras Hindu University's huge campus, and of course ate Banarasi paan after buying special Banarasi silk sarees.



We then went to Mathura, visiting Vishram Ghat where Krishna and Balram rested after killing Kans. Later we went to Dwarkadheesh Mandir for darshan, and Krishna Janmasthan Temple where we saw the cell that Krishna was born in.



Our next stop was Vrindavan where we went to Banke Bihari Mandir. It was so beautifully decorated with flowers, yet scary to go through due

to the of the immense crowd. After, we went to Prem Mandir, which was personally my favorite because of how peaceful it was and how pretty the outside decoration was. There were moving statues of Radha and Krishna dancing, one of Krishna holding Mount Govardhan on his finger, and many more scenes set up to show their stories along with a captivating light and sound show.

We also walked through Nidhivan garden, where it is believed that Radha and Krishna still come after nightfall, hence the garden closes before dark, and later got to visit the ISKCON temple and loved its structure and architecture. Vrindavan was one of the places where monkeys were appearing the most, stealing glasses and phones left and right in trade for Frooti! They even stole my sprite from my hands when I wasn't paying attention.

Once we were done visiting Mandirs, we spent the next two weeks visiting family in Jaipur, Udaipur, and Bangalore, and finally got to go to Goa, adding one last place to our list! Overall it was such a fun trip, and definitely one to remember.



ISKCON Vrindavan



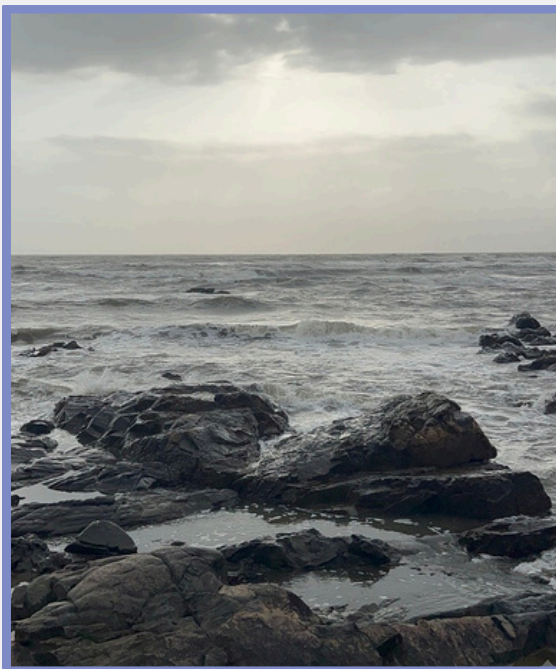
India Gate, Delhi



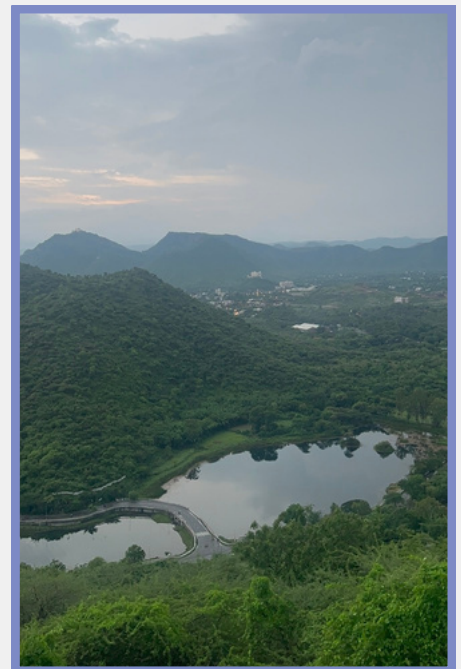
New Corridor, Kashi



Ayodhya



Goa



Udaipur

What is Stress?

Written by: Om Gandhi, MD



Stress or anxiety is physiological response to THREAT. Threat may be Thoughts, Verbal, Physical, financial and natural calamity.

Most of us never knew what stress meant years ago, there were family ties and mostly families lived in one household (joint family) where socialization was a way of living and sharing minor issues.

When you do not feel safe due to any THREAT from (viruses, bacteria, cancer, a bully, or a difficult boss) your thoughts and emotions will be going into fight or flight response which stimulates sympathetic nervous system. This in turn releases adrenalin, cortisol, histamines and inflammatory cytokines which cause inflammation in the body. But when you feel SAFE growth hormone, dopamine, serotonin, oxytocin, endorphins, melatonin, alpha-amylase and Gama-Amino Butyric Acid (GABA) and anti-inflammatory Cytokines are released.

Cytokines are small proteins that serve to regulate different tissues. There are both pro inflammatory and anti-inflammatory cytokines. Cytokines are everywhere. Every cell in the body has cytokines. It is how the cells communicate with each other. It turns out that the glial cells in your brain that connect the tissue of the brain, put out cytokines. So do the endothelial cells and the linings cells of blood vessels.

Thoughts and emotions are processed in the brain in the same way as a physical threat. All chronic diseases like cardiac disease, critical vascular disease, diabetes, obesity, Parkinson's and Alzheimer's are examples of inflammatory disorders.

Anxiety, bipolar disorder, depression and schizophrenia are also inflammatory processes. To decrease anxiety and cytokines you simply decrease the stress response. And you do it by stimulating the Vagus nerve.

The Vagus nerve, the 10th cranial nerve which is the main part of your parasympathetic nervous system, acts as a brake on your sympathetic nervous system. Your sympathetic nervous system is activated in

response to threats, whereas your parasympathetic nervous system is activated through the relaxation response.

The Vagus nerve is controlling all this input, and it decides what to do with your body. There's a direct effect on metabolism, the endocrine system, blood sugar and the cytokines.

How to Activate Relaxation Response and Lower Inflammation:

The following methods are recommended.

- Praanaayama, especially Bhramari.
- Meditation
- Yoga
- Humming/singing (Bathroom singer)
- Relaxation (Yoga Nidra)
- Exercise
- Laughing
- Expressive writing:
 - Simply you can write down your thoughts, then tear up the pages.
 - You can't escape from your thoughts, but you can separate yourself from them. Important, is not to analyze these thoughts, just observe.
- Quality sleep
- Forgiveness practice: The antidote to anxiety is control. If you lose control, your body secretes more stress hormones, more cytokines, triggering anger and anxiety. In this healing process, anger and forgiveness are always a tipping point. When you're angry you're in a constant threat. When you're trapped by anything, especially chronic pain you're frustrated. Well, that has cranked up your inflammatory cytokines.
- Socialization
- Diet: Processed foods cause inflammation, in part by increasing insulin resistance which raises inflammatory cytokines production.
- Intermittent fasting or time-restricted eating: One of the easiest is simply to restrict your eating to a six- to eight-hour window each day, making sure you eat your last meal at least three hours before bed. Research has shown that time restricted eating will significantly lower your inflammatory markers. Or you can fast once a week.
- Compounds found in tulsi leaf extract, namely ocimarin and ocimumosides A and B, have anti-stress effects. A test done on human subjects found that taking the plant extract may help ease generalized anxiety disorder.

15 June - Blood Drive

ASNJ had another successful blood drive in June at the Vedic Temple in park Ridge. We were to collect 32 units of Blood, we again had a full house on registration. Congratulations to all the volunteers!



We are committed to serving the community at large for humanitarian needs.

Year End Team Building Events: Youth Group & VSS Trips



This event is usually the most awaited event every year. The Youth went to Six Flags Adventure on June 8th and spent the day exploring the fun rides and spent time with one another. We thank all the volunteer mentors and the parent chaperones who drove them to Six Flags and back home safely.

The VSS Kids went for an Escape Room Activity and on the Trampoline the same day.

Both Youth and VSS kids had a fun filled day and brought back ton of great memories.





Global Arya Summit, 200th Birth Anniversary of Maharshi Dayanand Saraswati & 150 years of Arya Samaj Foundation

Arya Maha Sammelan or the Global Arya Summit was from July 18-21 st at the Hofstra University in Long Island. Many Arya Samajs from the Tri-State area participated. Our ASNJ kids represented ASNJ, New Jersey where they sang and recited Shlokas and made all of us extremely proud.



78th Indian Independence Day Celebration

ASNJ participated in the Independence Day celebration and the flag raising ceremony held at the Bergen County Administration Office in Hackensack, NJ on August 15th. ASNJ was also honored for 2024 outstanding community service contributions during the ceremony.



Dr. Manju Gupta, President, received the award. Many Arya Samaj members attended the ceremony.



More fun and recreational moments!





आर्योद्देश्यरत्नमाला

(महर्षि दयानन्द सरस्वती द्वारा रचित लघुग्रंथ)

ईश्वर कौन हैं?

जिसके गुण, कर्म, स्वभाव और स्वरूप सत्य ही हैं, जो केवल चेतनमात्र वस्तु है तथा जो एक अद्वितीय, सर्वशक्तिमान, निराकार, सर्वत्र व्यापक, अनिद और अनन्त आदि सत्यगुण वाला है, और जिसका स्वभाव अविनाशी, ज्ञानी, आनंदी, शुद्ध, न्यायकारी, दयालु अजन्मादी है, जिसका कर्म जगत की उत्पत्ति, पालन और विनाश करना तथा सर्व जीवों को पाप - पुण्य के फल ठीक-ठाक पहुँचाना है, उसको "ईश्वर" कहते हैं।

धर्म क्या है?

जिसका स्वरूप ईश्वर की आज्ञा का यथावत पालन पक्षपातरहित न्याय सर्वहित करना है, जो कि प्रत्यक्षादि प्रमाणों से सुपरीक्षित और वेदोक्त होने से सब मनुष्यों के लिए एक और मानने योग्य है, उसको "धर्म" कहते हैं।

अधर्म क्या है?

जिसका स्वरूप ईश्वर की आज्ञा को छोड़ना और पक्षपात सहित अन्यायी होके बिना परीक्षा करके अपना ही हित करना है, जो अविद्या-हठ अभिमान, क्रूरतादि दोषयुक्त होने के कारण वेदविद्या से विरुद्ध है और सब मनुष्यों को छोड़ने के योग्य है, यह "अधर्म" कहलाता है।

The Ten Principles of Arya Samaj

1. God, His Characteristics: The Primordial Root - the Eternal Unseen Sustainer - of all true knowledge and of objects made known by true knowledge - any of all these - is the-Supreme God.
2. His Attributes and Worship: God is Personification of Existence, Intelligence and Bliss. He is Eternal, Formless, Almighty, Just, Benevolent, Unborn, Endless and Infinite, Unchangeable, Incomparable, Support of All, Lord of All, All-pervading, Omniscient and Controller of all from within, Fearless, Holy and Creator of the Universe. To Him alone is worship due.
3. His word, the Vedas: The Vedas are the books of true knowledge. It is the paramount duty of every Arya to learn and teach the Vedas.
4. Truth: We should be ever ready to embrace truth and to forsake untruth.
5. Righteousness: All acts should be done in accordance with Dharma after deliberating what is right and wrong.
6. Benevolence: The prime object of the Arya Samaj is to do good to the world, that is, to promote physical, spiritual and social good of every sentient being.
7. Love and Justice: Our conduct towards all should be guided by love, righteousness and justice.
8. Nescience and Science: We should dispel "avidya" - nescience, and promote "vidya" - science, spiritual and physical.
9. Individualism and Altruism: No one should be content with promoting his good only; on the contrary, he should look for his good in promoting the good of all.
10. Subordination and Liberty: All men should subordinate themselves to the laws of society calculated to promote the well-being of all; they should be free in regard to the laws promoting individual wellbeing

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